

Driver Education
Classroom and In-Car Curriculum

Unit 12

**The Effects of Fatigue and
Emotions on Driving**



Unit 12 The Effects of Fatigue and Emotions on Driving

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Unit 12 The Effects of Fatigue and Emotions on Driving

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Overview, Objectives and Words to Know

Unit 12 Introduction
Lesson Content



Overview

Unit 12 will have the new driver explore the effects of fatigue, drowsy driving and the impact of emotions on one’s driving ability. The consequences of drowsy driving and prevention techniques will be discussed. Students will learn actions to take to control emotional responses that occur when driving and learn the characteristics of aggressive driving and road rage and the different types and degrees of aggression.



Objectives

The student will:



1. Describe the causes of fatigue and how it affects a driver’s abilities.
2. Describe the kinds of emotions that can affect driving behavior and examine the effects of emotions on driving.
3. Describe aggressive driving and road rage characteristics and the different types and degrees of aggression.
4. Develop strategies for anger management and for responding to aggressive driving and road rage.
5. Define key words associated with the unit objectives.



Words to Know

- | | | |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Aggressive driving • Epic aggression • Fatigue | <ul style="list-style-type: none"> • Quiet aggression • Road rage • “Rush-in” area | <ul style="list-style-type: none"> • “Total aggression” area • Verbal aggression • “Violence” area |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|

Unit 12 The Effects of Fatigue and Emotions on Driving

Unit 12 Introduction		Lesson Overview Time Frame – 3 hours
Teacher Information and Resources		
Slides	Slides 12.1 – 12.30	
Videos	12.1 Breakin Nite (7 minutes 36 seconds) 12.3 Cage the Rage (4 minutes 33 seconds)	
Video Review	12.1 Video Review: Breakin Nite 12.3 Video Review: Cage the Rage	
Fact Sheets	12.1 The Causes and Effects of Fatigue 12.2 Emotions that Can Affect Driving Behavior 12.3 Aggressive Driving and Road Rage 12.4 Strategies for Anger Management and Responding to Aggressive Driving and Road Rage 12.5 Words to Know Definitions Page	
Worksheets	12.1 How Sleepy Are You? Questionnaire 12.3 How Aggressive Are You? Questionnaire 12.6 Words to Know Matchup	
Learning Activities	12.0 Key Words – Word Wall	
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 6 <u>Responsible Driving</u> : Chapters 2, 16 and 17 Other Textbook: _____	
Unit 12 Test	Unit 12 Test – The Effects of Fatigue and Emotions on Driving – 10 questions	

Unit 12 The Effects of Fatigue and Emotions on Driving

Key Words

Unit 12 Activity Lesson Content



Unit Objectives:

Student will define the meaning of the key words in Unit 12.

Lesson Content

Materials and Resources

Key Words

➤ Learning Activity 12.0

Throughout the instruction of Unit 12, conduct learning activity to help students with vocabulary and spelling of key words.

➤ Learning Activity 12.0: Key Words – Word Wall

Learning Activity 12.0

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.

Unit 12 The Effects of Fatigue and Emotions on Driving

Unit Objectives and the Causes and Effects of Fatigue

Part 1 Lesson Content



Lesson Objective:

Student will describe the causes of fatigue and how it affects a driver's abilities.

Lesson Content	Materials and Resources
<p><u>Unit Objectives</u></p> <p>➤ Slides 12.1 and 12.2</p> <p>Give an overview of what students should know and be able to do by the end of this unit.</p> <p><u>Fatigue</u></p> <p>➤ Video Review 12.1</p> <p>Duplicate and distribute Video Review 12.1. Students should complete the worksheet as they watch the video.</p> <p>➤ Slides 12.3 and 12.4 - Video 12.1</p> <p>Discuss the topics covered in Video 12.1. Play Video 12.1. <i>Breakin' Nite</i> (Time: 7 minutes 36 seconds)</p> <p>After viewing, review Video Review 12.1 to gauge student understanding of the video.</p>	<p>➤ Slides 12.1 and 12.2: Title and Objectives</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> </div> <p>➤ Video Review 12.1 and Answer Key: <i>Breakin' Nite</i></p> <p>➤ Slides 12.3 and 12.4: Video 12.1 <i>Breakin' Nite</i></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> </div>



Video Overview 12.1: Breakin' Nite

Title

Breakin' Nite

Time

7 minutes 36 seconds

Topics Covered

1. How much sleep a person needs to be alert.
2. Real stories of drivers who were in a crash because they fell asleep while driving.
3. Ways to prevent fatigue and delay fatigue symptoms.

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 12 The Effects of Fatigue and Emotions on Driving

The Causes and Effects of Fatigue

Video Review 12.1

Video Review 12.1: Breakin' Nite

Name

Date

1. Who is portrayed as being sleep deprived in the video? _____

2. How many crashes each year are caused by driver fatigue? _____

3. What should a driver do if s/he notices any sign of fatigue while driving?

4. What can increase alertness for a few hours, but drivers should not rely on it for long periods of time?

5. How many hours of sleep should teens and young adults get each night?



Unit 12 The Effects of Fatigue and Emotions on Driving

The Causes and Effects of Fatigue

Video Review 12.1


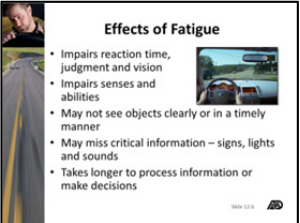
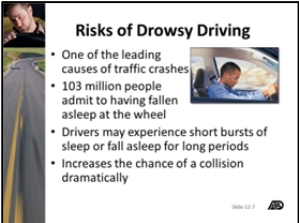
ANSWER KEY

Video Review 12.1: Breakin' Nite ANSWER KEY

1. Who is portrayed as being sleep deprived in the video?
Answer: Young people
2. How many crashes each year are caused by driver fatigue?
Answer: 100,000 crashes
3. What should a driver do if s/he notices any sign of fatigue while driving?
Answer: Pull off the road at a safe location, take a 15-20 minute nap
4. What can increase alertness for a few hours, but drivers should not rely on it for long periods of time?
Answer: caffeine (coffee)
5. How many hours of sleep should teens and young adults get each night?
Answer: 9 hours



