

Driver Education
Classroom and In-Car Curriculum

Unit 9

**The Effects of Distractions on
Driving**



Unit 9 The Effects of Distractions on Driving

Table of Contents

Unit 9 Introduction.....	9-4
• Overview, Objectives and Words to Know	
• Teacher Information and Resources	
• Learning Activity 9.0: Key Words – Word Wall	
Part 1 Definition, Effects and Nature of Distracted Driving.....	9-8
• Video 9.1: Faces of Distracted Driving: Kassy’s Story	
• Learning Activity 9.1: Faces of Distracted Driving	
• Worksheet 9.1: Am I Distracted? Self-Assessment Quiz	
• Fact Sheet 9.1: Definition, Effects and Nature of Distracted Driving	
Part 2 Potential Distractions Inside the Vehicle.....	9-18
• Video Overview 9.2.1: Be Sensible: Don’t Drive Yourself to Distraction	
• Video Review 9.2.1 and ANSWER KEY: Fact Sheet 9.2: Be Sensible: Don’t Drive Yourself to Distraction	
• Fact Sheet 9.2: Potential Distractions Inside the Vehicle	
• Worksheet 9.2.1 and ANSWER KEY: Potential In-Vehicle Distractions	
• Worksheet 9.2.2 and ANSWER KEY: Potential Dangers and Benefits of Cell Phones in Vehicles	
• Video Overview 9.2.2: Ashley’s Story	
• Learning Activity 9.2.1: Touch of Reality	
• Learning Activity 9.2.2: Effects of Distractions Using Addition	
Part 3 Potential Distractions Outside the Vehicle.....	9-50
• Fact Sheet 9.3: Potential Distractions Outside the Vehicle	
• Worksheet 9.3 and ANSWER KEY: Potential Distractions Outside the Vehicle	
Part 4 Preventing Distractions Before Driving.....	9-54
• Fact Sheet 9.4: Preventing Distractions Before Driving	

Unit 9 The Effects of Distractions on Driving

Part 5 Addressing Distractions While Driving..... 9-56

- Fact Sheet 9.5: Addressing Distractions While Driving
- Worksheet 9.5 and ANSWER KEY: Handling Distractions While Driving
- Learning Activity 9.5: Role Playing: Addressing Driving Distractions

Part 6 Spreading the Word on the Dangers of Distracted Driving..... 9-64

- Video Overview 9.6: Take the Pledge
- Video Review 9.6 and ANSWER KEY: Take the Pledge
- Learning Activity 9.6: Take the Pledge
- Fact Sheet 9.6 Part I: Teen Involvement
- Fact Sheet 9.6 Part II: Parent Involvement

Part 7 Unit Review and Test.....9-78

- Unit 9 Review Questions
- Fact Sheet 9.7: Words to Know Definitions Page
- Worksheet 9.7 and ANSWER KEY: Unit 9 Words to Know Matchup
- Unit 9 Review
- Unit 9 Test and ANSWER KEY



Overview

Unit 9 is designed to help the student understand the substantial negative effects of distractions on a driver’s ability to safely perform the driving task. Research and statistics demonstrate that distractions represent a significant factor in motor vehicle crashes, especially for novice drivers.

This unit will explore the definition of driving distractions, the various types of driver distractions, the effects of distractions on the driving task, costs related to crashes due to distracted driving, prevention of driving distractions and strategies for students to disseminate information on the distracted driving problem.



Objectives

The student will:



1. Define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes.
2. Describe potential distractions that could occur inside the vehicle and their effects on the driving task.
3. Describe potential distractions that could occur outside the vehicle and their effects on the driving task.
4. Develop a plan to prevent distractions before getting behind the wheel.
5. Develop a plan to address distractions while driving
6. Commit to being a safe, distraction-free driver and be able to identify ways to disseminate information regarding the dangers and consequences of distracted driving to other teens, their parents, and the community.
7. Define key words associated with the unit objectives.



Words to Know

- | | |
|--|--|
| <ul style="list-style-type: none">• Distraction• Inattention• Inside distractions• Mental distraction | <ul style="list-style-type: none">• Outside distractions• Physical distraction• Rubbernecking• Text messaging |
|--|--|

Unit 9 The Effects of Distractions on Driving

Unit 9 Introduction		Lesson Overview Time Frame – 3 hours
Teacher Information and Resources		
Slides	PowerPoint Slides 9.1 – 9.32	
Videos	9.1 Faces of Distracted Driving: Kassy’s Story (2 minutes 50 seconds) 9.2.1 Be Sensible: Don’t Drive Yourself to Distraction (13 minutes 27 seconds) 9.2.2 Ashley’s Story (2 minutes 59 seconds) 9.6 Take the Pledge (1 minute 49 seconds)	
Video Review	9.2.1 Video Review: Be Sensible: Don’t Drive Yourself to Distraction 9.6 Video Review: Take the Pledge	
Fact Sheets	9.1 Definition, Effects and Nature of Distracted Driving 9.2 Potential Distractions Inside the Vehicle 9.3 Potential Distractions Outside the Vehicle	9.4 Preventing Distractions Before Driving 9.5 Addressing Distractions While Driving 9.6 Spreading the Word on the Dangers of Distracted Driving 9.7 Words to Know Definitions Page
Worksheets	9.1 Am I Distracted? Self-Assessment Quiz 9.2.1 Potential In-Vehicle Distractions 9.2.2 Potential Dangers and Benefits of Cell Phones in Vehicles	9.3 Potential Distractions Outside the Vehicle 9.5 Handling Distractions While Driving 9.7 Unit 9 Key Words to Know Matchup
Learning Activities	9.0 Key Words – Word Wall 9.1 Faces of Distracted Driving (Video: Kassy’s Story) 9.2.1 Touch of Reality (Video: Ashley’s Story)	9.2.2 Effects of Distractions Using Addition 9.5 Role Playing: Addressing Driving Distractions 9.6 Take the Pledge (Video: Take the Pledge)
Textbooks	<div style="border: 1px solid black; background-color: #e6f2ff; padding: 5px; margin-bottom: 5px;"> Preferred Textbook:  HOW to DRIVE Chapter 13 </div> Other Textbooks: <u>Drive Right</u> : Chapter 8 <u>Responsible Driving</u> : Chapter 2 Other Textbook: _____	
Unit 9 Test	Unit 9 Test – The Effects of Distractions on Driving – 10 questions	

Unit 9 The Effects of Distractions on Driving

Key Words

Unit 9 Activity Lesson Content



Unit Objectives:

Student will define the meaning of the key words in Unit 9.

Lesson Content

Materials and Resources

Key Words

➤ Learning Activity 9.0

Throughout the instruction of Unit 9, conduct learning activity to help students with vocabulary and spelling of key words.

➤ Learning Activity 9.0 Key Words – Word Wall

Learning Activity 9.0

Key Words – Word Wall



Topic

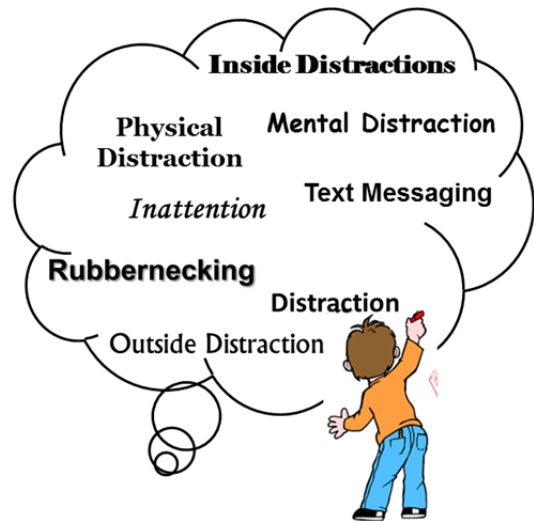
Word Wall

Information

Students begin to assimilate a new language in driver and traffic safety education. Some words are familiar, but others are new. The use of a word wall helps students with vocabulary and spelling as well as provides students with a tool for reference without “giving away” answers.

Materials Needed

1. Make word cards out of paper, poster board, or card stock cut in strips.
2. Markers in various colors.
3. A space to post words (i.e., bulletin board).
4. Tape or stapler and staples to affix cards on the word wall.



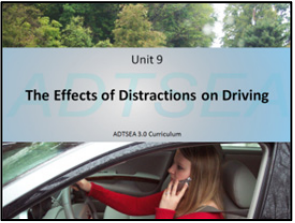
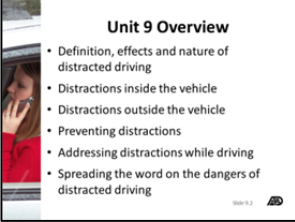
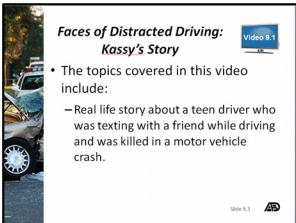
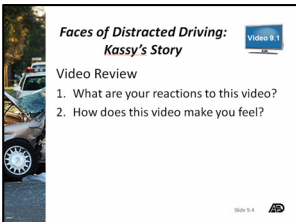
Learning Activity

1. As the instructor introduces new words in a unit, the instructor should post these words on the word wall.
 - a. The instructor should remind students to use the words on the wall for recall and correct spelling.
 - b. When an instructor poses a question and a student correctly answers the question, the instructor should allow that student to make a word strip and post the strip in the designated location on the word wall. Because this is new learning, recalling words are part of the learning process.
 - c. Students often enjoy decorating their word with a particular flair, color, or design.
2. Words may remain posted for just the unit or remain posted throughout the course.



Lesson Objective:

Student will define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes.

