

# Safe Driving Lesson Plan

## Risk Factors

**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 a variety of road safety issues such as speeding, driving while distracted and driving while drowsy.
- Develop a public service announcement such as a poster, mock television or radio commercial, website, or brochure about a road safety issue

### **Materials (all available online at [www.impactteendrivers.org](http://www.impactteendrivers.org)):**

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

### **Procedures:**

1. Explain to students that car accidents remain the leading cause of death among teens aged 16-19. And of the 5,500 teenagers killed in car accidents last year, 75 percent of the them had nothing to do with drugs or alcohol. Most crashes could be avoided by following common safety practices. The focus of this lesson is to learn about safe driving practices and what students can do to become better drivers.

2. After watching the video, conduct a group discussion: What can students do to become better, more attentive drivers? Review some of the statistics on the probability wheel. Do they know of teens who have been in crashes?

### **Discussion Questions:**

1. Your friend has just bought a new car and wants to take you for a ride. He or she is driving through your neighborhood 20 miles over the speed limit. What would you say?
2. A defensive driver anticipates danger to avoid accidents. Give examples of defensive driving.
3. What should you do if you are too sleepy to drive?

### **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.