The Causes and Effects of Fatigue **Part 1 continued**
Lesson Content

Lesson Content	Materials and Resources
<p><u>Fatigue</u></p> <p>➤ Fact Sheet 12.1</p> <p>Duplicate and distribute Fact Sheet 12.1 for students to use as a resource and study guide.</p> <p>➤ Slide 12.5</p> <p>Discuss the definition and causes of fatigue.</p> <p>➤ Slide 12.6</p> <p>Discuss the effects of fatigue and how drowsiness can affect every process involved in safe driving.</p> <p>➤ Slide 12.7</p> <p>Discuss the risks of drowsy driving and how driving while drowsy increases the chance of a collision dramatically.</p>	<p>➤ Fact Sheet 12.1: The Causes and Effects of Fatigue</p> <p>➤ Slide 12.5: Causes of Fatigue</p>  <p>➤ Slide 12.6: Effects of Fatigue</p>  <p>➤ Slide 12.7: Risks of Drowsy Driving</p> 

Causes and Effects of Fatigue

Fatigue - Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep

Causes of fatigue

- Physical strain (hard work)
- Mental strain (stress) Monotonous tasks (long driving trips)
- Illness
- Lack of sleep
- Sun glare
- Overeating
- Riding in a warm passenger compartment

Effects of fatigue

- Impairs reaction time, judgment and vision
- Impairs the senses and abilities
- May not see objects clearly or in a timely manner
- May miss critical information – signs, lights and sounds
- Takes longer to process information or make decisions

Risks of drowsy driving

Drowsy driving is one of the leading causes of traffic collisions. The NHTSA estimates that 100,000 police-reported crashes year are the result of drowsy driving. According to the National Sleep Foundation's *Sleep in America* poll, more than one third (36 percent or 103 million people) admit to having actually fallen asleep at the wheel. Drivers may experience short bursts of sleep lasting only a few seconds or fall asleep for longer periods of time. Either way, the chance of a collision increases dramatically.

The Causes and Effects of Fatigue **Part 1 continued**
Lesson Content

Lesson Content	Materials and Resources
<p><u>Fatigue</u></p> <p>➤ Slide 12.8</p> <p>Discuss who is most at risk for drowsy driving.</p> <p>➤ Slide 12.9</p> <p>Discuss the warning signs of fatigue and what to do at the first sign of fatigue.</p>	<p>➤ Slide 12.8: Who is Most at Risk for Drowsy Driving?</p> <div style="text-align: center;"> <p>The slide features a central title 'Who is Most at Risk for Drowsy Driving?' with a grid of six images. The images are labeled: 'Driving long distances', 'Driving through the night', 'Driving alone', 'Driving on long, rural roads', 'Young people', and 'Shift workers'. A small inset image shows a commercial driver. The slide is numbered 'Slide 12.8' and includes the ADTSEA logo.</p> </div> <p>➤ Slide 12.9: Fatigue Warning Signs</p> <div style="text-align: center;"> <p>The slide features a central title 'Fatigue Warning Signs' with a list of symptoms and a small inset image of a person yawning. The list includes: 'Heavy eyelids', 'Yawning repeatedly or rubbing eyes', 'Daydreaming', 'Trouble remembering miles driven', 'Trouble keeping head up', 'Drifting from lane, following too closely or hitting a shoulder rumble strip', and 'Restless and irritable'. The slide is numbered 'Slide 12.9' and includes the ADTSEA logo.</p> </div>

Who is Most at Risk for Drowsy Driving and Warning Signs of Fatigue

Drowsy driving - who is most at risk?

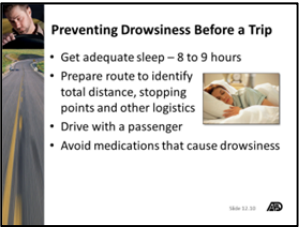
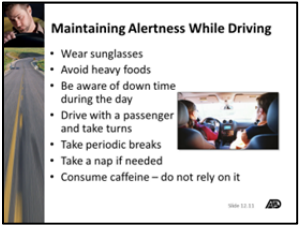
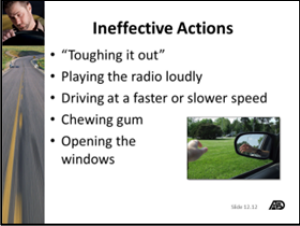
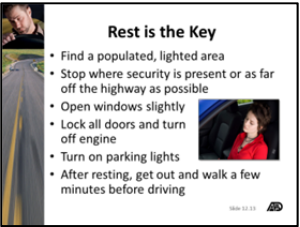
- Drivers who are:
 - Sleep deprived
 - Driving long distances without rest breaks
 - Driving through the night or at other times when they are normally asleep
 - Taking medicine that increases sleepiness
 - Driving alone
 - Driving on long, rural, boring roads
 - Frequent travelers, e.g. business travelers
- Drivers with undiagnosed or untreated sleep disorders
- Young drivers
- Shift workers
- Commercial drivers

Fatigue warning signs:

- Difficulty focusing, frequent blinking or heavy eyelids
- Yawning repeatedly or rubbing eyes
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven; missing exits or traffic signs
- Trouble keeping head up
- Drifting from your lane, following too closely or hitting a shoulder rumble strip
- Feeling restless and irritable

If you notice any signs of fatigue, stop driving and go to sleep for the night or take a 15 – 20 minute nap