Lesson Content	Materials and Resources
<p>Unit Objectives</p> <p>➤ Slides 9.1 and 9.2</p> <p>Give an overview of what students should know and be able to do by the end of this unit.</p> <p>Distracted Driving</p> <p>➤ Slides 9.3 and 9.4 – Video 9.1</p> <p>Discuss the topics covered in Video 9.1. Play Video 9.1. <i>Faces of Distracted Driving: Kassy's Story</i> (Time: 2 minutes 50 seconds)</p> <p>After viewing, complete Learning Activity 9.1 to discuss the students' reactions to the video.</p>	<p>➤ Slides 9.1 and 9.2: Title and Overview</p>   <p>➤ Slides 9.3 and 9.4: Video 9.1 <i>Faces of Distracted Driving: Kassy's Story</i></p>  



Video Overview 9.1: Faces of Distracted Driving: Kassy's Story

Title

Faces of Distracted Driving: Kassy's Story

Time

2 minutes 50 seconds

Topics Covered

1. Real life story about a teen driver who was texting with a friend while driving and was killed in a motor vehicle crash.

Learning Activity

1. After viewing the video, discuss the students' reactions to the video using the discussion questions provided.

Instructor Notes

Unit 9 The Effects of Distractions on Driving

Definition, Effects and Nature of Distracted Driving		Part 1 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Dangers of Distracted Driving</u></p> <p>➤ Learning Activity 9.1</p> <p>Conduct this activity to demonstrate the dangers of distracted driving, using a real life story involving a teen driver who was killed in a motor vehicle crash while texting.</p>	<p>➤ Learning Activity 9.1: Faces of Distracted Driving</p>	

Learning Activity 9.1

Faces of Distracted Driving



Topic

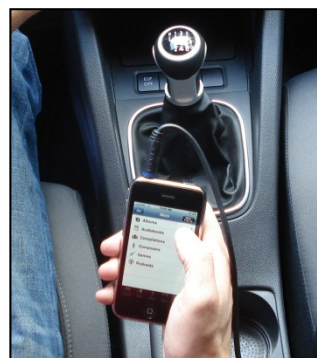
The Dangers of Distracted Driving

Information

An estimated 80 percent of collisions involve some form of driver inattention (*NHTSA and the Virginia Tech Transportation Institute*). Each year, driver inattention is a factor in more than 1 million crashes in North America (*AAA Foundation for Traffic Safety*). Almost every state has legislation under which drivers can be charged for inattentive driving (*NHTSA*). Drivers under age 20 are most likely to be involved in distracted driving crashes almost 50% more likely than the next most at risk group (age 30-49).

Materials Needed

1. Video 9.1 *Faces of Distracted Driving: Kassy's Story*
2. Discussion questions



Learning Activity

1. After viewing Video 9.1 *Faces of Distracted Driving: Kassy's Story* discuss the students' reactions to the video and have a class discussion on the dangers of driving distracted and texting while driving, using the questions below.

Discussion Questions

1. What are your reactions to this video?
2. How does this video make you feel?

Unit 9 The Effects of Distractions on Driving

Definition, Effects and Nature of Distracted Driving		Part 1 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Am I Distracted?</u></p> <p>➤ Worksheet 9.1</p> <p>Duplicate and distribute Worksheet 9.1. Have students complete the self-assessment to determine if they or someone they know is a distracted driver.</p> <p>After completion, inform the students that one checked box means that they have been a distracted driver.</p>	<p>➤ Worksheet 9.1: Am I Distracted? Self-Assessment Quiz</p>	



Am I Distracted? Self-Assessment Quiz

Name

Date

Take this quiz from the *National Road Safety Foundation* to determine if you or someone you know is a distracted driver. Your honest answers can save someone's life or even your own.

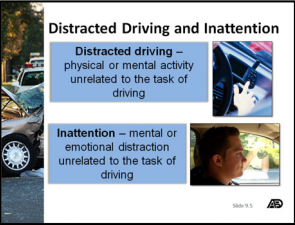
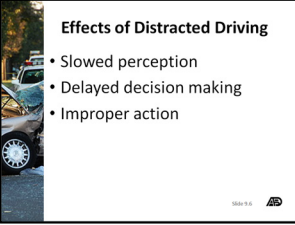
1. Do you drive? Yes No
2. If not, do you correct a driver's irresponsible behavior? Yes No
3. Do you buckle your seatbelt before you drive? Yes No
4. Do you adjust your seat, mirrors, radio, etc. before driving? Yes No
5. Do you get directions to your destination before you drive? Yes No

Now read the list below and check all that applies to you or someone you know.

While driving, I / the person driving...

- Buckle seatbelt while driving
- Adjust seat while driving
- Use a cell phone
- Use a hands-free device
- Send text messages / check email
- Read a GPS device / map
- Change stations / CD's
- Listen to an I-Pod
- Watch DVD's
- Apply makeup / shave
- Comb hair
- Eat / drink
- Catch yourself / someone else dozing off
- Reach for personal belongings
- Turn head to talk to fellow passengers
- Engage in intense conversation

Source: *National Road Safety Foundation*

Definition, Effects and Nature of Distracted Driving Part 1 continued Lesson Content 	
Lesson Content	Materials and Resources
<p><u>Definition and Effects of Distracted Driving</u></p>	
<p>➤ Fact Sheet 9.1</p> <p>Duplicate and distribute Fact Sheet 9.1 for students to use as a resource and study guide.</p> <p>➤ Slide 9.5</p> <p>Introduce the subject of distracted driving and inattention.</p> <p>Ask; why should distractions be discussed in the context of driving?</p> <p>➤ Slide 9.6</p> <p>Discuss the effects distractions can have on driving performance.</p>	<p>➤ Fact Sheet 9.1: Definition, Effects and Scope of Distracted Driving</p> <p>➤ Slide 9.5: Distracted Driving and Inattention</p> <div style="text-align: center;">  </div> <p>➤ Slide 9.6: Effects of Distracted Driving</p> <div style="text-align: center;">  </div>

Definition and Effects of Distracted Driving

Distracted driving occurs any time a driver takes the eyes off the road, the hands off the wheel, and the mind off the primary task of driving.

Inattention occurs when a driver’s attention drifts away from driving without having been influenced by an activity (i.e., mental and emotional).

Novice drivers should recognize that all drivers can become distracted while driving. Evidence shows that drivers whose attention is diverted away from the driving task are at increased risk of being in a crash.

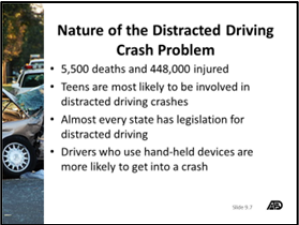

Distractions are important to consider when driving.

- Drivers need to focus their attention on the driving task. To perform the complex task of driving successfully, drivers must pay full attention.
- Drivers whose attention becomes diverted from the driving task are more likely to experience a crash.
- There are many ways in today’s driving environment for drivers to become distracted.
- Glancing away from the road for more than one second – for any reason – can be extremely dangerous. At 55 mph, a three second glance at a cell phone, messaging device or instrument panel will result in a vehicle moving nearly 250 feet – almost the length of a football field.
- Short glances at vehicle instrumentation or mirrors can be done safely if these scans are limited to less than one second and are related only to the driving task.
- In the rush to be on time or get ahead of traffic congestion, don’t make the sometimes-fatal mistake of attempting to multi-task behind the wheel. Remember that far too many of the drivers sharing the road with you might also be driving distracted.

Effects of distracted driving

- **Slowed perception** – may cause drivers to be delayed in perceiving or completely fail to perceive an important traffic event.
- **Delayed decision making** – can cause a driver’s decision making process to be delayed, or cause a driver to choose an action inappropriate for the situation.
- **Improper action** – can cause drivers to be delayed in taking the intended action or to make incorrect inputs to the steering, accelerator or brakes.

Definition, Effects and Nature of Distracted Driving **Part 1 continued**
Lesson Content

Lesson Content	Materials and Resources
<p><u>Nature of the Distracted Driving Crash Problem</u></p> <p>➤ Slide 9.7</p> <p>Ask students:</p> <p>How prevalent is distraction as a cause of motor vehicle crashes?</p> <p>At what age are drivers most likely to experience crashes involving distracted driving?</p> <p>Discuss the nature of the distracted driving crash problem.</p> <p>➤ Slide 9.8</p> <p>Discuss the distractions that are particularly hazardous to young drivers.</p> <p>Ask students:</p> <p>Why are these distractions more likely to cause crashes among drivers under age 20?</p> <p>To tell experiences they have had with these distractions.</p> <p>To give other distractions they feel are likely to be a casual factor in a crash by a new driver.</p>	<p>➤ Slide 9.7: Nature of the Distracted Driving Crash Problem</p> <div style="text-align: center;">  </div> <p>➤ Slide 9.8: Common Distractions Among New Drivers</p> <div style="text-align: center;">  </div>

Nature of the Distracted Driving Crash Problem

- Approximately 5,500 people are killed each year on U.S. roadways and an estimated 448,000 are injured in motor vehicle crashes involving distracted driving (*NHTSA Traffic Safety Facts: Distracted Driving*)
- Teen drivers (drivers under 20) are more likely than other age groups to be involved in a fatal crash where distraction is reported (*NHTSA Traffic Safety Facts: Distracted Driving*)
- Almost every state has legislation under which drivers can be charged for careless driving (*NHTSA distracted driving website, www.distraction.gov*)
- Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39% of the energy it would ordinarily devote to safe driving. Drivers who use a hand-held device are more likely to get into a crash serious enough to cause injury. (*NHTSA distracted driving website, www.distraction.gov*)
- Possible reasons for the over-involvement of drivers under age 20 in distracted driving, include:
 - Lack of driving experience
 - Lack of experience performing tasks which could cause distraction
 - Increased risk taking
 - Lack of familiarity with particular vehicles
 - Others
- While any driving distraction has the potential to cause a young driver to experience a crash, several specific distractions have been identified as particularly hazardous to young drivers (under age 20), including:
 - Talking on a cell phone
 - Texting
 - Adjusting radio or CD
 - Talking to other occupants
 - Diverting attention to person, object or event outside the vehicle

Potential Distractions Inside the Vehicle **Part 2**
Lesson Content



Lesson Objective:

Student will be able to describe potential distractions that could occur inside the vehicle and their effects on the driving task.

