



The Dangers of Distracted Driving

Are you ready for the road ?

What is Distracted Driving?

Distracted driving is any activity that diverts a drivers attention away from the task of driving.

- Common causes are cell phones and other wireless devices, eating, drinking, chatting with a passenger, reading a map, personal grooming, reaching for objects or looking at people or objects unrelated to the driving task.



THREE TYPES OF DISTRACTIONS



VISUAL



MANUAL



COGNITIVE



**TAKING EYES
OFF ROAD**



**TAKING HANDS
OFF WHEEL**



**TAKING MIND
OFF DRIVING**



Detection Response Task

DRT Light



TEXTING

- One of the most dangerous of all distracted driving activities
- Taking your eyes off the road for 2 seconds doubles your risk of being in a crash



Using a Cell phone or Smart phone

- In many states it is a primary offense for a motorist to talk with a hand-held wireless telephone or electronic device while driving



Eating & Drinking



- A recent study concluded that those who eat and drive increase the odds of a crash by 80%
- 65% of near miss crashes are caused by distracted drivers, fussing with food and drinks.
- Drinking coffee is the single most food item to have in the vehicle when it comes to distracted driving



Passengers

With passengers in the car, teen drivers are almost six times more likely to perform an illegal maneuver and twice as likely to act aggressively before crashing than when driving alone





Grooming & Other Distractions



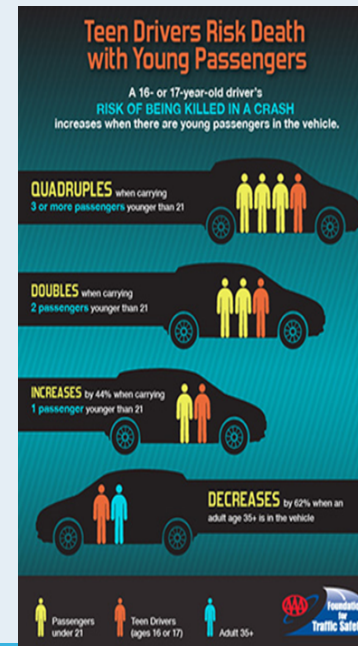
You should always do your grooming before you get in the car. We've all seen men using razors and women putting on makeup while driving down the road. They're accidents waiting to happen.



Teen Drivers: Risk Profile

What factors put teen drivers at risk?

- Teens are more likely to speed and allow shorter headways (tailgate), than older drivers
- Presence of other passengers, especially other teens in the car
- Distractions: cell phones, radio, etc.
- Not wearing a seat belt
- Inexperience- Immaturity leads to increased risk of speeding, distractions and other risky habits.





Practice Safe Driving

- Use your cell phone for emergency situations only. ...
- You should limit the number of passengers, as well as the level of activity inside the car. ...
- Avoid eating while driving. ...
- Do your multi-tasking outside the car.
- Remember, Driving is dangerous and require your undivided attention.

Tips to help you prevent driving distracted

- **Put it Away**

Place your mobile device out of sight to prevent temptation.

- **Know Where You're Going**

If using a navigation system, program your destination before driving.

- **Pull Over**

If you have to call or text while driving, pull off the road safely and stop first.

- **Ask Passengers for Help**

If riding with someone, seek their help to navigate, make a call or send a message.

- **Be a Good Passenger**

Speak out if the driver of your vehicle is distracted.

- **Don't be a Distraction**

Avoid calling or texting others when you know they are driving.

- **Turn on Do Not Disturb While Driving**



MAKE THE PLEDGE

PARTNER WITH AAA TO SAVE LIVES.

I PLEDGE TO SAVE MY

Daughter, son, wife, brother, best friend...

#DontDriveIntoxicated



Don't drive intoxicated.
Don't drive intexticated.

A sobering message from AAA

[AAA.com/DontDriveDistracted](https://www.aaa.com/DontDriveDistracted)

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*Thank
You!*

DISTRACTED DRIVING

is an epidemic on our roadways

Distracted driving poses a risk to everyone on the road and remains a significant factor in motor vehicle crashes that resulting in death and injury. Distracted driving is engaging in any activity that takes your focus off the task of driving – cell phones, the radio, passengers, eating and drinking, among others – and can generally be classified into three types:



MANUAL

Any task that takes your hands off the wheel.

VISUAL

Any task that takes your eyes off the road.



COGNITIVE

Any task that takes your mind off driving.



Unable to devote your full, undivided attention to driving because you're focused on some other activity? You're distracted. When you're driving, just drive. Accomplish other tasks before or after your trip, not during.

Learn More:
AAA.com/Distraction



HANDS FREE ^{not} RISK FREE

Talking on the phone – even hands-free – is a **COGNITIVE** distraction because your mind is off the task of driving. But texting while driving is worse because it combines **MANUAL**, **VISUAL** and **COGNITIVE** distractions – taking your hands off the wheel, eyes off the road and mind off driving.

Texting and talking on a cell phone while driving (unless using a hands-free device) are prohibited in New Jersey. However, research shows that it's not the device that causes the distraction, rather the conversation.

Sometimes it's inevitable to have to talk on the phone while driving. If you must, remember these tips to stay safe:



- Don't dial a phone number – use a voice-activated system or enlist the help of a passenger.
- Keep conversations short and uncomplicated.
- Have a passenger be the designated phone user.
- Keep your eyes on the road at all times.
- Only use your phone in emergency situations.

The safest thing to do is focus your attention 100 percent on the task of driving – it's difficult enough to do without adding distractions. Don't put yourself or those you share the road with at risk.

27
seconds

Did you know that it takes an average of 27 seconds after interacting with a hands-free device to regain full attention. Hands-free does not equal risk-free, so drivers should give 100 percent to the task at hand: driving.

Learn More:
AAA.com/Distraction





TOPIC: Distracted Driving

GRADES: 9 - 12

STANDARD(S): Health Education

OBJECTIVES FOR HEALTH EDUCATION

- 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

- 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>
- Assign students to watch AAA "Three's a Crowd" video on YouTube: <https://youtu.be/fCNwqLuZSeY>
- While reviewing PowerPoint and videos, students should take notes on key distracted driving behaviors.
- After reviewing PowerPoint presentation and watching videos, students should take the [Distracted Driving quiz](#) via Kahoot! .
- Classroom Connection: Contact a AAA safety educator to conduct a virtual Distracted Driving presentation for your class. Visit AAA.com/Community to find a safety educator in your area.

OPTIONAL ACTIVITIES

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

ADDITIONAL RESOURCES

- AAA.com/DontDriveDistracted
- TeenDriving.AAA.com
- **Hands Free is Not Risk Free** handout

SUMMARY

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

HEALTH EDUCATION STANDARDS

The lesson plan meets the following National Health Education Standards (NHES):

Standard 1: 1.12.5; 1.12.8; 1.12.9

Standard 2: 2.12.3

Standard 7: 7.12.1; 7.12.2; 7.12.3

Standard 8: 8.12.1; 8.12.2; 8.12.3; 8.12.4

REVIEW

Review the ***Dangers of Distracted Driving*** PowerPoint presentation. Make sure to take notes about the types of distracted driving and distracted driving behaviors.

WATCH

Watch the following videos:

- [Liz Marks's Story](#)
- [AAA "Distracted Driving – Three's a Crowd"](#)

ANSWER

Take the [Distracted Driving Quiz](#) via Kahoot!