The Causes and Effects of Fatigue **Part 1 continued**
Lesson Content

Lesson Content	Materials and Resources
<p><u>Fatigue</u></p> <p>➤ Slide 12.10</p> <p>Discuss ways to prevent drowsiness before a trip.</p> <p>➤ Slide 12.11</p> <p>Discuss how to maintain alertness while driving.</p> <p>➤ Slide 12.12</p> <p>Discuss ineffective actions to prevent drowsy driving.</p> <p>➤ Slide 12.13</p> <p>Emphasize that rest is the key to preventing drowsy driving and explain how to safely stop and rest from driving.</p>	<p>➤ Slide 12.10: Preventing Drowsiness Before a Trip</p>  <p>➤ Slide 12.11: Maintaining Alertness While Driving</p>  <p>➤ Slide 12.12: Ineffective Actions</p>  <p>➤ Slide 12.13: Rest is the Key</p> 

Preventing Drowsiness and Maintaining Alertness

Preventing drowsiness before a trip:

- Get adequate sleep – adults need 8 to 9 hours to maintain alertness
- Prepare route carefully to identify total distance, stopping points and other logistic considerations
- Drive with a passenger
- Avoid medications that cause drowsiness

Maintaining alertness while driving:

- Protect yourself from glare and eyestrain with sunglasses
- Avoid heavy foods
- Be aware of down time during the day
- Have another person ride with you, and take turns driving
- Take periodic breaks – about every 100 miles or 2 hours during long trips
- Stop driving and get some rest or take a nap
- Consume caffeine – can increase awareness for a few hours, but do not drink too much. It will eventually wear off. Do not rely on caffeine to prevent fatigue.

Ineffective actions:

- “Toughing it out”
- Playing the radio loudly
- Driving at a faster or slower speed
- Chewing gum
- Opening the windows

Rest is the key:

It is usually not a good idea to sleep in a vehicle at the side of the road, but there may be times when it is safer than continuing to drive. If you must stop along the side of the road:

- Find a populated, lighted area
- Stop where security is present or make sure you are as far off the highway as possible
- Open windows slightly, but not enough to allow entry from outside
- Lock all doors and turn off the engine
- Turn on parking lights and turn off other electrical equipment
- After you rest, if safe, get out of the vehicle and walk a few minutes before driving, sleeping for more than 20 minutes can make you groggy for at least 5 minutes after awakening

Unit 12 The Effects of Fatigue and Emotions on Driving

The Causes and Effects of Fatigue		Part 1 continued
		Lesson Content
Lesson Content	Materials and Resources	
<p><u>Fatigue</u></p> <p>➤ Worksheet 12.1</p> <p>Duplicate and distribute Worksheet 12.1. Have students complete the questionnaire to measure their general level of daytime sleepiness.</p> <p>After completion, tell the students, if their total is 10 or higher, they should consider discussing these results with their physical or other health care provider.</p>	<p>➤ Worksheet 12.1: How Sleepy Are You?</p>	

The Causes and Effects of Fatigue

Worksheet 12.1

How Sleepy Are You? Questionnaire

Name _____

Date _____

Use this questionnaire from the National Road Safety Foundation to measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item describes a routine situation. Use the scale below to rate the likelihood that you would doze off or fall asleep during that activity.

0	1	2	3
Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing

Sitting & reading



_____ chance of dozing

Watching television



_____ chance of dozing

Sitting inactive in a public place, for example, a theater or meeting



_____ chance of dozing

As a passenger in a car for an hour without a break



_____ chance of dozing

Lying down to rest in the afternoon



_____ chance of dozing

Sitting & talking to someone



_____ chance of dozing

In a car, while stopped in traffic



_____ chance of dozing

Sitting quietly after lunch (when you've had no alcohol)



_____ chance of dozing

If your total is 10 or higher, consider discussing these results with your physician or other health care provider. Keeping a sleep diary for two weeks or longer can help you identify behaviors that might contribute to your fatigue. Source: The National Road Safety Foundation

Unit 12 The Effects of Fatigue and Emotions on Driving

The Causes and Effects of Fatigue		Part 1 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Fatigue</u></p> <p>➤ Class Discussion</p> <p>Discuss how to determine if you are at risk for drowsy driving before you drive.</p>	<p>➤ Fact Sheet 12.1: The Causes and Effects of Fatigue</p>	



Are You at Risk?

Before you drive, consider whether you are:

- Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)
- Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt
- Driving long distances without proper rest breaks
- Driving through the night, mid-afternoon or when you would normally be asleep
- Taking sedating medications (antidepressants, cold tablets, antihistamines)
- Working more than 60 hours a week (increases your risk by 40%)
- Working more than one job, and your main job involves shift work
- Driving alone or on a long, rural, dark or boring road
- Flying, changing time zone?

Emotions that Can Affect Driving Behavior **Part 2**
Lesson Content



Lesson Objective:

Student will describe the kinds of emotions that can affect driving behavior and examine the effects of emotions on driving.

Lesson Content	Materials and Resources
<p><u>Emotions</u></p> <p>➤ Fact Sheet 12.2</p> <p>Duplicate and distribute Fact Sheet 12.2 for students to use as a resource and study guide.</p> <p>➤ Class Discussion</p> <p>Ask the class to create a list of emotions that affect driving and discuss how those do affect driving. Use chalkboard or dry-erase board to create list.</p> <p>➤ Slide 12.14</p> <p>Discuss the effects that emotions have on the body.</p> <p>➤ Slide 12.15</p> <p>Discuss how to control emotions before getting behind the wheel.</p>	<p>➤ Fact Sheet 12.2: Emotions that Can Affect Driving Behavior</p> <p>➤ Chalkboard / dry-erase board</p> <p>➤ Slide 12.14: Effects of Emotions</p> <div data-bbox="980 1123 1276 1346" data-label="Image"> </div> <p>➤ Slide 12.15: Controlling Emotions</p> <div data-bbox="980 1476 1276 1698" data-label="Image"> </div>

Emotions that Can Affect Driving Behavior

Fact Sheet 12.2
Content Information

Emotions

Emotions that affect driving:

- Anger
- Anxiety
- Joy, happiness
- Fear
- Hate
- Grief
- Love

General effects of emotions:

- Interfere with your ability to think
- Create mental distractions
- Create inattentiveness
- Can cause you to act out your emotions
- Increase risk taking
- Create a lack of concentration
- Interrupts ability to process information

Physical effects of emotions:

- Heartbeat increases
- Breathing quickens
- Digestion slows
- Palms sweat
- Feeling of exhaustion
- Physical stress

Controlling emotions:

- Understand one's emotional makeup
- Identify situations that cause emotional stress
- Expect other drivers to make mistakes
- Understand that emotions are contagious
- Direct emotions toward actions, not individuals
- Delay driving when upset
- If upset, ask someone else to drive

Emotions that Can Affect Driving Behavior		Part 2 continued Lesson Content
Lesson Content	Materials and Resources	
<p><u>Emotions</u></p> <p>➤ Class Discussion</p> <p>Have the class generate a list of ways that passengers can affect a driver. Use chalkboard or dry-erase board to generate list.</p> <p>➤ Slide 12.16</p> <p>Discuss how passengers can influence the way a driver thinks and what the driver can do to not let passengers affect the driver.</p> <p>Discuss how passengers can help the driver maintain control while driving by taking actions to prevent aggressive driving or speeding.</p>	<p>➤ Chalkboard / dry-erase board</p> <p>➤ Slide 12.16: Passengers and Emotions</p> <div data-bbox="971 756 1274 982" data-label="Image"> </div>	

Passengers and Emotions

In a vehicle, passengers can influence the way a driver thinks, feels and drives.

- When you are the driver, you need to take responsibility for the safety of your passengers
- Do not let peer pressure or group pressure allow you to take more risk
- Do not get into an argument or discussion with other passengers while driving, which may cause you to become upset

Passengers can help the driver maintain control while driving by taking actions to prevent aggressive driving or speeding.

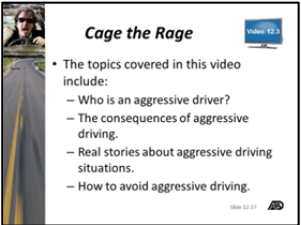
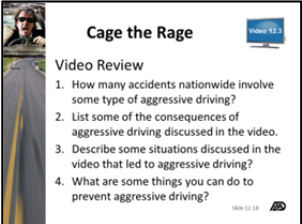
- Avoid distracting or upsetting the driver
- Discourage the driver from driving recklessly
- Do not encourage the driver to speed or drive in a reckless manner
- Praise the driver for doing a good job in a difficult situation

Aggressive Driving and Road Rage **Part 3**
Lesson Content



Lesson Objective:

Student will describe aggressive driving and road rage characteristics and the different types and degrees of aggression.

Lesson Content	Materials and Resources
<p><u>Aggressive Driving</u></p> <p>➤ Video Review 12.3</p> <p>Duplicate and distribute Video Review 12.3. Students should complete the worksheet as they watch the video.</p> <p>➤ Slides 12.17 and 12.18 – Video 12.3</p> <p>Discuss the topics covered in Video 12.3.</p> <p>Play Video 12.3. <i>Cage the Rage</i> (Time: 4 minutes 33 seconds)</p> <p>After viewing, review Video Review 12.3, using Answer Key to gauge student understanding of the video.</p> <p>Ask students if they have ever been in a situation involving aggressive driving or road rage.</p>	<p>➤ Video Review 12.3 and Answer Key: Cage the Rage</p> <p>➤ Slide 12.17 and 12.18: Video 12.3 <i>Cage the Rage</i></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">  <p>Cage the Rage Video 12.3</p> <ul style="list-style-type: none"> The topics covered in this video include: <ul style="list-style-type: none"> Who is an aggressive driver? The consequences of aggressive driving. Real stories about aggressive driving situations. How to avoid aggressive driving. </div> <div style="border: 1px solid black; padding: 5px;">  <p>Cage the Rage Video 12.3</p> <p>Video Review</p> <ol style="list-style-type: none"> How many accidents nationwide involve some type of aggressive driving? List some of the consequences of aggressive driving discussed in the video. Describe some situations discussed in the video that led to aggressive driving? What are some things you can do to prevent aggressive driving? </div>

Aggressive Driving and Road Rage

Video Overview 12.3



Video Overview 12.3: Cage the Rage

Title

Cage the Rage

Time

4 minutes 33 seconds

Topics Covered

1. Who is an aggressive driver?
2. The consequences of aggressive driving.
3. Real stories about aggressive driving situations.
4. How to avoid aggressive driving.

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

Aggressive Driving and Road Rage

Video Review 12.3

Video Review 12.3: Cage the Rage

Name

Date

1. How many accidents nationwide involve some type of aggressive driving?

2. List some of the consequences of aggressive driving discussed in the video.

3. Describe some situations discussed in the video that led to aggressive driving?

4. What are some things you can do to prevent aggressive driving?



Aggressive Driving and Road Rage

**Video Review 12.3
ANSWER KEY**


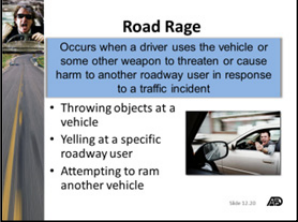

Video Review 12.3: Cage the Rage ANSWER KEY

Name

Date

1. How many accidents nationwide involve some type of aggressive driving?
Answer: One-half
2. List some of the consequences of aggressive driving discussed in the video.
Answer: Motor vehicle crash leading to death or injury, jail sentence, fines
3. Describe some situations discussed in the video that led to aggressive driving?
Answer: Retaliating against another driver who did something wrong or made the driver mad (driver threw eggs at another vehicle as a prank). Mother trying to get to the pharmacy for medication for daughter's ear infection and pulled-over for speeding. Driver becomes impatient because driver in front of him/her is going the speed limit, but s/he is used to driving over the speed limit and wants to get around him/her.
4. What are some things you can do to prevent aggressive driving?
Answer: Be calm and careful, avoid aggressive driving, stay on the road safely, give yourself extra time