Lesson Content	Materials and Resources
<p><u>Distractions Driving</u></p> <p>➤ Video Review 9.2.1</p> <p>Duplicate and distribute Video Review 9.2.1. Students should complete the worksheet as they watch the video.</p> <p>➤ Slides 9.9 and 9.10 – Video 9.2.1</p> <p>Discuss the topics covered in Video 9.2.1.</p> <p>Play Video 9.2.1.</p> <p><i>Be Sensible: Don't Drive Yourself to Distraction</i></p> <p>(Time: 13 minutes 27 seconds)</p> <p>After viewing, review Video Review 9.2.1 to gauge student understanding of the video.</p>	<p>➤ Video Review 9.2.1 and Answer Key: <i>Be Sensible: Don't Drive Yourself to Distraction</i></p> <p>➤ Slides 9.9 and 9.10: Video 9.2.1 <i>Be Sensible: Don't Drive Yourself to Distraction</i></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Be Sensible: Don't Drive Yourself to Distraction Video 9.2.1</p> <ul style="list-style-type: none"> The topics covered in this video include: <ul style="list-style-type: none"> Nature of the distracted driving crash problem Types of distractions Real teen experiences with distracted driving and their consequences How to prevent yourself from becoming distracted </div> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Be Sensible: Don't Drive Yourself to Distraction Video Review</p> <ol style="list-style-type: none"> In the first real life situation, what should Suzette have done to keep her from being distracted? In the second situation, what should Josh have done? In the third situation, what should Brandi have done? </div>

Potential Distractions Inside the Vehicle

Video Overview 9.2.1



Video Overview 9.2.1: Be Sensible: Don't Drive Yourself to Distraction

Title

Be Sensible: Don't Drive Yourself to Distraction

Time

13 minutes 27 seconds

Topics Covered

1. Nature of the distracted driving crash problem.
2. Types of distractions.
3. Real teen experiences with distracted driving and their consequences.
4. How to prevent yourself from becoming distracted.

Video Review

1. Have students complete a video review worksheet as they watch the video.
2. After viewing the video, review the worksheet to gauge students' understanding of the video.

Instructor Notes

Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Video Review 9.2.1

Video Review 9.2.1: Be Sensible: Don't Drive Yourself to Distraction

Name

Date

1. What is the biggest cause of teen crashes? _____

2. What are some distractions discussed in the video? _____

3. In the first real life situation, what should Suzette have done to keep her from being distracted while driving?

4. In the second real life situation, what should Josh have done to keep him from being distracted while driving?

5. In the third situation, what should Brandi have done to keep her from being distracted while driving?



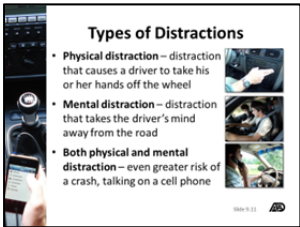
Potential Distractions Inside the Vehicle

Video Review 9.2.1

ANSWER KEY

Video Review 9.2.1: Be Sensible: Don't Drive Yourself to Distraction ANSWER KEY

1. What is the biggest cause of teen crashes?
Answer: Distracted driving
2. What are some distractions discussed in the video?
Answer: Putting on make-up, eating, reading directions, changing radio or CD, using a cell phone
3. In the first real life situation, what should Suzette have done to keep her from being distracted while driving?
Answer: She should have done her make-up before driving or wait until she arrived at her destination
4. In the second real life situation, what should Josh have done to keep him from being distracted while driving?
Answer: Avoid changing the radio station or CD while driving. Select music before starting to drive or ask a passenger to be DJ. Keep the music volume low.
5. In the third situation, what should Brandi have done to keep her from being distracted while driving?
Answer: Not use cell phone while driving. Let voicemail pick it up or let a passenger answer. Wait until trip is completed and car safely stopped before making or taking a call.

Potential Distractions Inside the Vehicle		Part 2 Lesson Content
Lesson Content	Materials and Resources	
<p><u>Types of Distractions</u></p> <p>➤ Fact Sheet 9.2</p> <p>Duplicate and distribute Fact Sheet 9.2 for students to use as a resource and study guide.</p> <p>➤ Slide 9.11</p> <p>Discuss the different types of distractions.</p> <p>➤ Worksheet 9.2.1</p> <p>Duplicate and distribute Worksheet 9.2.1. Before discussing the potential in-vehicle distractions, give students a few minutes to list some in-vehicle distractions they can think of.</p> <p>Ask students to tell the class in-vehicle distractions they have listed.</p>	<p>➤ Fact Sheet 9.2: Potential Distractions Inside the Vehicle</p> <p>➤ Slide 9.11: Types of Distractions</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>➤ Worksheet 9.2.1 and Answer Key: Potential In-Vehicle Distractions</p>	

Types of Distractions

There are many causes of distraction, all with the potential to increase risk.

- **Physical distraction** – one that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.
- **Mental distraction** – activities that take the driver’s mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day.
- **Both physical and mental distraction** – even greater chance a crash could happen, such as talking on a cell phone.

Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Worksheet 9.2.1

Potential In-Vehicle Distractions

Name _____

Date _____

List any potential distractions that could occur inside a vehicle while driving.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Worksheet 9.2.1

ANSWER KEY

Potential In-Vehicle Distractions ANSWER KEY


Name

Date

List any potential distractions that could occur inside a vehicle while driving.

1. *talking on a cell phone*
2. *texting*
3. *adjusting the radio, CD*
4. *passengers*
5. *eating or drinking*
6. *reading maps, newspapers*
7. *grooming (make-up, combing hair, shaving)*
8. *using navigation systems (GPS)*
9. *reaching for objects or picking up something that fell*
10. *adjusting vehicle controls (air conditioning, heat, mirrors, seat position)*
11. *objects in car (insect, trash)*
12. *pets*
13. *high radio volume*
14. *smoking*
15. *sneezing*



Potential Distractions Inside the Vehicle Part 2 continued Lesson Content 	
Lesson Content	Materials and Resources
<p><u>Potential In-Vehicle Distractions</u></p> <p>➤ Slide 9.12</p> <p>Discuss potential distractions that could occur inside the vehicle.</p>	<p>➤ Slide 9.12: Potential In-Vehicle Distractions</p> <div style="text-align: center;">  </div>

Potential In-Vehicle Distractions

Today's vehicles and driving environment offer numerous ways for drivers' attention to become diverted from the driving task.

Some distractions could include:

- Interactive communication devices - cell phones, smart phones
- Texting
- Grooming (applying makeup, combing hair, shaving, etc.)
- Adjusting the audio system-changing the channel, changing CDs, satellite radio
- Passengers - infants, children, adults
- Eating or drinking
- Adjusting vehicle controls - air conditioning system, tilt of steering wheel, mirrors, seat position, dash light brightness
- Using navigation systems, DVD players, dashboard control panel
- Reading (maps, books, newspapers, etc.)
- Foreign objects in car - insect, trash
- High radio volume
- Smoking
- Pets
- Reaching for objects or picking up something that fell
- Sneezing

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Cell Phones</u></p> <p>➤ Slide 9.13</p> <p>Discuss cell phone use and driving.</p> <p>➤ Worksheet 9.2.2</p> <p>Duplicate and distribute Worksheet 9.2.2. Before discussing the potential dangers and benefits of cell phones in vehicles, give students a few minutes to list dangers and benefits they can think of.</p> <p>Ask students to tell the class dangers and benefits they have listed.</p>	<p>➤ Slide 9.13: Cell Phones</p> <div data-bbox="982 491 1281 716" data-label="Image"> </div> <p>➤ Worksheet 9.2.2 and Answer Key: Potential Dangers and Benefits of Cell Phones in Vehicles</p>	

Potential Distractions Inside the Vehicle

Fact Sheet 9.2 continued
Content Information

Cell Phones

Cell phone use in the U.S. has grown quickly during the past decade. Today almost everyone has a cell phone. Over 236 million people subscribe to wireless communication devices (*Insurance Information Institute*). 974,000 vehicles on the road at any given daylight moment are being driven by someone using a hand-held phone (*NHTSA*).

The primary responsibility of the driver is to operate a motor vehicle safely. To do this, a driver must focus his/her full attention on the driving task. Cell phones may distract drivers from this task. The safest option for a driver would be to refrain from cell phone use while driving.

- Risk of collision increases by up to 400% when talking on a cell phone while driving (*Insurance Institute for Highway Safety*)
- A study done with driving simulators, found that when talking on a cell phone (*Virginia Tech Transportation Institute*):
 - Young drivers' response times to brake lights ahead were as slow as those by elderly drivers.
 - Drivers of all ages were 9% slower in hitting their brakes when needed.

Young drivers are especially vulnerable to becoming distracted while using a cell phone. Additionally, modern cell phones are capable of more than spoken communication/ many can perform navigational functions, access the Internet, share photos and send and receive text messages. Today's cell phones hold even more potential for increased risk while driving.

Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Worksheet 9.2.2

Potential Dangers and Benefits of Cell Phones in Vehicles

Name

Date

List any potential dangers of having an active cell phone in a moving vehicle.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List any potential benefits of having an active cell phone in a moving vehicle.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Worksheet 9.2.2

ANSWER KEY

Potential Dangers and Benefits of Cell Phones in Vehicles ANSWER KEY

Name

Date

List any potential dangers of having an active cell phone in a moving vehicle.

