

## **Distracted Driving Lesson Plan**

**Lesson Objective/Goals:** Students will understand what distracted driving is and the importance of avoiding all distractions while operating a motor vehicle.

Students will demonstrate understanding of this concept by creating a poster persuading others to avoid distracted driving.

**Teacher Preparation:** Get enough 8½x 11 white cardstock for your classes. If possible provide markers, colored pencils, etc. to create posters.

**Technology Use:** Computer and projector for Power Point presentation. Windows Media Player for various movie clips within PowerPoint.

**Instructional Procedures:** Teach students about the dangers of distracted driving using PowerPoint presentation. Use hyperlinks within the PowerPoint to show movie clips about distracted driving.

**Explain the following:**

**What is Distracted Driving???** Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.

**There are Three Main types of Distraction:**

- Visual — taking your eyes off the road
- Manual — taking you hands of the wheel
- Cognitive — taking your mind off what you're doing

### **Statistics**

- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction. (Source: Virginia Tech 100-car study for NHTSA)
- Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured. (NHTSA)
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age. (NHTSA)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Source: Insurance Institute for Highway Safety)

### **Avoid Distracted Driving!!!**

- A driver needs to focus on the driving task at all times.
- The driving scene can change quickly, and you need to be alert to changes so that you can make decisions and act quickly.
- Avoid turning the radio up too loud

- Avoid wearing headphones
- Avoid Eating, Drinking or any other task that diverts your attention.  
Leave the Multitasking at home!

**Evaluation of Student Progress:** If time allows have students create a small poster with an advertisement discriminating against driving distracted.

### Five Questions

1. **True/False** The worst offenders of fatalities related to distracted drivers are middle aged men and women who have years of driving experience.

Answer: FALSE (the worst offenders are the youngest and least experienced drivers: men and women under 20 years of age).

2. **True/False** 80% of all crashes and 65% of all near crashes involve some type of distraction.

Answer: TRUE

3. **True/False** Once you have mastered driving it's ok to do engage in other activities while driving.

Answer: FALSE experienced or not, nobody should engage in any other activity when behind the wheel.

4. Jane is running late and has not yet put on her makeup, while cruising down the highway at 75 she's looking in the rearview mirror applying mascara and does not see the car in front of her slow down and slams into the back of them. Which type of distraction BEST describes the scenario

A. Visual B. Manual C. Cognitive

Answer: A; visual

5. Engrossing in a serious conversation with the passenger sitting next to you is an example of \_\_\_\_\_ distraction because you are taking your mind off what you are doing.

A. Visual B. Manual C. Cognitive

Answer: B; manual