Part 3 continued	
Lesson Content	
Lesson Content	Materials and Resources
<p><u>Aggressive Driving</u></p> <p>➤ Fact Sheet 12.3</p> <p>Duplicate and distribute Fact Sheet 12.3 for students to use as a resource and study guide.</p> <p>➤ Slide 12.19</p> <p>Discuss the definition and examples of aggressive driving.</p> <p>Ask if anyone knows someone or has driven with someone who has been an aggressive driver.</p> <p>➤ Slide 12.20</p> <p>Discuss the definition and examples of road rage.</p> <p>➤ Class Discussion</p> <p>Discuss the formula for road rage and how our society has normalized this behavior.</p> <p>➤ Slide 12.21</p> <p>Describe the three types of aggression.</p>	<p>➤ Fact Sheet 12.3: Aggressive Driving and Road Rage</p> <p>➤ Slide 12.19: Aggressive Driving</p>  <p>➤ Slide 12.20: Road Rage</p>  <p>➤ Slide 12.21: Types of Aggression</p> 

Aggressive Driving and Road Rage

Fact Sheet 12.3
Content Information

Aggressive Driving and Road Rage

Aggressive driving – occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others’ safety. Examples of aggressive driving include:

- Exceeding the speed limit
- Following too closely
- Failing to obey traffic controls
- Making improper turns and maneuvers

Road rage – occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others. Road rage is an escalation of emotions generally ignited by aggressive driving behaviors.

Examples of road rage include:

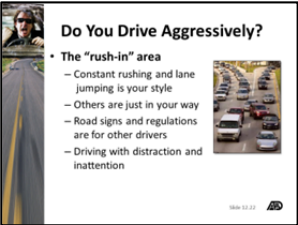
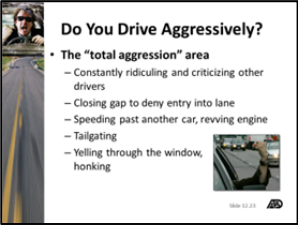
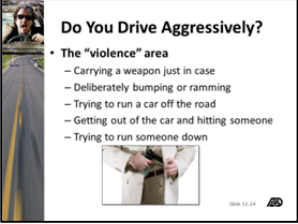
- Throwing objects at a vehicle
- Yelling at a specific roadway user
- Attempting to ram another vehicle

Formula for road rage:

This formula comes into play when we look at how our society has normalized disrespectful and hostile behavior. When these elements are added to our roadways that contain more cars, less space and more driver interactions, the result is a social normalization of behaviors that are more aggressive and violent in nature.

Types of aggression:

- **Verbal aggression:** yelling, cussing, gesturing, honking, insulting (**aggressive driving**)
- **Quiet aggression:** complaining, rushing, competing, resisting by not letting others in (**aggressive driving**)
- **Epic aggression:** cutting off, blocking, chasing, physically fighting, shooting (**road rage**)

<div style="display: flex; justify-content: space-between;"> Aggressive Driving and Road Rage Part 3 continued </div> <div style="text-align: right; margin-top: 5px;">Lesson Content</div>	
Lesson Content	Materials and Resources
<p><u>Road Rage</u></p> <p>➤ Slides 12.22 through 12.24</p> <p>Discuss different degrees of aggressive driving behaviors and characteristics of each.</p>	<p>➤ Slides 12.22 through 12.24: Do You Drive Aggressively?</p> <div style="margin-top: 10px;">  </div> <div style="margin-top: 10px;">  </div> <div style="margin-top: 10px;">  </div>

Aggressive Driving and Road Rage

Degrees of aggression

1. The “rush-in” area (aggressive driving)

- Constant rushing and lane jumping is your style.
- Others are just in your way. Get ahead.
- Ignore road signs and regulations. They are for other drivers.
- Driving with distraction, low alertness, inattention.

2. The “total aggression” area (aggressive driving)

- Constantly ridiculing and criticizing other drivers to self or passengers.
- Closing gap to deny entry into lane.
- Giving the “look” to show disapproval.
- Speeding past another car, revving engine.
- Prevent others from passing you.
- Tailgating to pressure a driver to go faster or get out of your way.
- Fantasizing physical violence.
- Honking, yelling through the window.
- Making visible insulting gestures.

3. The “violence” area (road rage)

- Carrying a weapon, just in case.
- Deliberately bumping or ramming another vehicle.
- Trying to run a car off the road to punish.
- Getting out of the car, beating or battering someone.
- Trying to run someone down.
- Shooting at another car.
- Thoughts of killing someone.

Aggressive Driving and Road Rage Part 3 continued Lesson Content	
Lesson Content	Materials and Resources
<p><u>Aggressive Driving</u></p> <p>➤ Worksheet 12.3</p> <p>Duplicate and distribute Worksheet 12.3. Have students complete the questionnaire to see how aggressive they or someone they know is while driving.</p> <p>After completion, have the students tally their score and determine how aggressive they are while driving.</p>	<p>➤ Worksheet 12.3: How Aggressive Are You?</p>

Unit 12 The Effects of Fatigue and Emotions on Driving

Aggressive Driving and Road Rage

Worksheet 12.3

How Aggressive Are You? Questionnaire

Name _____

Date _____

Use this questionnaire from the *National Road Safety Foundation* to measure how aggressive you or someone you know is while driving. For each behavior or possible violation check the current action.