1. *Diverting attention away from the driving task*
2. *Looking away from the road and using one hand to drive in order to dial*
3. *Effect on maintaining proper lane position*
4. *Impact on ability to perceive potential problems*
5. *Ability to make quick decisions*
6. *Reduced situational awareness*
7. *Ability to execute emergency maneuvers*

List any potential benefits of having an active cell phone in a moving vehicle.

1. *Ability to summon roadside assistance quickly in the event of a mechanical problem*
2. *Ability to contact law enforcement rapidly in the event of a personal or national security concern*
3. *Ability to contact emergency services quickly in response to a crash or emergency or medical situations*



Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Potential Dangers and Benefits of Cell Phones in Vehicles</u></p> <p>➤ Slide 9.14</p> <p>Discuss dangers of using a cell phone while driving.</p> <p>➤ Slide 9.15</p> <p>Discuss safety benefits of having a cell phone in a car.</p>	<p>➤ Slide 9.14: Potential Dangers of Using a Cell Phone While Driving</p> <div data-bbox="987 573 1279 795" data-label="Image"> </div> <p>➤ Slide 9.15: Potential Benefits of Cell Phones in Vehicles</p> <div data-bbox="987 947 1279 1169" data-label="Image"> </div>	

Cell Phones

Potential dangers of using a cell phone while driving

- Diverting attention away from the driving task
- Looking away from the road and using one hand to drive in order to dial
- Effect on maintaining proper lane position
- Impact on ability to perceive potential problems
- Ability to make quick decisions
- Reduced situational awareness
- Ability to execute emergency maneuvers

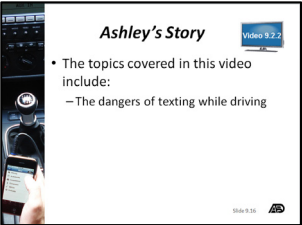
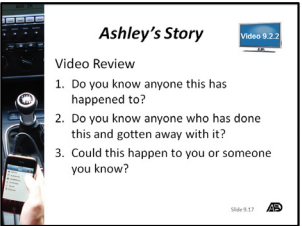
The issue of distracted driving has been researched. Some studies indicate that using cell phones while driving may negatively affect drivers' performance because the device may cause cognitive distractions that are significant enough to degrade a driver's performance.

Note that hands-free devices are no less likely than hand-held cell phones to cause a driver to become distracted. Attention is diverted from the driving task while using either device.

Potential benefits of cell phones in vehicles

- Ability to summon roadside assistance quickly in the event of a mechanical problem
- Ability to contact law enforcement rapidly in the event of a personal or national security concern
- Ability to contact emergency services quickly in response to a crash or emergency or medical situations

Note that in all of the above situations, the driver would be the person initiating a phone call. None of the above situations would require that a cell phone be turned on until the situation warranted action. Thus, a driver could take full advantage of all safety benefits related to having a cell phone, without having the cell phone turned on while driving. Drivers should make efforts to move to a safe place, off the road, to make such calls. Depending on the urgency of the situation, drivers must use their best judgment.

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Text Messaging</u></p> <p>➤ Slides 9.16 and 9.17 – Video 9.2.2</p> <p>Discuss the topics covered in Video 9.2.2.</p> <p>Play Video 9.2.2.</p> <p><i>Ashley's Story</i></p> <p>(Time: 2 minutes 59 seconds)</p> <p>After viewing, complete Learning Activity 9.2.1 to discuss the student's reactions to the video.</p>	<p>➤ Slides 9.16 and 9.17: Video 9.2.2 <i>Ashley's Story</i></p> <div style="display: flex; flex-direction: column; align-items: center;">   </div>	

Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Video Overview 9.2.2



Video Overview 9.2.2: Ashley's Story

Title

Ashley's Story

Time

2 minutes 59 seconds

Topics Covered

1. The dangers of texting while driving.

Learning Activity

2. After viewing the video, discuss the students' reactions to the video using the discussion questions provided.

Instructor Notes



Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle		Part 2 continued
		Lesson Content
Lesson Content	Materials and Resources	
<p><u>Text Messaging</u></p> <p>➤ Learning Activity 9.2.1</p> <p>Conduct this activity to demonstrate the dangers of driving while texting, using a real life story involving a teen driver who was killed in a motor vehicle crash while texting.</p>	<p>➤ Learning Activity 9.2.1: Touch of Reality</p>	



Learning Activity 9.2.1

Touch of Reality



Topic

The Dangers of Texting While Driving

Information

Drivers under age 20 are most likely to be involved in distracted driving crashes almost 50% more likely than the next most at risk group (age 30-49). Texting is the most alarming distraction because it involves physical and mental distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like the length of an entire football field, blindfolded. It's extraordinarily dangerous. (NHTSA)

Materials Needed

1. Video 9.2.2 Ashley's Story
2. Discussion questions



Learning Activity

1. After viewing Video 9.2.2 Ashley's Story discuss the students' reactions to the video and have a class discussion on the dangers of texting while driving, using the questions below.

Discussion Questions

1. How does this video make you feel?
2. Do you know anyone this has happened to?
3. Do you know anyone who has done this and gotten away with it?
4. Could this happen to you or someone you know?
5. Are you at risk?

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Text Messaging</u></p> <p>➤ Class Discussion</p> <p>Ask students: Who here has used your phone to send or receive text messages?</p> <p>How is texting different from talking on a cell phone?</p> <p>Discuss how texting is different from talking on a cell phone.</p> <p>➤ Slide 9.18</p> <p>Discuss how texting can impact driving and how you can look at the three tasks of driving to understand the effects of texting on driving.</p>	<p>➤ Slide 9.18: How Texting Can Impact Driving</p> <div data-bbox="971 947 1271 1171" data-label="Image"> </div>	

Text Messaging

Text messaging – the common term for sending short text messages from cell phones.

How is texting different from talking on a cell phone?

- Texting requires you to spend more time looking at the small screen on the cell phone than talking on the phone
- Text messages are typically shorter than conversations
- Texting may involve having two hands on the cell phone

How texting can impact driving


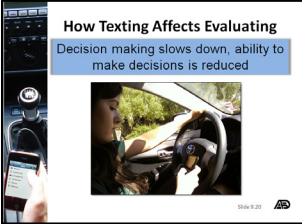

Evidence suggests that text messaging is even riskier than talking on a cell phone because it often requires the driver to look at the phone and manipulate the keypad with one's hands. Texting is the most alarming distraction because it involves manual, visual and cognitive distraction simultaneously.

Sending or receiving text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent at 55 mph of driving the length of an entire football field, blind.

Effects of texting on driving

To understand the effects of texting on driving, you can look at the three tasks of driving:

1. **Search** – the driver must search for what's going on in the driving environment
2. **Evaluate** – the driver must use the information gained through perception to evaluate what to do about a particular situation
3. **Execute** – the driver must execute or perform his/her decision

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Text Messaging</u></p> <ul style="list-style-type: none"> ➤ Ask students, how could texting while driving affect a driver searching for what is going on around them? ➤ Slide 9.19 Discuss how texting can affect the first step, searching. ➤ Ask students, how could texting while driving affect evaluating what to do in an unexpected situation? ➤ Slide 9.20 Discuss how texting can affect the second step, evaluating. ➤ Ask students, how could texting while driving affect executing your decision? ➤ Slide 9.21 Discuss how texting can affect the third step, executing. 	<ul style="list-style-type: none"> ➤ Slide 9.19: How Texting Affects Searching  ➤ Slide 9.20: How Texting Affects Evaluating  ➤ Slide 9.21: How Texting Affects Executing  	

Text Messaging

Effects of texting on driving

1. Search

- If your attention is focused on texting, you could easily miss seeing an important change in your driving environment
 - A car pulling out in front of you
 - A signal light changing from yellow to red
 - A stop sign

2. Evaluate

- When your attention is divided, all decision making slows down
- As you add more tasks, your performance on each one becomes slower
- The more tasks you try to do at once, the less effective you are at any single task
- Your ability to make decisions is reduced because of the multiple tasks attempted

3. Execute

- You could fail to execute the driving maneuver you selected in the evaluate step
 - Fail to turn the steering wheel far enough or fast enough
- When texting, at least one hand is off the steering wheel and on the phone instead
 - Steering control is greatly reduced when you steer with just one hand
 - You need to have both hands on the steering wheel to effectively steer, especially in emergency situations
- You could fail to brake or accelerate at the right time or with the proper amount of pressure on the pedal

Perhaps the largest concern is texting's ability to impair the first step, searching:

- If your attention is devoted to texting and you fail to perceive the car stopping or turning in front of you, you will never even get to the second step (evaluate).
- Even if you typically make great decisions and have excellent vehicle control skills, if you don't perceive the need to activate these skills because you failed in searching, you are far more likely to experience a collision.

Texting may be even more dangerous than talking on a cell phone since the driver must often take his/her eyes off the roadway to look at the small screen on the phone.

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Effects of Distractions on Driving</u></p> <p>➤ Learning Activity 9.2.2</p> <p>Conduct this activity to demonstrate how the addition of multiple tasks can affect a driver’s ability to maintain adequate attention to the primary task: driving.</p> <p>There are three types of ways to conduct this activity. You may choose any of the following ways:</p> <ol style="list-style-type: none"> 1. Student sorts a deck of playing cards into 4 piles by suit as instructor asks addition problems. 2. Student checks off numbers in ascending order as instructor asks addition problems. 3. Student checks off letters in ascending order as instructor asks addition problems. <p>Emphasize that the driver is completely and solely responsible for operating his or her vehicle in a safe manner. This includes the responsibility for controlling everything that occurs inside the vehicle as well. If a distracted driver experiences a crash, the responsibility falls on the driver, not the distraction.</p>	<p>➤ Learning Activity 9.2.2: Card Sorting and Distraction</p>	

Learning Activity 9.2.2

Effects of Distractions Using Addition



Topic

The Effects of Distractions on Driving

Information

New drivers often think they can handle multiple tasks while driving. This activity demonstrates how the addition of multiple tasks can affect a driver’s ability to maintain adequate attention to the primary task: driving and the need to place our primary focus on driving when we are behind the wheel.

