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DRIVE TO STAY ALIVE
END DISTRACTED DRIVING

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END DISTRACTED DRIVING

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INTRODUCTION

**You've got the car.
You've got the keys. Freedom!**

Well . . . almost. If you have practiced enough, learned enough, passed the tests, and learned all the pitfalls then yes, freedom is close at hand. Chances are, there are some additional things you need to know before heading out. Most likely you already know the basics, but it never hurts to brush up on latest information and statistics. That is the goal of this booklet. So with the help of the Sun Sentinel News in Education program and their generous partner, AutoNation, let's get you started - safely!



About the Sun Sentinel News In Education program:

Throughout the school year, the Sun Sentinel NIE program provides electronic newspapers to South Florida schools at no charge. Our goal has been to help teachers help their students, promote literacy, encourage hands-on learning using the newspaper, and assist students in staying up-to-date on the world around them. Another key focus of our program is providing curriculum materials, like DRIVE TO STAY ALIVE to enhance lessons in the classroom across all subject areas. These complimentary booklets are aligned with the Next Generation Sunshine State Standards and the Common Core State Standards.

For more information about Sun Sentinel News in Education and to download educational materials, visit :

www.SunSentinel.com/nie

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TURBO CHARGE YOUR FUTURE

CONSIDER A CAREER IN AUTOMOTIVE TECHNOLOGY!

Broward College offers a unique opportunity to high school students right in their own back yard: an Associate Degree in Automotive Technology available at their state-of-the-art Maroone Automotive Tech Center, Miramar Campus.

If accepted to the Maroone Automotive Tech Center program you will receive:

- An opportunity to be at work as an Automotive Technician in two years
- Advanced computer-based, engineering-focused training
- Instruction and certification in all areas of service repair
- An opportunity to work in a top-notch, state-of-the-art facility, with lift stations, car bays, and the latest diagnostic and technological equipment
- A chance to "earn while you learn", working on today's highly sophisticated cars
- Preparation for entry-level positions and an academic background for advancement into management opportunities

Two programs are available:

- The General Motors Automotive Service Education Program (ASEP), which supplies GM dealers with specially selected, entry-level technicians
- The General Program, which includes all other manufacturers.

Check it out at:

www.broward.edu/auto
or call: 954-201-8616



Broward College
Automotive
students
performing
"hands-on"
training

Credits:

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STATISTICALLY SPEAKING

As a teen driver, you should know that there are some dangerous things when you get behind the wheel.

The proof is in the statistics.

Here are a few teen statistics:

- Car accidents are still the #1 cause of death if you are between the ages of 15 and 20. No other cause of death comes close.
- Over 60% of teens admit to “risky driving habits” such as speeding, unsafe passing, tailgating, etc.
- Nearly 60% of teens killed in car crashes were NOT wearing a seat belt.
- If you have a passenger in the car the risk of a fatal crash DOUBLES. Two or more passengers in your car raises the risk by 500%!
- 25% of teens killed in a car crash have a Blood Alcohol Percentage (BAC) over the legal limit of 0.8.
- Teen accident rates are 3.5 to 4 times higher than adult drivers.
- Half of all teenage traffic fatalities occur between 6 p.m. Friday and 3 a.m. Sunday.
- A really bad one that has taken precedence: **Distracted Driving.** More teen fatalities are now caused by listening to loud music, talking on a cell phone, texting, putting on make-up, smoking, or having too many friends in the car.

Conclusion: While many of you are well aware of the rules and statistics, you continue to take unnecessary risks behind the wheel of the car. That’s why teenage death/injury rate is higher than any other age group. It’s also the reason why insurance rates for teen drivers are so expensive.



EXTRA CREDIT:

Other topics to research and debate could include :

- Male vs. female teen drivers. Is there a difference?
- Should talking or texting on a cell phone be banned?
- Should the driving age be raised to 18 or higher? Why or why not?
- Are all accidents avoidable?

ACTIVITY:

Hold a class discussion about the behaviors of teen drivers. Talk about why you think teens continue to indulge in risky driving habits. What do you think are the most common causes?