	A's	B's	C's
Seatbelts	<input type="checkbox"/> always	<input type="checkbox"/> sometimes	<input type="checkbox"/> never
Obeying Speed Limits	<input type="checkbox"/> drives at limit	<input type="checkbox"/> drives 10 mph over limit	<input type="checkbox"/> drives 20 mph over limit
At Stop Signs	<input type="checkbox"/> comes to a complete stop	<input type="checkbox"/> slowly rolls through	<input type="checkbox"/> does not stop
Frequent Lane Changes	<input type="checkbox"/> never	<input type="checkbox"/> rarely	<input type="checkbox"/> very often
Yellow Signal	<input type="checkbox"/> slows/stops as appropriate	<input type="checkbox"/> rolls through	<input type="checkbox"/> speeds up and goes through
Slow Driver in Front	<input type="checkbox"/> changes lanes/ passes safely	<input type="checkbox"/> changes lanes/ passes dangerously	<input type="checkbox"/> tailgates
Bad Weather Conditions	<input type="checkbox"/> adjusts as necessary	<input type="checkbox"/> drives at normal speed	<input type="checkbox"/> drives too fast
Mood While Driving	<input type="checkbox"/> calm and patient	<input type="checkbox"/> a little frustrated	<input type="checkbox"/> screaming at others
Lane Changing	<input type="checkbox"/> always signals	<input type="checkbox"/> sometimes signals	<input type="checkbox"/> never signals
Attention Span	<input type="checkbox"/> maintains attention	<input type="checkbox"/> generally good	<input type="checkbox"/> distracted with other things
Use of Headlights	<input type="checkbox"/> at all times	<input type="checkbox"/> for bad weather and darkness only	<input type="checkbox"/> never
Stopping at Red Lights	<input type="checkbox"/> always	<input type="checkbox"/> only when there is traffic	<input type="checkbox"/> never
Allowing Pedestrians to Cross	<input type="checkbox"/> always	<input type="checkbox"/> sometimes	<input type="checkbox"/> never
Faced with an Aggressive Driver	<input type="checkbox"/> move out of way	<input type="checkbox"/> proceed with caution	<input type="checkbox"/> compete with driver
When Parking	<input type="checkbox"/> take up one spot	<input type="checkbox"/> take up two spots	<input type="checkbox"/> park horizontally
Stopping to Talk to Other Road Users	<input type="checkbox"/> never	<input type="checkbox"/> sometimes, if they're cute	<input type="checkbox"/> always (when they cut me off or get in the way)

Your score is Mostly A's – You are a Duke Bugsky and you are OK...
 Mostly B's – You are a Big Sid which is unsafe and unacceptable
 Mostly C's – You are a Law Violator and will get pulled over by Trooper Dale, you are a GOTCHA!! *Source: National Road Safety Foundation*



Unit 12 The Effects of Fatigue and Emotions on Driving

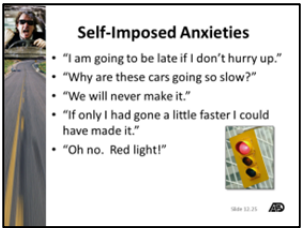
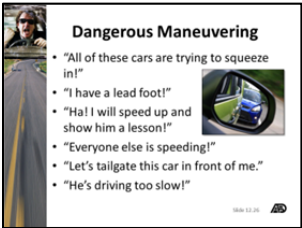
Strategies for Anger Management and Responding to Aggressive Driving and Road Rage

Part 4 Lesson Content



Lesson Objective:

Student will develop strategies for anger management and for responding to aggressive driving and road rage.

Lesson Content	Materials and Resources
<p><u>Strategies for Anger Management</u></p> <p>➤ Fact Sheet 12.4</p> <p>Duplicate and distribute Fact Sheet 12.4 for students to use as a resource and study guide.</p> <p>➤ Slide 12.25</p> <p>Discuss how self-imposed anxieties can affect driving behaviors.</p> <p>➤ Slide 12.26</p> <p>Discuss how driver actions precipitate anger.</p>	<p>➤ Fact Sheet 12.4: Strategies for Anger Management</p> <p>➤ Slide 12.25: Self-Imposed Anxieties</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  <p>Self-Imposed Anxieties</p> <ul style="list-style-type: none"> • "I am going to be late if I don't hurry up." • "Why are these cars going so slow?" • "We will never make it." • "If only I had gone a little faster I could have made it." • "Oh no. Red light!" </div> <p>➤ Slide 12.26: Dangerous Maneuvering</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  <p>Dangerous Maneuvering</p> <ul style="list-style-type: none"> • "All of these cars are trying to squeeze in!" • "I have a lead foot!" • "Ha! I will speed up and show him a lesson!" • "Everyone else is speeding!" • "Let's tailgate this car in front of me." • "He's driving too slow!" </div>

Strategies for Anger Management

Anger is the basis for rage

The irrational actions of others create anger. There is potential for rage if a driver feels he/she has been violated or his/her safety has been threatened.

Self-imposed anxieties and dangerous reactions/maneuvers

Anyone can enter a driving situation with varying amounts of anxiety which can negatively influence driving behavior. The idea is to recognize these thoughts and not allow them to influence his/her driving.

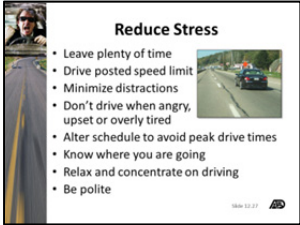

Examples include:

- “I am going to be late if I don’t hurry up.”
- “Why are these cars going so slow?”
- “We will never make it.”
- “If only I had gone a little faster I could have made it.”
- “Oh no. Red light!”

Dangerous maneuvering includes:

- “All of these cars are trying to squeeze in!”
- “I have a lead foot!”
- “Ha! I will speed up and show him a lesson!”
- “Everyone else is speeding!”
- “Let’s tailgate this car in front of me.”
- “He’s driving too slowly!”