Materials Needed

1. Deck of playing cards, or number or letter matrix (depending on which type you choose)
2. Stopwatch

Learning Activity

1. Select one student to perform the exercise.
2. Time how long it takes the student to sort a deck of cards into 4 piles by suit (hearts, diamonds, clubs and spades), or check off each number or letter in ascending order, appearing in the matrixes on the next pages. Begin with 01, end with 36 or begin with A and end with Y.
3. Share the elapsed time with the class.
4. Repeat step 2, but while reading addition problems (see below) aloud to the student. Ask the student to answer as many problems correctly as possible (whether the answers are correct or not is not relevant. The addition task is to provide a distractor).
5. Share the second elapsed time with the class, explaining that the more tasks the brain is required to perform at one time, the longer it takes to perform any single one.
6. Use the following formula to calculate the percentage increase in time to sort the cards by suit the second time:

$$\% \text{ Change} = \frac{\text{2nd time} - \text{1st time}}{\text{1st time}}$$

Addition Problems

14+7	16+6	19+8	9+2	11+6	6+17	17+7	15+8	5+18	13+7
8+17	12+9	6+11	4+11	4+13	11+12	9+7	4+7	13+8	5+13
15+14	18+7	8+13	16+17	7+10	12+17	12+7	9+14	3+16	6+17
9+3	16+5	17+3	5+19	5+16	5+18	6+13	7+17	18+7	13+4
9+7	14+14	16+15	10+7	8+13	15+8	8+11	9+13	11+14	7+9

Unit 9 The Effects of Distractions on Driving



Learning Activity 9.2.2 Effects of Distractions Using Addition – Number Matrix

06	17	23	14	01	20
26	31	04	28	33	25
13	19	35	08	12	07
24	10	02	32	36	16
05	29	18	21	34	03
22	09	15	11	30	27

Unit 9 The Effects of Distractions on Driving

Learning Activity 9.2.2 Effects of Distractions Using Addition – Letter Matrix

R	D	N	H	B
L	G	S	X	P
C	W	J	K	V
U	A	M	E	T
I	F	Y	O	Q

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Audio and Navigation Systems</u></p> <p>➤ Slide 9.22</p> <p>Discuss audio and navigation systems in vehicles and the benefits and dangers of audio and navigation systems.</p>	<p>➤ Slide 9.22: Audio and Navigation Systems</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  <p>Audio and Navigation Systems</p> <ul style="list-style-type: none"> • Radio, satellite, CD players • Benefits – access to music, news, travel and weather • Potential distractions – adjusting controls takes hand off wheel, loud volume <p style="text-align: right; font-size: small;">Slide 9.22 </p> </div>	

Audio and Navigation Systems

Almost every vehicle sold in the US today contains an audio system and many vehicles today also have navigation systems or drivers who have smart phones with GPS systems.

Components of such systems could include:

- AM/FM receivers
- Satellite receivers
- CD players
- Supplementary speakers

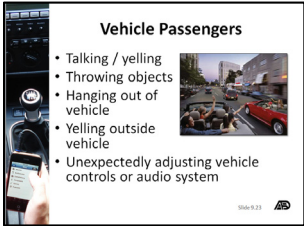
Benefits of audio or navigation systems

There can be several benefits to having an audio system or navigation system in a vehicle. Some of these could include:

- Having access to music and other programming to help pass the miles
- Gaining the latest information on local, national and international events
- Obtaining road travel reports on weather, construction, road closures and crashes
- Used wisely, audio systems can help keep drivers' minds engaged
- Help with finding an unfamiliar route or location

Potential distractions regarding audio and navigation systems

- Adjusting the vehicle's audio controls or navigation tools
 - Research shows that young drivers are especially susceptible to becoming distracted while attempting to adjust their vehicle's audio controls.
 - Adjusting any vehicle's audio controls almost always involves the driver reaching for a knob or button. Often, this action requires that the driver's eyes be diverted from the driving scene for some period of time.
 - Moving one's eyes and having to refocus on the shorter distance between the eyes and the dash or steering wheel, even for a short time, can result in a complete discontinuation of visual feedback from the driving scene.
- Setting the audio system volume too loud
- A driver could miss out on important information that is obtained through the ears, including: emergency vehicle's sirens, horns or screeching tires.

Potential Distractions Inside the Vehicle		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Vehicle Passengers</u></p> <p>➤ Slide 9.23</p> <p>Discuss driving with passengers in the vehicle and how they can be a distraction to driving.</p>	<p>➤ Slide 9.23: Vehicle Passengers</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;">  <p style="text-align: center;">Vehicle Passengers</p> <ul style="list-style-type: none"> • Talking / yelling • Throwing objects • Hanging out of vehicle • Yelling outside vehicle • Unexpectedly adjusting vehicle controls or audio system <p style="text-align: right; font-size: small;">904-923 AD</p> </div>	

Vehicle Passengers

Having other occupants in the vehicle could become distraction as well.

Occupants could distract the driver by:

- Talking to or yelling at the driver
- Throwing objects inside or outside the vehicle
- Partially hanging out of the vehicle
- Yelling at persons outside the vehicle
- Unexpectedly adjusting audio system controls
- Unexpectedly adjusting vehicle controls
- Much more...

Research indicates that, for young drivers, the greater number of similarly-aged occupants aboard, the more likely a crash is to occur. This is a major reason why many states' graduated driver licensing systems restrict the number of similarly-aged passengers that can be in a vehicle with a novice driver.

Potential Distractions Outside the Vehicle **Part 3**
Lesson Content



Lesson Objective:

Student will be able to describe potential distractions that could occur outside the vehicle and their effects on the driving task.

Lesson Content	Materials and Resources
<p><u>Potential Distractions Outside the Vehicle</u></p> <p>➤ Worksheet 9.3</p> <p>Duplicate and distribute Worksheet 9.3. Before discussing the potential distractions outside the vehicle, give students a few minutes to list some distractions outside of the vehicle they can think of.</p> <p>Ask students to tell the class distractions outside the vehicle they have listed.</p> <p>➤ Fact Sheet 9.3</p> <p>Duplicate and distribute Fact Sheet 9.3 for students to use as a resource and study guide.</p> <p>➤ Slide 9.24</p> <p>Discuss potential distractions outside of the vehicle.</p>	<p>➤ Worksheet 9.3: Potential Distractions Outside the Vehicle</p> <p>➤ Fact Sheet 9.3: Potential Distractions Outside the Vehicle</p> <p>➤ Slide 9.24: Potential Distractions Outside the Vehicle</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Potential Distractions Outside the Vehicle</p> <ul style="list-style-type: none"> • Outside traffic • Crash scenes / rubbernecking • Animal in or near roadway • Road construction • People / objects in roadway • Other vehicles • Police • Reading billboards • Sunlight / sunset • Other – waved ahead by driver, bicycle, tire blowout <p style="text-align: right; font-size: small;">5049-224 AD</p> </div>

Potential Distractions Outside the Vehicle

Not all potentially distracting events occur within the vehicle. Many possible events and situations could occur outside a vehicle that could capture a driver's attention.

- Outside traffic – vehicle swerved, turned in front of, changed lanes, slowed or stopped, encroached on lane
- Crash scenes / rubbernecking
- Animal in or near roadway – deer, dog, other animal
- Road construction
- People / objects in roadway – child in road, people walking, basketball game, crowd, broken glass, garbage can, etc.
- Other vehicles
- Police – someone pulled over, someone being chased by police, officer directing traffic, someone thought they saw police
- Reading billboards or other road advertisements
- Sunlight / sunset
- Other – waved ahead by driver, another person or driver, parachutes in sky, bicycle, toll booth, brush obstructing vision, tire blowout, etc.

Crash scenes (Rubbernecking)

Certainly a crash scene would have the ability to grab a driver's attention. However, it has been found that crash scenes also tend to hold a driver's attention, keeping him or her from focusing on the driving task. Thus, some drivers tend to maintain eye contact with a crash scene, even beyond the point that they pass the scene. This phenomenon, sometimes referred to as "rubbernecking," can be quite dangerous, increasing the chance of experiencing a collision.

Attention-grabbing events occurring outside the vehicle will likely be surprising and/or rare, such as a crash or sighting a hot air balloon. While these may be interesting events, drivers must remember that safe driving remains the priority.

Potential Distractions Outside the Vehicle

Worksheet 9.3

Potential Distractions Outside the Vehicle

Name

Date

List any potential distractions that could occur outside a vehicle while driving.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Potential Distractions Outside the Vehicle

Worksheet 9.3

ANSWER KEY

Potential Distractions Outside the Vehicle

Name

Date

List any potential distractions that could occur outside a vehicle while driving.

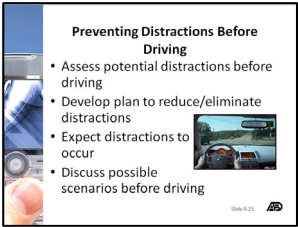

1. *Crash scenes/rubbernecking*
2. *Animal in or near roadway*
3. *Road construction*
4. *People / objects in roadway*
5. *Other vehicles*
6. *Police / someone pulled over*
7. *Reading billboards or other road advertisements*
8. *Sunlight / sunset*

Preventing Distractions Before Driving **Part 4**
Lesson Content



Lesson Objective:

Student will develop a plan to prevent distractions before getting behind the wheel.

