

Safe Driving and Decision Making

1 What are our images of being a safe and legal driver?

2 What images does our culture give us about driving?

3 What makes a new driver a safe driver?

4 Is there a set of specific driving skills that are necessary to be a good driver?

5 What attitudes and beliefs does a safe driver display?

6 What is the connection between good decision making and good driving?

7 What is an unsafe driver?

8 Why is being a good decision maker an important part of being a safe driver?

9 What does it mean to be a good decision maker when driving?

Quiz on Alcohol: True or False?

1	Alcohol is a drug.	T	F
2	Alcohol is a stimulant.	T	F
3	Even if I have been drinking, coffee, a cold shower, or a meal can sober me up.	T	F
4	Drivers under the age of 21 are allowed to have one drink.	T	F
5	Teens have higher crash rates on weekends and at night.	T	F
6	Having friends in the car will help you drive more safely.	T	F
7	Using alcohol and other drugs while driving has no effect on brain activity.	T	F
8	Using alcohol and other drugs while driving has no impact on your perception of speed or distance.	T	F
9	Using alcohol or drugs while driving will make you feel more confident about your driving ability.	T	F
10	Using alcohol or drugs while driving can make you feel sleepy.	T	F



Someone Like You

1 What happened to the two young men in the video?

2 How would you contrast their old lives with their current lives?

3 Who is suffering lasting effects from the two crashes?

4 What types of effects are they suffering?

5 Who else suffered from the crash? How did those other people suffer?

6 Could these crashes have been prevented?

7 How would you have prevented the crash?

Quiz on Alcohol: True or False?

Teen Driver Agrees to:

contact _____ if I ever find myself in a situation in which I do not feel safe (i.e. the driver has been involved in an argument, is drinking or has taken drugs etc.) with the **code word** _____ to indicate I need help to get home safely. I understand that I will be asked to discuss what happened following a **cool off** period and will be expected to work on strategies that will assist me in avoiding **dangerous** situations in the future. I also agree to do my best to avoid situations involving risky behaviors.

X _____
New Driver

Parent/Guardian Agrees to:

pick up _____ if I receive a text or call that includes our **code word** _____ no matter the time of day or night. I will do my best to avoid a socially awkward situation for my teen by either creating an excuse for picking them up or by acting in an overprotective **manner** relieving them from any social judgment or pressure. I further agree to **reward** my teen for making a courageous and responsible decision by not penalizing or lecturing them. I will take the **cool off** period to gain more perspective before discussing what they've learned and work with them to develop strategies for avoiding situations that involve risky behaviors.

X _____
Parent/Guardian

LUV2XLR8: Reckless Driving

1 What happened in this crash?

2 Who was at fault in this crash?

3 Could this crash have been avoided?

4 What made the racers' actions particularly dangerous?

5 As a driver, would it be possible for you to anticipate and avoid this crash?

Sleep Quiz: True or False?

1	Everybody has a “biological clock.”	T	F
2	Drinking coffee cures drowsiness while driving.	T	F
3	I can tell when I’m going to fall asleep.	T	F
4	I’m a safe driver so it doesn’t matter if I’m sleepy.	T	F
5	I can’t take naps.	T	F
6	Nearly everyone gets enough sleep.	T	F
7	Being sleepy makes you misperceive things.	T	F
8	Young people need less sleep.	T	F
9	If I sleep a lot now, I won’t need to sleep as much later.	T	F