Unit 12 The Effects of Fatigue and Emotions on Driving

Lesson Content	Materials and Resources
<p>Strategies for Anger Management</p> <p>➤ Slide 12.27</p> <p>Discuss how to reduce stress when driving.</p> <p>➤ Slide 12.28</p> <p>Discuss how not to trigger aggression in others.</p>	<p>➤ Slide 12.27: Reduce Stress</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  <p>Reduce Stress</p> <ul style="list-style-type: none"> • Leave plenty of time • Drive posted speed limit • Minimize distractions • Don't drive when angry, upset or overly tired • Alter schedule to avoid peak drive times • Know where you are going • Relax and concentrate on driving • Be polite </div> <p>➤ Slide 12.28: Don't Trigger Aggression in Others</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">  <p>Don't Trigger Aggression in Others</p> <ul style="list-style-type: none"> • Keep a safe following distance • Don't cut off other drivers • Give others space to merge • Keep right except to pass • Do not drive in passing lane • Use turn signals • Avoid rude gestures • Use horn sparingly </div>

Strategies for Anger Management and Responding to Aggressive Driving and Road Rage Fact Sheet 12.4 continued
Content Information

Strategies for Anger Management

Reduce your stress

- Leave plenty of time
- Drive the posted speed limit
- Minimize distractions: take out glasses, put purse/briefcase, phone away
- Don't drive when angry, upset or overly tired
- Alter your schedule to avoid peak drive times
- Monitor your physical / emotional condition. Loosen your grip on the wheel. Sit back.
- Know where you are going – keep directions out. Know alternate routes.
- Relax and concentrate on driving
- Be polite


Don't trigger aggression in others

- Keep a safe following distance from the car ahead. You will need the room if something unexpected happens.
- Don't cut off other drivers
- Leave plenty of room when merging
- Give others the space they need to merge safely. Don't "close the gap."
- Keep right except to pass
- Move right to let others pass
- Always use your turn signals before changing lanes
- Avoid gestures that might anger another driver
- Use your horn sparingly
- Do not park across multiple parking spaces or touch adjacent vehicles while parking or entering or exiting the vehicle
- When using high-beam headlights, return to using low-beam headlights as soon as you detect an oncoming vehicle

Unit 12 The Effects of Fatigue and Emotions on Driving

Strategies for Anger Management and Responding to Aggressive Driving and Road Rage

Part 4 continued Lesson Content

Lesson Content	Materials and Resources
<p><u>Responding to Aggressive Driving and Road Rage</u></p> <p>➤ Slide 12.29</p> <p>Discuss how to deal with a driver who is angry and is driving aggressively.</p>	<p>➤ Slide 12.29: Responding to Aggressive Driving and Road Rage</p>  <p>The slide is titled "Responding to Aggressive Drivers" and features a list of instructions. On the left, there is a vertical image of a road with a yellow center line. On the right, there is a small inset image showing a driver in a car. The text on the slide reads: "Responding to Aggressive Drivers", "• Get out of their way", "• Don't respond", "• Avoid eye contact", "• Ignore gestures and name calling", "• Do not get out of your vehicle", "• Drive away from the area, if possible, drive to a public space, not home – report serious aggressive driving". At the bottom right of the slide is the ADTSEA logo and the text "Slide 12.29".</p>

Strategies for Anger Management and Responding to Aggressive Driving and Road Rage Fact Sheet 12.4 continued
Content Information

Responding to Aggressive Driving and Road Rage

Dealing with anger:

Just like all other driving skills, containing or managing your anger on the roadway requires training and thought prior to engaging in the driving task. One should realize that responding to another driver's negative behavior can lead to a dangerous situation. Keep in mind that everyone makes errors in his/her driving.

To deal with anger:

- Get out of his/her way
- Don't respond – do not challenge him/her by speeding up or attempting to hold-your-own in your path of travel
- Don't engage – avoid eye contact, which can sometimes anger an aggressive driver
- Ignore gestures and name calling – refuse to return them
- Be tolerant and forgiving – the other driver may be having a bad day and looking for a way to vent anger
- Be polite and courteous – your behavior may help reduce the other driver's anger
- Do not get out of your vehicle
- Drive away from the area, if possible, drive to a public space, not home – report serious road rage

Unit Review and Test **Part 6**
Lesson Content



Lesson Objective:

Student will evaluate their knowledge of the content presented in Unit 12 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 12.</p>	<p>➤ Unit 12 Review Questions</p>

Unit 12 Review Questions



1. Name two causes of fatigue.

Answer: Physical strain (hard work), mental strain (stress), monotonous tasks (long driving trips), illness, lack of sleep, sun glare, overeating, riding in a warm passenger compartment.

2. Name two effects of fatigue.

Answer: Impairs reaction time, judgment and vision, impairs your senses and abilities, may not see objects clearly or in a timely manner, may miss critical information, takes longer to process information or make decisions

3. What can you do to prevent drowsiness before a trip?

Answer: Get adequate sleep, prepare route carefully, drive with a passenger, avoid medications that cause drowsiness

4. What are two general effects of emotions?

Answer: See list on page 12-23.

5. What is the formula for road rage?

Answer: Cultural norms of disrespect, condoning hostility, more cars, less space and more interactions.

6. What is the difference between aggressive driving and road rage?

Answer: Aggressive driving occurs when a driver operates a vehicle in a bold or pushy manner by exceeding the speed limit, following too closely or failing to obey traffic controls. Road rage occurs when a driver uses the vehicle as a weapon or threatens another driver.

7. What are some ways to reduce stress when driving?

Answer: Leave plenty of time. Drive the posted speed limit. Minimize distractions. Don't drive when angry. Alter your schedule to avoid peak drive times. Monitor your physical / emotional condition. Know where you are going. Relax and concentrate on driving. Be polite.

8. What should you do when confronted by an aggressive driver?

Answer: Get out of his/her way. Don't respond. Don't engage. Ignore gestures. Be tolerant and forgiving. Be polite and courteous. Do not get out of your vehicle. Drive away from the area.