Lesson Content	Materials and Resources
<p><u>Preventing Distractions Before Driving</u></p> <ul style="list-style-type: none"> ➤ Ask students, now that we have seen how distractions can cause substantial risk while driving, what can you as a driver do to prevent being distracted while driving? ➤ Fact Sheet 9.4 Duplicate and distribute Fact Sheet 9.4 for students to use as a resource and study guide. ➤ Slide 9.25 Discuss how to prevent distractions before driving. ➤ Slide 9.26 Discuss how to develop a plan to help the driver not become distracted while driving. 	<ul style="list-style-type: none"> ➤ Fact Sheet 9.4: Preventing Distractions Before Driving ➤ Slide 9.25: Preventing Distractions Before Driving  ➤ Slide 9.26: Develop a Plan 

Preventing Distractions Before Driving

A driver's goal should be to eliminate all in-vehicle distractions before driving begins. Accomplishing this goal can be done by:

- Assessing all potential in-vehicle distractions before driving
- Developing a preventative plan to reduce/eliminate possible distractions
- Expecting distractions to occur
- Discussing possible scenarios before getting behind the wheel

Develop a preventive plan to reduce/eliminate possible distractions. Based on the assessment of potential distractions, drivers can formulate a plan to prevent these sources from resulting in distraction.

This could include:

- Turning off all communication devices
- Securing commitment from other occupants to behave responsibly and to support the driver in reducing distractions
- Securing all loose items in the vehicle-pets, handbags, containers, safety kits, umbrellas, flashlights, other personal items
- Familiarizing yourself with your vehicle's features and equipment, before you get behind the wheel
- Adjusting all vehicle controls to the driver's preferences
- Determining exact travel routes or programming the GPS before you drive
- Adjusting to any personal conditions that could become distracting
- Eating before driving or leave early to allow yourself time to stop to eat
- Doing your personal grooming at home, before you drive
- Properly buckling children and giving them books, toys or games to occupy them
- Securing pets in a pet carrier or portable kennel before moving your vehicle

Just a little preparation in advance by drivers could go a long way toward preventing distractions from occurring. Efforts to prevent distractions before driving pay off. It is much better to not deal with distractions at all than to have to address distractions in a moving vehicle.

Addressing Distractions While Driving **Part 5**
Lesson Content



Lesson Objective:

Student will develop a plan to address distractions while driving.

Lesson Content	Materials and Resources
<p><u>Addressing Distractions While Driving</u></p>	
<p>➤ Fact Sheet 9.5</p> <p>Duplicate and distribute Fact Sheet 9.5 for students to use as a resource and study guide.</p>	<p>➤ Fact Sheet 9.5: Addressing Distractions While Driving</p>
<p>➤ Slide 9.27</p> <p>Discuss how to address distractions while driving.</p>	<p>➤ Slide 9.27: Addressing Distractions While Driving</p> <div data-bbox="982 892 1274 1117" data-label="Image"> </div>
<p>➤ Worksheet 9.5</p> <p>Duplicate and distribute Worksheet 9.5. Have students complete the worksheet.</p> <p>Review the answers.</p>	<p>➤ Worksheet 9.5: Handling Distractions While Driving</p>

Addressing Distractions While Driving

By giving advanced thought toward addressing in-vehicle distractions, new drivers can be better prepared to actually deal with these distractions.

Cell phones

The best practice would be to refrain from talking on a cell phone while driving. Utilize voice mail or other passengers for help with taking cell phone calls or text messages. Pick up your messages later, once you have completed driving. In emergency situations, it is the responsibility of the driver to use his/her best discretion. If you have to call or text, pull off the road safely or and stop or stop in a safe parking area (depending on the urgency of the situation, drivers must use their best judgment)

Do not use a hands-free device. It is not any safer than holding a cell phone in your hand; research indicates no differences in risk between the two modes. Both are capable of diverting a driver's attention.

Audio and navigation systems

- Adjust vehicle controls before you begin your trip, take advantage of normal stops to adjust controls.
- Minimize any adjustment to the audio or navigation system while driving.
- Ask passengers to adjust controls or input navigation information.
- The audio system's volume should be put at a level that always permits the driver to be fully aware of any warning sounds in the traffic environment.

Vehicle occupants

In the unlikely event of an extreme situation, the driver, who is responsible for and in control of his or her vehicle, must decide whether an occupant or occupants should be removed from the vehicle.

Avoid arguments and stressful or emotional conversations with passengers that may distract your attention from the road.

Pull safely off the road and out of traffic to deal with children.

Addressing Distractions While Driving

Worksheet 9.5

Handling Distractions While Driving

Name

Date

What steps would you take to address the following distractions, should one or more occur while driving?

- 1. A distracting occupant, who is approximately your own age

- 2. A distracting infant?

- 3. Vehicle controls requiring adjustment? (mirrors, seat position, steering wheel position, etc.)

- 4. Getting lost or having to make a route change caused by road construction

- 5. A loose object, rolling around on the rear floorboard

- 6. A ringing cell phone?

Addressing Distractions While Driving

Worksheet 9.5
ANSWER KEY

Handling Distractions While Driving ANSWER KEY

Name

Date

What steps would you take to address the following distractions, should one or more occur while driving?

1. A distracting occupant, who is approximately your own age

Tell the passenger to act responsibly and not distract you

2. A distracting infant?

Pull safely off the road and out of traffic to deal with children

3. Vehicle controls requiring adjustment? (mirrors, seat position, steering wheel position, etc.)

Pull safely off the road and out of traffic to adjust these controls. Best to adjust before you drive.

4. Getting lost or having to make a route change caused by road construction

Pull safely off the road and out of traffic to look at a map or GPS, do not become distracted by the road construction.

5. A loose object, rolling around on the rear floorboard

Leave it alone and wait until you stop to retrieve it. Best to secure objects before driving.

6. A ringing cell phone?

Let the phone ring and return messages later.

Unit 9 The Effects of Distractions on Driving

Addressing Distractions While Driving		Part 5 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Addressing Driving Distractions</u></p> <p>➤ Learning Activity 9.5</p> <p>Conduct this activity to demonstrate how to best handle distractions while driving.</p>	<p>➤ Learning Activity 9.5: Role Playing: Addressing Driving Distractions</p>	

Unit 9 The Effects of Distractions on Driving

Learning Activity 9.5

Role Playing: Addressing Driving Distractions



Topic

Addressing Driving Distractions

Information

Driver distractions may occur anytime and anywhere. Distracted driving can cause collisions, resulting in injury, death or property damage. New drivers need to learn how to address distractions while driving. This activity will help new drivers understand how to best handle distractions while driving.

Materials Needed

1. List of scenarios below

Learning Activity

1. Read one of the following scenarios.
2. Select a student to respond.
3. Discuss the correct answer.

You are driving along at a safe speed and:

- You wish to change CDs. There is a passenger in the front seat next to you.
- Your cell phone rings. You are the only person in the vehicle.
- Your cell phone rings. There is a passenger in the front seat next to you.
- You approach a crash scene at which EMS has arrived, so that your assistance is not required. One car is overturned.
- Your large beverage spills onto the center console. There is a passenger in the front seat next to you.
- You wish to change the tilt level of the steering wheel.
- You turn into the sun, which is low on the horizon. This makes it much more difficult to look far ahead.
- Your dog, riding in the back seat, tries to force itself into the front seat area.
- You notice four large, colorful hot air balloons in the sky off to your right.
- You become hungry and must eat a sandwich that you brought along for the trip.
- You enter an unfamiliar area where you are trying to locate an address. Your map is on the passenger-side floorboard, out of easy reach.
- You need to input new destination information into your on-board navigation system.
- You notice several deer along the roadside ahead. They appear to be about to cross the roadway.
- You enter a busy construction zone that includes flag personnel. Your radio volume is at a high level.



Addressing Distractions While Driving		Part 5 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Addressing Driving Distractions</u></p> <p>➤ Slide 9.28</p> <p>Discuss a drivers’ responsibility while driving.</p> <p>Emphasize that a driver is completely and solely responsible for operating his or her vehicle in a safe manner.</p>	<p>➤ Slide 9.28: Drivers’ Responsibility While Driving</p> <div data-bbox="987 543 1289 768" data-label="Image"> </div>	

Addressing Distractions While Driving

In Summary:

- Distractions can occur while driving.
- Young drivers are especially susceptible to distraction while driving.
- Distracted driving can cause collisions, resulting in injuries, deaths and property damage. Costs associated with such crashes, including those resulting from criminal and civil proceedings can be extremely high.
- With some forethought and pre-drive planning, drivers can prevent many potential distractions from taking place while driving.
- By developing a plan to deal with distractions that might occur while driving, drivers can become that much better prepared and equipped to deal with those that do occur.
- The potential for drivers to become distracted is expected only to increase over time.

Drivers' responsibility while driving

- Many drivers currently engage in many distraction-causing activities, without giving any consideration to how their driving might be negatively affected. The responsible driver will be aware of potential distractions and minimize both the chance of these occurring and the negative impact should they occur.
- Of most importance, a driver must maintain his or her attention to the driving task. While a distracting event could be considered a negative event, the results of a crash caused by the event could be far worse.
- The driver is completely and solely responsible for operating his or her vehicle in a safe manner. This includes the responsibility for controlling everything that occurs within the vehicle as well. If a distracted driver experiences a crash, the responsibility falls upon the driver, not the distraction.

Unit 9 The Effects of Distractions on Driving

Spreading the Word on the Dangers of Distracted Driving	Part 6 Lesson Content
--	---------------------------------



Lesson Objective:

Student will commit to being a safe, distraction-free driver and be able to identify ways to disseminate information regarding the dangers and consequences of distracted driving to other teens, their parents, and the community.

Lesson Content	Materials and Resources
-----------------------	--------------------------------

Take the Pledge

➤ **Video Review 9.6**

Duplicate and distribute Video Review 9.6. Students should complete the worksheet as they watch the video.

➤ **Slides 9.29 and 9.30 – Video 9.6**

Discuss the topics covered in Video 9.6.

