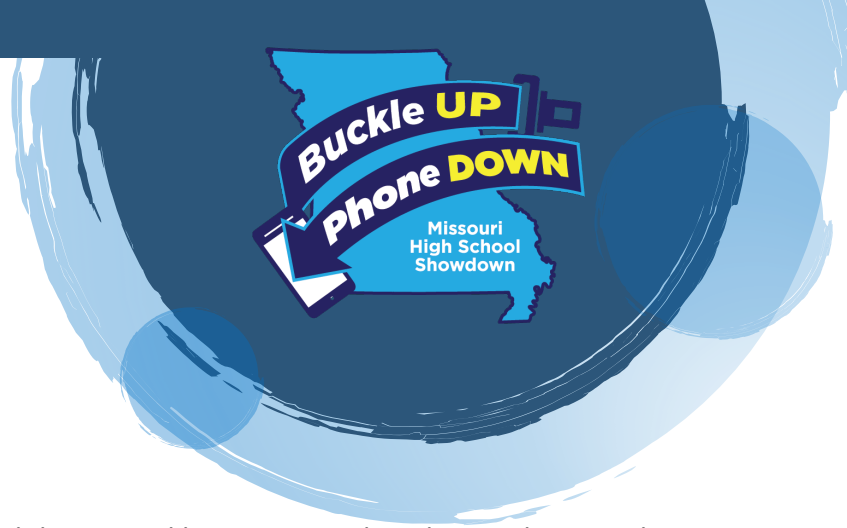


# Distracted Driving



## Brief Description:

Students will learn about the dangers of distracted driving and learn ways to be a better driver and passenger. **Note: Activity 1, 2 and 3 are part of the Showdown contest; other Activities are optional.**

## Objectives:

- Students will gain a better understanding of the risks associated with distracted driving.
- Students will see how easily we can all be distracted.
- Students will learn to identify unsafe driving situations and how to address those.
- Students will be shown how to be aware of the temptations of cell phones while driving and how to take responsibility for themselves and others.
- Students will have the opportunity to help raise awareness and advocate for safer driving to save lives.

## Materials Needed:

- AAA Missouri Distracted Driving Video (*provided by AAA Missouri*)
- Buckle Up Phone Down Showdown Pledge Card (*provided by AAA Missouri*)
- Blank Index Cards (*provided by AAA Missouri*)
- School/AAA Missouri/Showdown Banner (*provided by AAA Missouri*)
- Computer or other AV equipment to show videos
- Poster Board, markers, etc. (*optional*)

## Activity 1:

*Learn about distracted driving.*

1. Watch the AAA Missouri Distracted Driving video (30 minutes).
2. The video has a natural pause halfway through so that instructors can pause and show the remainder on another day. Or instructors can show the entire video in one setting.

## Buckle Up Phone Down Showdown

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### **Activity 2:**

*Participate – Take the Pledge – “The Showdown”.*

1. The instructor will pass out the Showdown “Take the Pledge” cards to students.
2. Students will be told about the Showdown contest – the school is competing against other Missouri schools for a monetary donation to (School’s Project Prom, Project Graduation or other student safety program). The first contest is for students – the schools with the highest percentage of students taking the pledge can win the prizes. First prize is \$2,000; second prize is \$1,500 and third prize is \$1,000.

There is also a second contest for the school’s/student’s friends and family. The school that has the most friends and family who take the pledge can also win a \$1,500 donation towards the same school programs.

3. The instructor will tell students they can go online by scanning the QR code or by going to the web address on the card and take the pledge.
4. Students can receive additional Showdown “Take the Pledge” cards to share with friends and family.

### **Activity 3:**

*Participate – Take the Pledge – “The Showdown”.*

1. Students will sign their names on the School Pledge banner provided by AAA Missouri.

## **OPTIONAL ACTIVITIES TO BUILD AWARENESS AND ENGAGEMENT**

### **Activity 4 (can be combined with Activity 5):**

*Reflection on Distracted Driving.*

1. Before showing the AAA Missouri Distracted Driving video, the instructor will pass out blank index cards to students. (provided by AAA)

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2. When the video is completed, the instructor will ask students to write down one word on the back of the index card that describes their feelings about distracted driving after watching the video. The students should not write their names on the cards.
3. The instructor will collect the index cards (NO NAMES) and send to AAA Missouri to create a Word Cloud that will be displayed in the Missouri State Capitol on Distracted Driving Awareness Day.

### **Activity 5 (can be combined with Activity 4):**

#### *Impressions of Distracted Driving.*

1. The instructor will pass out blank note cards to students. (NO NAMES)
2. The instructor will ask students to watch the video and, on the front of the note card, identify 3 things they learned about distracted driving during the video.
3. The instructor will collect the note cards (NO NAMES) and send to AAA Missouri.

### **Activity 6:**

#### *Discussion.*

The instructor or student facilitators will lead students through the following discussion questions.

1. After watching the video, how do you feel about distracted driving?
2. Do you see a need to change your driving behavior or encourage others to change? Why or why not?
3. How long will you travel in a car going 55 mph while you read a text for 4 seconds?