Unit 12 The Effects of Fatigue and Emotions on Driving

Unit Review and Test		Part 6 continued	
		Lesson Content	
Lesson Content		Materials and Resources	
<u>Words to Know Review</u>			
<p>➤ Fact Sheet 12.6</p> <p>Duplicate and distribute Fact Sheet 12.6. Use the definitions page as a resource for teaching and for the students as a resource and study guide.</p>		<p>➤ Fact Sheet 12.6: Unit 12 Words to Know Definitions Page</p>	
<p>➤ Worksheet 12.6</p> <p>Duplicate and distribute. Have students complete the worksheet.</p> <p>Review the answers.</p>		<p>➤ Worksheet 12.6 and Answer Key: Unit 12 Words to Know Matchup</p>	





Aggressive driving – occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety

Epic aggression – a type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver

Fatigue – physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep

Quiet aggression – a type of aggressive driving in which the driver complains, rushes, competes or resists with another driver

Road rage – occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others

“Rush-in” area – a degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction

“Total aggression” area – a degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, closes a gap to deny entry into lane, gives a “look” to show disapproval, speeds past another car, tailgates, fantasizes about physical violence, honks, yells or makes visible insulting gestures

Verbal aggression – a type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver

“Violence” area – a degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, gets out of the car and hits someone, tries to run someone down, shoots at another car or thoughts of killing someone

Unit 12 The Effects of Fatigue and Emotions on Driving

Unit 12 Words to Know Matchup

Worksheet 12.6

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. A type of aggressive driving in which the driver complains, rushes, competes or resists with another driver | A. Aggressive driving |
| _____ | 2. A degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction | B. Epic aggression |
| _____ | 3. A type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver | C. Fatigue |
| _____ | 4. A type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver | D. Quiet aggression |
| _____ | 5. A degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, or uses a weapon | E. Road rage |
| _____ | 6. Occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others | F. "Rush-in" area |
| _____ | 7. Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep | G. "Total aggression" area |
| _____ | 8. A degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, speeds past another car, tailgates, honks, yells or makes visible insulting gestures | H. Verbal aggression |
| _____ | 9. Occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety | I. "Violence" area |


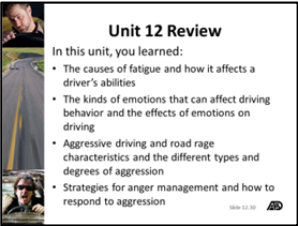



ANSWER KEY

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.

- | | | |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| ___D___ 1. | A type of aggressive driving in which the driver complains, rushes, competes or resists with another driver | A. Aggressive driving |
| ___F___ 2. | A degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction | B. Epic aggression |
| ___H___ 3. | A type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver | C. Fatigue |
| ___B___ 4. | A type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver | D. Quiet aggression |
| ___I___ 5. | A degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, or uses a weapon | E. Road rage |
| ___E___ 6. | Occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others | F. "Rush-in" area |
| ___C___ 7. | Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep | G. "Total aggression" area |
| ___G___ 8. | A degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, speeds past another car, tailgates, honks, yells or makes visible insulting gestures | H. Verbal aggression |
| ___A___ 9. | Occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety | I. "Violence" area |

Unit Review and Test	Part 6 continued Lesson Content
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Lesson Content	Materials and Resources
<p><u>Unit Review and Test</u></p> <p>➤ Slide 12.30</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 12 Test.</p> <p>➤ Unit 12 Test </p> <p>Duplicate and distribute the Unit 12 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 12.30: Unit Review</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">  </div> <p>➤ Textbooks</p> <div style="border: 1px solid black; background-color: #e6f2ff; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Preferred Textbook:  HOW to DRIVE Chapter 17</p> </div> <ul style="list-style-type: none"> • Other Textbooks: <ul style="list-style-type: none"> – <u>Drive Right</u>: Chapter 18 – Other Textbook: _____ <p>➤ Unit 12 Test, page 12-50</p>

Unit 12 Review

Unit 12 Review

In this unit, you learned:

- The causes of fatigue and how it affects a driver's abilities.
- The kinds of emotions that can affect driving behavior and the effects of emotions on driving.
- Aggressive driving and road rage characteristics and the different types and degrees of aggression.
- Strategies for anger management and how to respond to aggressive driving and road rage.
- 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 are some effects of fatigue?
- A. Takes longer to process information
 - B. Impairs your senses and abilities
 - C. Impairs reaction time, judgment and vision
 - D. All of the above are effects
- _____ 2. Driving drowsy is an increasing problem. Drivers are more likely to become drowsy:
- A. On high-speed, long, boring rural highways
 - B. On low-speed city streets
 - C. If they take several rest stops
 - D. If they drive a short distance
- _____ 3. Emotions may affect a driver's ability to drive safely by:
- A. Creating mental distractions
 - B. Increasing risk taking
 - C. Creating a lack of concentration
 - D. All of the above
- _____ 4. When a driver is feeling fatigued what should s/he do?
- A. Play the radio loudly
 - B. Take a nap
 - C. Alternate speed up and down
 - D. Open the windows
- _____ 5. What type of driver is **least** at-risk for drowsy driving?
- A. A young driver
 - B. A shift worker
 - C. A driver with a passenger
 - D. A commercial driver

Unit 12 The Effects of Fatigue and Emotions on Driving

The Effects of Fatigue and Emotions on Driving

Unit 12 Test
Page 2

- _____ 6. You can identify aggressive drivers by:
- A. Their increased risk-taking
 - B. The color of their car
 - C. The passengers in their car
 - D. The slow speed they drive
- _____ 7. “Road Rage” means a driver loses control of his/her emotions and attempts to harm another driver. How should you handle a situation of “road rage”?
- A. Avoid these drivers if possible
 - B. Stay in your car and lock the doors
 - C. Leave the area if possible
 - D. All of the above
- _____ 8. What are some effects of emotions?
- A. Interfere with your ability to think
 - B. Make you a better driver
 - C. Decrease risk taking
 - D. Helps you process information quicker
- _____ 9. What is a driver error that may cause a negative reaction by other drivers?
- A. Letting another driver into a lane
 - B. Moving over to the right lane
 - C. Cruising in passing lanes
 - D. Maintaining speed
- _____ 10. What can a driver do to reduce stress while driving?
- A. Drive during heavy rush hour traffic
 - B. Leave early to allow plenty of time
 - C. Talk on the phone while driving
 - D. Drive 5 mph above the posted speed limit



Unit 12 ANSWER KEY

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