Play Video 9.6.

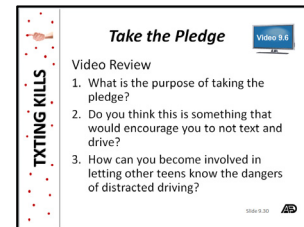
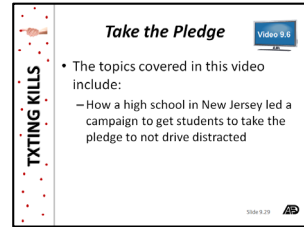
Take the Pledge

(Time: 1 minute 49 seconds)

After viewing, review Video Review 9.6 to gauge student understanding of the video.

➤ Video Review 9.6: Take the Pledge

➤ Slides 9.29 and 9.30: Video 9.6 *Take the Pledge*



Spreading the Word on the Dangers of Distracted Driving

Video Overview 9.6



Video Overview 9.6: Take the Pledge

Title

Take the Pledge

Time

1 minute 49 seconds

Topics Covered

1. How a high school in New Jersey led a campaign to get students to take the pledge to not drive distracted.

Video Review

1. Have students complete a video review worksheet as they watch the video.
2. After viewing the video, review the worksheet to gauge students' understanding of the video.

Instructor Notes

Spreading the Word on the Dangers of Distracted Driving

Video Overview 9.6

Video Review 9.6: Take the Pledge

Name

Date

1. What is the purpose of taking the pledge? _____

2. Do you think this is something that would encourage you to not text and drive and why?

3. How can you become involved in letting other teens know the dangers of distracted driving?



Unit 9 The Effects of Distractions on Driving

Spreading the Word on the Dangers of Distracted Driving

**Video Overview 9.6
ANSWER KEY**

Video Review 9.6: Take the Pledge ANSWER KEY

Name

Date

1. What is the purpose of taking the pledge?
Answer: Gives teens knowledge to understand the dangers of distracted driving and encourages them to not text and drive.
2. Do you think this is something that would encourage you to not text and drive?
3. How can you become involved in letting other teens know the dangers of distracted driving?



Unit 9 The Effects of Distractions on Driving

Spreading the Word on the Dangers of Distracted Driving		Part 6
		Lesson Content
Lesson Content	Materials and Resources	
<p><u>Take the Pledge</u></p> <p>➤ Learning Activity 9.6</p> <p>Conduct this activity to help spread the word on the dangers of distracted driving by having students take the pledge to not drive and text.</p>	<p>➤ Learning Activity 9.6: Take the Pledge</p>	

Learning Activity 9.6

Take the Pledge



Topic

Spreading the Word on the Dangers of Distracted Driving

Information

New drivers are more likely to become distracted while driving and be involved in distracted driving crashes. Educators play a crucial role in helping students develop safe driving habits that can last a lifetime. This activity will help students get the message on distracted driving and commit to not driving while distracted.

Materials Needed

1. Pledge forms (included)
2. Bulletin board covered with paper or poster (optional)
3. Ink pad (optional)
4. Thumb rings (a ring for your thumb, as shown in the video) with “Texting Kills” written on them for each student (optional)
5. Flyer with distracted driving facts (optional - included)



Learning Activity

1. Set up a table in the classroom (for classroom students) or outside classrooms, in your cafeteria, or at a sports event (for students in the high school).
2. Make copies of the pledge form and have students sign and commit to not driving distracted.

Optional

1. Using the “Take the Pledge” video as a resource, have a bulletin board with paper or poster attached and available for students to “take the pledge.”
2. Using an ink pad, have students apply ink to their thumb and place it on the bulletin board, making a commitment not to text and drive.
3. Hand out thumb rings to each student.
4. Pass out brochure or flyer with distracted driving facts and statistics.



TAKE THE PLEDGE

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

SIGNATURE: _____

DATE: _____



Learning Activity 9.6

Distracted Driving Flyer

1. Is distracted driving really a problem?

Distracted driving kills. The friends, family, and neighbors of the thousands of people killed each year in distracted driving crashes will tell you it is a very serious safety problem. The nearly half a million people injured each year will agree.



2. What is distracted driving?

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

3. I'm a pretty good driver. Can't some people text or talk on the phone and drive safely?

No, they can't. Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39% of the energy it would ordinarily devote to safe driving. Using a cell phone while driving delays your reaction time as much as having a blood alcohol concentration of .08, the legal limit for drunk driving. Drivers who use a hand-held device are 4 times more likely to get into a crash serious enough to cause injury. Texting drivers are 23 times more likely to get involved in a crash.

4. Who are the most serious offenders?

Our youngest and most inexperienced drivers are most at risk, with 16% of all distracted driving crashes involving drivers under 20. But they are not alone. At any given moment during daylight hours, over 800,000 vehicles are being driven by someone using a hand-held cell phone.

5. What can I do to prevent me from becoming a distracted driver?

Turn off all communication devices, secure commitment from other occupants to behave responsibly and to support the driver in reducing distractions, secure all loose items, familiarize yourself with your vehicle's features and equipment, determine exact travel routes or program the GPS before you drive, eat before driving or leave early to allow yourself time to stop to eat, do your personal grooming at home, properly buckle children and give them books, toys or games to occupy them, secure pets in a pet carrier or portable kennel before moving your vehicle.

Take the pledge to drive phone-free and turn your cell phone off when you turn your ignition on. And if you're a passenger, make sure your driver does the same.

Unit 9 The Effects of Distractions on Driving

Spreading the Word on the Dangers of Distracted Driving		Part 6	
		Lesson Content	
Lesson Content		Materials and Resources	
<p><u>Get Teens Involved</u></p> <p>➤ Fact Sheet 9.6 Part I</p> <p>Duplicate and distribute Fact Sheet 9.6 Part I for student's to use as a resource.</p> <p>➤ Slide 9.31</p> <p>Discuss how teens can get involved to end distracted driving.</p>		<p>➤ Fact Sheet 9.6 Part I: Teen Involvement</p> <p>➤ Slide 9.31: Get Involved</p> <div data-bbox="980 674 1271 898" data-label="Image"> </div>	

Get Involved

1. **Take the pledge** – commit to being a safe, distraction-free driver. Keep the pledge form in your car or locker as a reminder to stay off the phone when you're driving.
2. **Speak up** – don't stop at being a great driver, be a great passenger. Make sure to call out your friends, and even your parents, if you see them using a cell phone or being distracted behind the wheel.
3. **Spread the word** – get involved in promoting safe driving in your community. Hang up posters, host an event on distracted driving or start a NSSP (National Student Safety Program) chapter at your school.

Unit 9 The Effects of Distractions on Driving

Spreading the Word on the Dangers of Distracted Driving		Part 6
		Lesson Content
Lesson Content	Materials and Resources	
<p><u>Have Parents Get Involved</u></p> <p>➤ Fact Sheet 9.6 Part II</p> <p>Reinforce your safe driving message by sending a letter and parent-teen driving contract home to parents that urges them to talk about the dangers of distracted driving with their teens.</p> <p>Develop, duplicate and distribute the letter and contract using the sample included as a guide.</p>	<p>➤ Fact Sheet 9.6 Part II: Parent Involvement</p>	



**Spreading the Word on the Dangers of
Distracted Driving**

Fact Sheet 9.6 Part II
Content Information

Sample Letter from School Driver Education Program

[DATE]

Dear Parent/Guardian,



Did you know that motor vehicle crashes are the leading cause of death for teens in the United States?

We all talk to our teens about the dangers of drunk driving and the importance of wearing seat belts. But there is another traffic safety issue we must make our teens aware of so they can stay safe behind the wheel: distracted driving.

In 2009 alone, nearly 5,500 people were killed and a half million more were injured in distracted driving crashes. Sadly, our youngest and most inexperienced drivers are often the most at risk. In fact, the under-20 age group has the highest proportion of distracted drivers involved in fatal crashes.

Today I'm writing to ask you to sit down and discuss this important issue with your teens and have them sign the attached Parent-Teen Driving Contract. It's a conversation that could save their life!

Distracted driving comes in many forms. It can include electronic distractions, like navigation systems and cell phones, or more conventional distractions, like interacting with passengers and eating.

Unfortunately, texting is the most dangerous of all distractions because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded.

Student safety is our number one priority at [SCHOOL], and we are committed to including appropriate driver education in our curriculum. However, we need the support of parents and family members to supplement this effort.

So, I'm asking you to join with me and encourage your teen to pay attention to the road at all times. Remind them that "One Text or Call Could Wreck It All."

If you need any additional information or have any questions please feel free to contact me.

Sincerely,

NAME
TITLE (Driver Education Instructor)
HIGH SCHOOL



Sample Parent-Teen Driving Contract



1. **DISTRACTED DRIVING:** Drivers under the age of 20 years old make up the greatest proportion of distracted drivers. **RULE: PUT YOUR PHONE DOWN, BECAUSE ONE TEXT OR CALL COULD WRECK IT ALL!**

AGREEMENT: _____

CONSEQUENCES: _____

2. **ALCOHOL:** It is illegal in all states for drivers under the age of 21 to operate a vehicle with any detectable amount of alcohol in their system. **RULE: ABSOLUTELY NO ALCOHOL!**

AGREEMENT: _____

CONSEQUENCES: _____

3. **SEATBELTS:** High fatality rates and low seat-belt-use rates among teens continue to reach distressing levels year after year. **RULE: BUCKLE UP. EVERY TRIP. EVERY TIME.**

AGREEMENT: _____

CONSEQUENCES: _____

4. **NIGHTTIME DRIVING:** Most young drivers' nighttime fatal crashes occur between 9 p.m. and midnight. **RULE: HAVE THE CAR IN THE DRIVEWAY BY [FILL IN TIME _____].**

AGREEMENT:

CONSEQUENCES: _____

Sample Parent-Teen Driving Contract

5. **PASSENGERS:** Research shows that the risk of a fatal crash increases in proportion to the number of teenage passengers. (2007 Research Report by the Children’s Hospital of Philadelphia and State Farm Insurance Company) **RULE: NO MORE THAN ONE PASSENGER IN THE CAR AT ALL TIMES (OR ZERO PASSENGERS IF THE STATE’S GDL LAW DOESN’T PERMIT ANY).**

AGREEMENT: _____

CONSEQUENCES: _____

6. **GRADUATED DRIVERS LICENSE:** Graduated driver licensing (GDL) has been shown by numerous studies to be a highly effective method of reducing novice driver crash rates. (NHTSA July 2008 Teen Driver Crash Report to Congress) **RULE: FOLLOW YOUR STATE’S GDL LAWS.**

AGREEMENT: _____

CONSEQUENCES: _____

TEEN: _____

PARENT/GUARDIAN: _____

DATE: _____





Lesson Objective:

Student will evaluate their knowledge of the content presented in Unit 9 through review questions, key word matchup worksheet and unit test.