MORE ABOUT DISTRACTED DRIVING

MORE ABOUT DISTRACTED DRIVING

With the advent of cell phones and texting, the issue of “distracted drivers” has moved front and center in discussions about safe driving. Sadly, you as teens are some of the worst offenders. At least 55% of you polled said that you text while driving. Some of you claim that you only text “when it is really important.” Others say “only if it is urgent.”

Note: You are not alone. Many, many adults are guilty of texting and talking while driving. In fact, it has been discovered that 70% of you will copy this behavior from your parents or other adult drivers. It might be a good idea to discuss this fact with the adults in your family. So we have to ask, “Would you go skydiving without a parachute?” Obviously not. Yet knowing the dangers, you continue to drive and text, talk, listen to loud music, put on makeup, fiddle with the GPS, etc.

Urgent or not, important or not, do not text while driving. Period.

We cannot overemphasize how dangerous distracted driving can be.

Here are more facts to back up that claim:

- Distracted driving is now the #1 cause of death for teens.
- Talking on a cell phone can double the likelihood of an accident and can slow your reaction time to that of a 70-year-old.
- The most common remark after a car crash is, “I never saw them coming.”
- Texting while driving is the equivalent of driving under the influence of drugs or alcohol. You are simply not aware of what is going on around you if you aren't looking! You think you are in control, but you are not. It's that simple.

And consider this:

- Average amount of time your eyes are off the road while texting: 5 seconds.
- Average amount of time it takes to travel the length of a football field at 55 mph: 4 seconds.

ACTIVITY:

If your eyes are off the road for 5 seconds because you are texting, how far back from the car ahead would you need to be in order not to hit it if it was stopped at a stoplight?

Math: N-Q.1, A-CE.D.1

IT'S MORE THAN JUST TEXTING OR TALKING

Distracted driving is any activity that could divert your attention away from the primary task of driving.

These are your enemies:

- Adjusting a radio, CD, iPod, or MP3 player
- Using a cell phone or smart phone
- Using a navigation system
- Reading, including maps
- Eating and drinking
- Talking to passengers
- Watching a video
- Grooming

ACTIVITY:

Write a letter or send an email to your state representatives, asking that the ban on texting or using other hand-held devices while driving be extended to Florida. Give reasons why you believe this is important.

Did You Know?

39 states have banned texting while driving.

Florida is not one of them.

EXTRA CREDIT:

Read several letters on the Opinion pages of the *Sun Sentinel*. Compose your own letter stating why you think it is important to stop all use of hand-held devices while driving.



YOU ARE THE ONE IN CHARGE

When you get behind the wheel of a car, you really are the one in charge. You are the decision-maker. As situations arise, such as weather changes, heavier traffic, road conditions, breakdowns, you constantly have to adjust. Driving is a moment-to-moment challenge of multi-tasking, split-second decisions, and on-the-spot changes. A big challenge to your ability to stay in charge is road rage.

ABOUT ROAD RAGE

HAVE YOU NOTICED:

- More people being in a rush?
- People seeming to be much less patient?
- Rudeness becoming the behavior of the day?

If you said yes, you are certainly not alone. Sadly, much of this behavior manifests itself behind the wheel, causing an endless number of dangerous driving behaviors. What should you do?

Because you are the one in charge, when you are confronted with a road-rage situation, you must react correctly for your safety and anyone else in the car. This is one occurrence when keeping your cool may save your life. Here are some tips:

DON'T INSTIGATE.

- When you merge into traffic make sure you have plenty of room. Use your turn signal to show your intentions. Never deliberately cut off another driver.
- The left lane is the passing lane. Even if you are doing the correct speed limit in the left lane, move to the right if someone wants to pass you – let the other driver go!
- Leave a 4 second space between you and the car in front of you. Tailgating is a particularly dangerous activity.
- Keep your hands on the steering wheel, no matter how angry or frustrated you become. Nothing enrages another driver more than obscene gestures.
- Be cautious, be courteous, be magnanimous! It is much easier and smarter to give in to a pushy driver.

DON'T RETALIATE.

