

# Distracted Driving

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# Learning Objectives

1. At the completion of this lesson, at least 75% of participants will be able to identify at least three forms of distracted driving on Appendix A worksheet.
2. At the completion of this lesson, at least 75% of participants will be able to identify 2 ways to avoid distractions while driving on Appendix A worksheet.

## Question for Class:

What do we do in our car while we are driving that can be a distraction?

## Definition of Distracted Driving

Distracted Driving: “Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash (CDC, 2020).”

## Three Main Types of Distracted Driving:

Visual: Taking your eyes off the road

Manual: Taking your hands off of the wheel

Cognitive: Mind and attention is not on driving

# Examples of Distracted Driving:

- Eating/Drinking
- Reading the paper or directions
- Checking emails and or the internet
- Driving while sleepy or tired
- Texting or talking on the phone

# Distracted Driving Video

Watch the following video on distracted driving, then in groups of 3-4 discuss the key risk behaviors associated with distracted driving.



## **What is a risk factor?**

“Something that increases the chance of developing a disease. Some examples of risk factors for cancer are age, a family history of certain cancers, use of tobacco products, being exposed to radiation or certain chemicals, infection with certain viruses or bacteria, and certain genetic changes.” (NIH)

Can you think of any risk factors that would increase a person's odds of engaging in distracted driving?

# Risk Factors for Distracted Driving

Risk factors for distracted driving include:

- Being a driver under the age of 20 years old
- Being in high school
- Those who are less likely to wear a seatbelt
- Those who are more likely to ride with a driver who had been drinking
- Those who are more likely to drink and drive.

# Statistics on Distracted Driving

NHTSA:

- - Approximately 5% of crashes with injuries and 10% of crashes with fatalities annually involved distracted driving
- Of those killed, 385 involved reports of a cell phone as a distraction (12% of fatalities in distraction-related crashes)
- Approximately 3,000 killed on US roadways
- Annually due to distracted driving; approximately 387,000 injured

## DISCUSSION QUESTION:

Why does distracted driving pose such a high risk?

# Distracted driving poses a risk because...

- Drivers “look” but they do not “see”
- Drivers fail to see what is around them even though they are looking
- Drivers miss traffic signals, stop signs, exit ramps
- Also called “inattention blindness”
- We process 90% of input visually

# Teen Distracted Driving

## **Research finds a normal teen:**

- Lacks experience
- Is prone to overzealous driving (aggressive driving)

## **They do have:**

- Better vision
- Better reflexes
- Better reaction times

**However, do these positives give a false sense of confidence to be able to react?**

## Recent Study Found:

- 17-24 year old drivers reaction time reduced 35% when typing a text message, compared with 12% when driving after consuming alcohol to legal limit.
- Teens think the chances of getting into an accident are still higher when drinking versus texting while driving.
- Aspiring and current teen drivers think their chances of narrowly avoiding an accident are better texting while driving than drinking while driving.

# Statistics for Teen Distracted Driving

- 32.8% of high school students nationwide have texted or e-mailed while driving.
- 12% of distracted drivers involved in fatal car accidents were teens ages 15 to 19.
- Drivers under the age of 20 make up the largest percentage of distracted drivers.
- 56% of teens admit to talking on cell phones while driving.
- 34% of teens age 16 and 17 admit that they send and respond to text messages while driving.
- 48% of kids ages 12 to 17 report being in a car when the driver was texting.

Teen Driver Car Accident Statistics & Facts. (n.d.). Retrieved November 09, 2020, from <https://www.edgarsnyder.com/car-accident/who-was-injured/teen/teen-driving-statistics.html>

## Mortality Rates and Consequences

Distracted driving DOES NOT only affect the individual who engages in it. Those who engage in distracted driving risk harming or killing other drivers on the road.

- Teens (15 to 19) killed in distraction-affected crashes in 2017: 229
- Percentage of teens (15 to 19) killed in distraction-affected crashes in 2017: 9%
- People killed in crashes involving a distracted teen (15 to 19) driver in 2017: 297
- Percentage of people killed in crashes involving a teen (15 to 19), in which the teen was distracted, in 2017: 8%

# What YOU can do?

- Refrain from using your cell phone while driving
- Place your cell phone on vibrate, or in the glove box to avoid temptation
- Change your voicemail message to say you are unavailable when driving
- Safely pull over and put the vehicle in Park position before you take or make a call
- Educate your family and friends on the issue
- Eat and drink before starting to drive
- Ask passengers not to distract you while driving

# Class Activity:

Take time to complete Worksheet “Distracted Driving”.

# Resources to Combat Distracted Driving:

1. Distracted Driving

<https://www.nhtsa.gov/campaign/distracted-driving>

2. DriveitHOME

<https://www.nsc.org/driveithome>

# Conclusion

- Distracted driving can occur in three forms; visual, manual and cognitive
- Teens are a group who are **HIGHLY** affected by distracted driving
- **YOU** can take precautions to prevent against the risks associated with distracted driving

Questions?

# Lesson Extension:

## Distracted Driving word search puzzle

1. Students will complete a word search to test their knowledge on distracted driving
2. Discuss the answers to the word search

# References

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