

TOPIC

Distracted Driving

AUDIENCE

High school students who have or will soon get their license

TIME NEEDED

60 minutes

HEALTH EDUCATION STANDARDS

- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

LEARNING OBJECTIVES

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

MATERIALS NEEDED

- Distracted Driving PowerPoint Presentation
- Internet with Wi-fi connection
- Access to Zoom with breakout rooms & chatbox enabled
- “Distracted Driving” YouTube Video
- Appendix A Worksheet (Distracted Driving worksheet”

PREPARATION

Prior to the session set up a zoom meeting and send out the zoom link to the intended audience.Next, load PowerPoint slides on to the computer, have breakout rooms set up for the start of thelesson. Check to be sure chat boxes are enabled and internet connection is strong.

PROCEDURE:

1. Introduction

PowerPoint Slides 1,2 & 3 (8 minutes)

1. Introduce yourself to the audience and state that today's lesson is about the topic of distracted driving.
2. Move on to slide 2 and state the objectives of the presentation.
 - a. Participants will be able to identify at least three forms of distracted driving on a worksheet.
 - b. Participants will be able to identify 2 ways to avoid distractions while driving on a worksheet.
3. At slide 3, start off the presentation by asking the students a question about distracted driving.
 - a. *"What do we do in our car while we are driving that can be a distraction?"*
4. State the purpose of this presentation.
 - a. *"Great, so we have just discussed some of the things that are distractions while driving, This presentation will further help you determine different distracted driving behaviors and how to reduce and eliminate these behaviors."*

2. Definition & Examples

PowerPoint Slides 4, 5 & 6 (10 minutes)

1. Share the definition of distraction driving.
 - a. *"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)
2. Introduce the three common types of distracted driving on slide 4
 - a. Visual: Taking your eyes off the road
 - b. Manual: Taking your hands off of the wheel

- c. Cognitive: Mind and attention is not on driving
3. Discuss common examples of distracted driving listed on slide 5.
 - a. Eating/Drinking
 - b. Reading the paper or directions
 - c. Checking emails or the internet
 - d. Driving while sleepy or tired
 - e. Texting or talking on the phone

3. *Video*

PowerPoint Slide 6 (7 minutes)

1. Show this YouTube video to the class: Distracted Driving and have students take notes on key risk behaviors associated with distracted driving
https://www.youtube.com/watch?v=7eFH3y_SIO0
 - a. This video will demonstrate some of the reasonings behind why distracted driving poses a high risk.
2. Break the students into breakout rooms and give them 5 minutes to discuss the video. Each group should identify the key risk behaviors associated with distracted driving (i.e. cell phone use, applying makeup, eating and drinking).
 - a. When the class comes back together, ask one person from each group to share the risk behaviors their group discussed by typing in the chat.

4. Risk Factors

PowerPoint Slides 7 & 8 (7 minutes)

1. Move on to slide 7 and as the question, “What is a risk factor? Then provide the definition of risk factor.”
 - a. *“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.”*
2. Ask the audience, “Can you think of any risk factors that would increase a person’s odds of engaging in distracted driving?”

3. State the risk factors for distracted driving listed on slide 8.
 - a. Being a driver under the age of 20 years old.
 - b. Being in high school
 - c. Those who are less likely to wear a seatbelt
 - d. Those who are more likely to ride with a driver who had been drinking
 - e. Those who are more likely to drink and drive

5. Distracted Driving Information

PowerPoint Slides 9,10 & 11 (7 minutes)

1. Introduce the facts on Distracted Driving listed on slide 9.
 - a. Approximately 5% of crashes with injuries and 10% of crashes with fatalities annually involved distracted driving.
 - b. Of those killed, 385 involved reports of a cell phone as a distraction (12% of fatalities in distraction-related crashes).
 - c. Approximately 3,000 killed on US roadways
 - d. Annually due to distracted driving; approximately 387,000 injured
2. Then ask the participants the discussion question on distracted driving on slide 10.
 - a. *“Why does distracted driving pose such a high risk?”*
3. On slide 11, list the different examples that answers the question you just recently asked regarding why distracted driving pose such a high risk
 - a. Drivers “look” but they do not “see”
 - b. Drivers fail to see what is around them even though they are looking
 - c. Drivers miss traffic signals, stop signs, exit ramps
 - d. Also called “inattention blindness”
 - e. We process 90% of input visually

6. Statistics

PowerPoint Slides 12,13,14,15 (7 minutes)

1. On slide 12, discuss teen driving:
 - a. Discuss what research finds about typical teens (Lacks experience & is prone to overzealous behavior)

- b. And mention that teens have better vision, better reflexes, and better reaction times
2. List more of the statistics on teen driving that recent studies found on slide 13 and slide 14.
3. Mention the mortality rates and consequences based on teen driving on slide 15.
 - a. Emphasize that 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.
 - b. Ask the students to take 1 minute to reflect on what was just discussed. Have them share their thoughts about what they've just learned by unmuting and talking or typing in the chat.

7. Prevention

PowerPoint Slides 16, 17 (5 minutes)

1. List all of the things that the students can do to prevent distracted driving.
 - a. Refrain from using your cell phone while driving.
 - b. Place your cell phone on vibrate, or in the glove box to avoid temptation.
 - c. Change your voicemail message to say you are unavailable when driving.
 - d. Safely pull over and put the vehicle in park before you take or make a call.
 - e. Educate your family and friends on the issue.
 - f. Eat and drink before starting to drive.
 - g. Ask passengers not to distract you while driving.

8. Worksheet & Conclusion

PowerPoint Slide 17, 18, 19, 20, 21 (6 minutes)

1. Tell students they will be completing the worksheet "Distracted Driving" to review information covered.
 - a. Share Appendix A worksheet on the zoom box and allow the students two minutes to answer the questions on "Distracted Driving" worksheet labeled Appendix A.
 1. **Questions:** What are three examples of activities that contribute to distracted driving? & What are two ways YOU can avoid distracted driving?
2. List two resources to help combat distracted driving.
 1. Distracted Driving

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

2. DriveitHOME

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

3. Summarize the lesson by restating the things in which they have learned about distracted driving and why it's important

- a. *“Today we have learned that distracted driving can occur in three forms; visual, manual and cognitive, teens are a group who are HIGHLY affected by distracted driving, and YOU can take precautions to prevent against the risks associated with distracted driving. Through reducing the risk of distracted driving, more people can live a safer and longer life.”*

4. Ask students if they have any questions or concerns about anything in which they learned throughout class today.

9. Lesson Extension/Plan B (optional)

PowerPoint Slide 21

1. Share word search labeled “Distracted Driving” through zoom chatbox.
2. Students will complete a word search to test their knowledge on distracted driving
3. Discuss the answers to the word search

References

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Appendix A
Distracted Driving Worksheet

1. What are three examples of activities that contribute to distracted driving?

2. What are two ways YOU can avoid distracted driving?

Appendix A Answer Sheet

1. What are three examples of activities that contribute to distracted driving?

Possible Answers:

1. Eating/Drinking
2. Reading the paper or directions
3. Checking emails and or the Internet
4. Driving while sleepy or tired
5. Texting or talking on the phone

2. What are two ways YOU can avoid distracted driving?

Possible Answers:

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

