



## TOPIC: Distracted Driving

**GRADES:** 9 - 12

### OBJECTIVES

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- Learn about the dangers associated with distracted driving.
- Learn to recognize unsafe driving situations and determine the correct response or reaction.
- Learn about the different types of distractions and explain the dangers of driving distracted.
- Learn to be responsible for themselves and use their best judgments behind the wheel.

### PROCEDURE

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- Assign students to review the ***Dangers of Distracted Driving*** PowerPoint presentation.
- Assign students to watch Liz Marks's story on YouTube: <https://youtu.be/t7911kgJJZc>
- AAA Research on [Cognitive Distraction while Driving](#)
- While reviewing PowerPoint and videos, students should take notes on key distracted driving behaviors.
- After reviewing PowerPoint and watching videos, students should take the "Show Us Your Smarts" Quiz  
Q Name the three types of distracted driving  
A Cognitive (mental) – taking mind off the task of driving, Manual (physical) - taking hands off the wheel, Visual taking eyes off the road.  
Q As a passenger, what can you do to help the driver stay safe?  
A Help the driver manage distractions; limit conversations and other distracting behaviors, avoid asking the driver to do risky things, help the driver navigate if needed, etc.  
Q What can a driver do before leaving home to help avoid distracted driving?  
A Pre- program GPS or radio, turn off or put away phone while in the vehicle, eat and drink before driving, set the volume on audio system to low, store loose gear that can move while the vehicle is in motion.  
Q How do distractions increase your risk of crashing?  
A The task of driving requires full attention. When distracted, it decreases the ability to clearly see and make decisions behind the wheel. Often referred to as "inattention blindness", you can miss other traffic, pedestrians, road signs, etc.  
Q What can you do to stay safe when you encounter a distracted driver on the roadway?  
A Keep distance and continue driving safely.

### OPTIONAL ACTIVITIES

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- Have students sign the pledge to not drive distracted at [AAA.com/DontDriveDistracted](http://AAA.com/DontDriveDistracted).
- Have students research distracted driving laws in their state at [GHSA.org](http://GHSA.org)
- Have students create 10 social media posts encouraging drivers of all ages to not drive distracted

### ADDITIONAL RESOURCES

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- [AAA.com/DontDriveDistracted](http://AAA.com/DontDriveDistracted)
- **Hands Free is Not Risk Free** handout

## **SUMMARY**

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**By the end of the lesson, students will be able to:**

- Identify the types of distracted driving
- Understand the risk involved with distracted driving
- Understand the penalties for handheld devices
  
- Think creatively on how to avoid distracted driving