

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

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?



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 9.2.2

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 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. _____



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?

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

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 |



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