Possible Answers:

- a. More than 300 feet
- b. The length of a football field

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4. What are common excuses for using a cell phone while driving?

Possible Answers:

- a. It only takes a few seconds
- b. I've never been in a crash
- c. I'm a safe driver
- d. Everyone does it
- e. Driving is boring
- f. I need to be in contact with family/friends

5. What are some ways to avoid being distracted while driving?

Possible Answers:

- a. Refrain from using a cell phone while driving.
- b. Place your cell phone on do not disturb
- c. Set an automatic reply that you are unavailable while driving
- d. Plan to make periodic stops to retrieve and respond to messages
- e. Tell friends, family, coworkers about your commitment to drive safer
- f. Ask your friends, family and coworkers to keep you accountable to not use your cell phone while driving

6. If you're a passenger, can you help the driver from being distracted? If so, how?

Possible Answers:

- a. Send the text for them
- b. Answer the phone for them
- c. Ask if they can pull over to make the call or respond to messages

7. What is the AVS Framework to speak up?

Answer:

- Acknowledge the dangerous behavior
- Voice your feelings
- Solve the problem by offering a solution

## Buckle Up Phone Down Showdown

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### Activity 7:

*"Monkey Business". (How does the brain actually process information)*

Begin this activity by using a Smartboard, television, computer or other A/V equipment to show the Monkey Business Illusion to your students.

Video: [https://youtu.be/IGQmdoK\\_ZfY](https://youtu.be/IGQmdoK_ZfY)

This illusion was developed by a professor of psychology at the Beckman Institute within the University of Illinois. The illusion demonstrates in a powerful way that people have trouble focusing on more than one thing at a time.

Only about 50% of the people who watch this video see the gorilla that appears in the middle of it. It's a conversation starter and a good way of convincing students that visual and mind distraction do occur. Even if students see the gorilla, they may miss the curtain changing color and a person on the black team leaving the game.

When people are focused on one aspect of the video, they often miss the other changes that occur during it. This finding is a particularly dramatic example of inattention blindness or the failure to see something obvious when focusing attention on something else.

We suggest you show the video twice so that students absorb the full impact of it.

#### Questions to ask after the first video showing:

1. A show of hands, how many of you saw the gorilla?
2. How many of you didn't see the gorilla in the video?
3. Who can tell me what the gorilla did in the video?
4. Were there any other changes during the video?

#### Questions to ask after the second video showing:

1. What do you think is the point of the video?
2. What does it mean that some people didn't see the gorilla?
3. Do you know what distracted driving is?
4. What are some examples of it?
5. What could this video potentially show us about distracted driving?

# Buckle Up Phone Down Showdown



## **Activity 8:**

*Spread the Word.*

Students are asked to create a Public Service Announcement (PSA) poster to highlight ways to avoid distracted driving or how to use the AVS Framework to speak up. Students can present their signs in class before posting them around the school.

## **Activity 9:**

*Advocate.*

The instructor can work with students to communicate with their state elected officials about why distracted driving is dangerous.

1. The instructor can work with students to identify who their state legislators are from the legislative websites (websites and images below).
2. Students can draft a letter to their state legislators. The letter can be mailed or emailed to their legislators.
3. In their letter, students should explain to legislators why distracted driving is dangerous and why this issue is important to them.
4. Students can also ask the legislators to help address the problem. Students can tell legislators the action they want them to take or ask them to study the issue and decide the best action to take to save lives in Missouri.

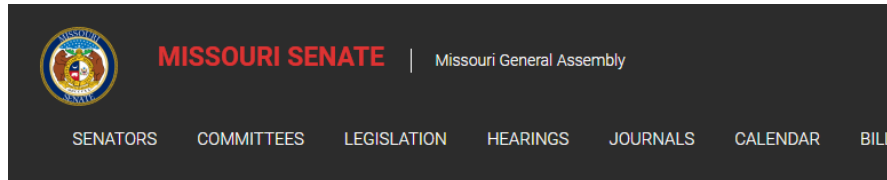
**Missouri House of Representatives: <https://house.mo.gov>**

A screenshot of the Missouri House of Representatives website dashboard. At the top, there is a 'Welcome' message from Rob Vescovo, Speaker, with a photo of him. Below this, a banner states: 'All House Floor activity and most hearings are live streamed and can be found on the [House Media Feeds](#) page.' The dashboard is divided into several sections. On the left, there is a 'Bill Search' section with a search bar and a 'Go' button, and a 'Find Your Representative' section with fields for 'Address' and 'City' and a 'Go' button. A red arrow points to the 'Find Your Representative' section. On the right, there is a 'Hearings In Progress' section with a 'Submit Testimony' link and a message stating 'No Hearings are currently in progress'. At the bottom, there is a 'House Legislative Dashboard' label.

## Buckle Up Phone Down Showdown



Missouri Senate: <https://www.senate.mo.gov/legislator-lookup/>



### Legislator Lookup

Enter a valid Missouri mailing address to find your legislators:

Address:

City:

Submit

Or [Click Here](#) to use your 9-digit zipcode.