

Safe Driving Lesson Plan

Choices

Grade level: 10-12

Subject area: Health

Duration: 20-50 minutes

Objectives:

Students will do the following:

- Study the potential dangers, risks, and statistics associated with choices teenagers make while driving. Some of these choices involve speeding, driving while doing something else (messing with the radio, talking to friends), and driving while drowsy.
- Watch Impact Teen Drivers DVD and discuss the choices the teens in the video made, the consequences of those choices, and their own choices as both drivers and passengers.

Materials:

- Impact Posters
- Impact Probability Wheel
- Impact DVD mini-documentaries

Procedures:

Have the students watch the DVD (also found on www.impactteendrivers.org). When finished, have the students pull out a piece of paper and write a sentence or two about each of the following:

- What kinds of choices did the teens featured in the video make?
- What were the consequences of those choices?
- If you drive, what kinds of choices have you made in the past that could have caused a crash?
- Do passenger's choices affect the driver? If so, how?
- What other consequences can distracted driving cause, besides those shown in the video? (Injuries, crashes involving pedestrians and bicycles).

Once the students have finished, have them share and discuss their answers.

Standards

The following standards are from the American Association for Health Education for students in grades 9-12:

- Propose ways to reduce or prevent injuries
- Analyze personal susceptibility to injury or death if engaging in unhealthy behaviors
- Analyze the potential severity of injury if engaging in unhealthy behaviors.