Lesson Content	Materials and Resources
<p><u>Review Questions</u></p> <p>➤ Review Questions</p> <p>Ask review questions to summarize discussion on Unit 9.</p>	<p>➤ Unit 9 Review Questions</p>

Unit 9 Review Questions



1. What are three effects of distracted driving?
Answer: Slowed perception, delayed decision making and improper action
2. Why are drivers under the age of 20 most likely to be in a crash caused by distractions?
Answer: Lack of driving experience, lack of experience performing tasks which could cause distraction, increased risk taking, lack of familiarity with particular vehicles
3. Which specific distractions have been identified to be particularly hazardous to drivers under age 20?
Answer: Talking on a cell phone, texting, adjusting radio or CD, other occupants, outside person, object or event
4. Name the two types of distractions.
Answer: Physical and mental
5. Name five in-vehicle distractions.
Answer: See list in Fact Sheet 9.2 on page 9-27
6. Name three potential dangers of using cell phones while driving?
Answer: Diverting attention away from the driving task, looking away from the road and using one hand to drive in order to dial, effect on maintaining proper lane position, impact on ability to perceive potential problems, ability to make quick decisions, reduced situational awareness, ability to execute emergency maneuvers
7. Name two potential benefits of using cell phones in vehicles?
Answer: Ability to summon roadside assistance quickly in the event of a mechanical problem, ability to contact law enforcement quickly in the event of a personal or national security concern, ability to contact emergency services quickly in response to a crash or emergency or medical situations
8. How can texting impact driving?
Answer: Requires the driver to both look at the phone and manipulate the keypad with one's hands, involves manual, visual and cognitive distraction simultaneously, unable to complete search, evaluate and execute properly
9. What can you do to prevent distractions either before or while driving?
Answer: See Fact Sheets 9.4 and 9.5 for list of ways to prevent distractions

Unit Review and Test		Part 7 continued
		Lesson Content
Lesson Content	Materials and Resources	
<u>Words to Know Review</u>		
<p>➤ Fact Sheet 9.7</p> <p>Duplicate and distribute Fact Sheet 9.6. Use the definitions page as a resource for teaching and for the students as a resource and study guide.</p> <p>➤ Worksheet 9.7</p> <p>Duplicate and distribute. Have students complete the worksheet.</p> <p>Review the answers.</p>	<p>➤ Fact Sheet 9.7: Unit 9 Words to Know Definitions Page</p> <p>➤ Worksheet 9.7 and Answer Key: Unit 9 Words to Know Matchup</p>	



Distraction – Results when a situation, event, object or person draws a driver’s focus away from driving.

Inattention – Occurs when a driver’s attention drifts away from driving without having been influenced by a situation, event or person.

Inside distraction – One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc.

Mental distraction – A type of distraction that takes the driver’s mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day.

Outside distraction – One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc.

Physical distraction – A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.

Rubbernecking – When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene, which can be quite dangerous, increasing the chance of experiencing a collision.

Text messaging – Common term for sending short text messages from cell phones.

Unit 9 The Effects of Distractions on Driving

Unit 9 Words to Know Matchup

Worksheet 9.7

Name _____

Date _____

Directions: Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.

- | | | |
|----------|--|-------------------------|
| _____ 1. | One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc. | A. Distraction |
| _____ 2. | Common term for sending short text messages from cell phones. | B. Inattention |
| _____ 3. | One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc. | C. Inside distraction |
| _____ 4. | Results when a situation, event, object or person draws a driver's focus away from driving. | D. Mental distraction |
| _____ 5. | When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene. | E. Outside distraction |
| _____ 6. | A type of distraction that takes the driver's mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day. | F. Physical distraction |
| _____ 7. | Occurs when a driver's attention drifts away from driving without having been influenced by a situation, event or person. | G. Rubbernecking |
| _____ 8. | A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object. | H. Text messaging |


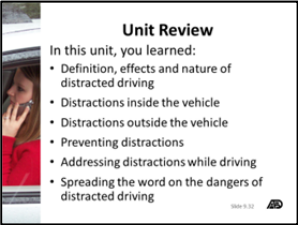



ANSWER KEY

Directions: Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.

- | | | |
|------------|--|-------------------------|
| ___C___ 1. | One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc. | A. Distraction |
| ___H___ 2. | Common term for sending short text messages from cell phones. | B. Inattention |
| ___E___ 3. | One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc. | C. Inside distraction |
| ___A___ 4. | Results when a situation, event, object or person draws a driver's focus away from driving. | D. Mental distraction |
| ___G___ 5. | When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene. | E. Outside distraction |
| ___D___ 6. | A type of distraction that takes the driver's mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day. | F. Physical distraction |
| ___B___ 7. | Occurs when a driver's attention drifts away from driving without having been influenced by a situation, event or person. | G. Rubbernecking |
| ___F___ 8. | A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object. | H. Text messaging |

Unit Review and Test **Part 7 continued**
Lesson Content

Lesson Content	Materials and Resources
<p><u>Unit Review and Test</u></p> <p>➤ Slide 9.32</p> <p>Discuss what the students have learned by the end of this unit.</p> <p>➤ Reading Assignment</p> <p>Assign students the reading material for the next unit. Students might begin reading after they have completed the Unit 9 Test.</p> <p>➤ Unit 9 Test </p> <p>Duplicate and distribute the Unit 9 Test.</p> <p>Collect and grade the test.</p> <p>After returning tests to the students, review the answers and clarify any confusion.</p>	<p>➤ Slide 9.32: Unit Review</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  </div> <p>➤ Textbooks</p> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 5px; margin: 10px 0;"> <p>Preferred Textbook:  HOW to DRIVE Chapter 14</p> </div> <ul style="list-style-type: none"> • Other Textbooks: <ul style="list-style-type: none"> – <u>Drive Right</u>: Chapters 6, 12 and 13 – <u>Responsible Driving</u>: Chapters 4, 5, 13, 14 and 16 – Other Textbook: _____ <hr style="width: 20%; margin-left: 0;"/> <p>➤ Unit 9 Test, page 9-86</p>

Unit 9 Review

Unit 9 Review

In this unit, you learned:

- The definition and effects of distracted driving and the nature of the distracted driving crash problem.
- Potential distractions that could occur inside the vehicle and their effects on the driving task.
- Potential distractions that could occur outside the vehicle and their effects on the driving task.
- How to prevent distractions before getting behind the wheel.
- How to address distractions while driving.
- Key words associated with the unit objectives.

Select the best answer and place the appropriate letter (A, B, C, or D) on the line provided.

- _____ 1. What types of drivers are more susceptible to distractions while driving?
- A. Novice drivers
 - B. Experienced drivers
 - C. Senior drivers
 - D. All of the above
- _____ 2. “Distracted driving” has been defined as:
- A. Anything that causes a driver to lose control of his or her vehicle
 - B. Anything that takes a driver’s attention away from driving
 - C. Anything that causes a driver to brake unexpectedly
 - D. Anything that causes a driver to “rubberneck”
- _____ 3. Costs associated with distracted driving related crashes could include:
- A. Property damage
 - B. Fines associated with criminal charges
 - C. Monies awarded because of civil lawsuits
 - D. All of the above
- _____ 4. Which group of drivers is most likely to experience a crash caused by distracted driving?
- A. Drivers under age 20
 - B. Drivers 20-26
 - C. Drivers 40-49
 - D. Drivers 70-75
- _____ 5. Young drivers are especially susceptible to distractions caused by:
- A. Smoking
 - B. Eating
 - C. Varying sunlight conditions
 - D. Adjusting the audio system

Unit 9 The Effects of Distractions on Driving

The Effects of Distractions on Driving

Unit 9 Test
Page 2

- _____ 6. While driving, drivers should pay attention to all of the following **except**:
- A. Other vehicles
 - B. Aircraft directly overhead
 - C. Pedestrians
 - D. Lane position
- _____ 7. Drivers who text are _____ times more likely to get involved in a crash.
- A. 2
 - B. 5
 - C. 14
 - D. 23
- _____ 8. The responsibility for driving safely and remaining free of distractions rests with:
- A. The state Department of Motor Vehicles
 - B. Passengers
 - C. The driver
 - D. The vehicle's condition
- _____ 9. Vehicle equipment that could cause a driver to become distracted includes:
- A. Voice activated controls
 - B. Blind spot detectors
 - C. Advanced navigation systems
 - D. All of the above
- _____ 10. The best time to address distractions that can affect driving is:
- A. Before driving begins
 - B. While driving
 - C. After driving ceases
 - D. After receiving a citation for driving in an unsafe manner



Unit 9 ANSWER KEY

1	A	6	B
2	B	7	D
3	D	8	C
4	A	9	D
5	D	10	A