- It takes 2 parties to have a fight! If you encounter an angry or aggressive driver, ignore him/her. **Never honk your horn in this situation.**
- Give an angry driver plenty of room. You may have accidentally angered a driver who is looking for a fight. **Steer clear.**
- Keep your eyes on the road or on the traffic signals – don't make eye contact with an angry driver. Making eye contact can cause an irate moment to escalate into a personal duel. **Don't go there!**
- Use your cell phone for emergency road rage situation. If you feel an angry driver is following you (even if you've done everything to avoid a confrontation) If you don't have a cell phone, drive to a place with lots of people around and then **call 911.**
- Never, ever pull over or get out of the car when you are involved with an angry driver. Assume the person is out of control, may possess a dangerous weapon and is not thinking rationally.

It is unfortunate, but road rage is prevalent on our roads and highways. You cannot control another driver's behavior, but you can control your reaction to it. Remaining calm and in charge will keep you safe.



ACTIVITY:


Find a friend or classmate who has had an accident. If they agree, interview them about the experience. Have specific questions prepared, and don't forget to include direct quotes when you write down your interview.

EXTRA CREDIT:

Write a letter to your local police department, requesting a class visit. Ask them to talk about driving safety in your county or city. Have specific questions ready to ask. An example would be, "What is the one problem you see most often with teen drivers?"

WHAT TO DO IN CASE OF AN ACCIDENT

We truly hope you will be one of the smart ones and never have an accident while driving. Just in case, here's a checklist for what to do if you are in a car accident. Copy or cut it out to place in your wallet or purse.

- 
- 1. Injuries can occur without significant damage. It is always best to err on the side of caution and call the police. Without a police report from the site of the accident it is now one person's word vs. the other.**
 - 2. When the police arrive, be prepared to give them:**
 - a. Driver's license and registration
 - b. Insurance card
 - 3. Before your car is moved, take pictures of it, the road and other car(s) involved.**
 - 4. Check for witnesses. Make sure you get their:**
 - a. First and last name
 - b. Phone number and email address
 - 5. Talk to other driver(s) involved. Get their:**
 - a. First and last name
 - b. Phone numbers and email address
 - c. Insurance information (provider & policy number)
 - 6. Call your parents or other adult.**
 - 7. Stay calm and in charge.**



Did You Know?

ACTIVITY:

In class or at home look at a world map or globe. Choose a country that interests you to research. Learn as much as you can about the "rules of the road" for the country you have chosen. Share your findings with your class.

Other countries have various driving rules. For instance, on the German Autobahn (highway) there is no speed limit in many places. It also costs a great deal of money to obtain a driver's license, so many teens take public transportation.

Language Arts: W.9-10.2, W.9-10.4, W.11-12.2, W.11-12.4, SL.9-10.1, SL.11-12.1

Teen/Adult Driving Contract

When you finally have your own set of car keys, the adults in your life will worry. A good way to ease that concern can be to draw up a driving contract. Your contract should clearly state the family driving rules as well as the consequences for breaking them. The rules should apply to ALL the drivers in the household. A contract should address safety, good driving skills, and particular situations in the following areas.

THE CAR *You should agree on the following car-related items and add them to the contract:*

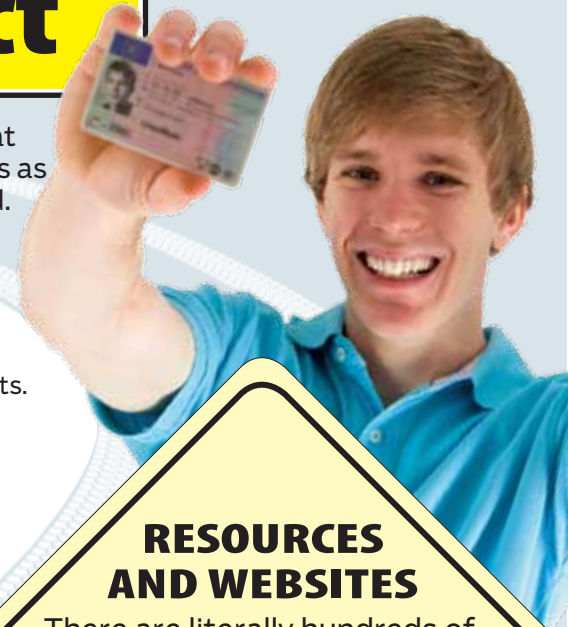
- Which car(s) you are allowed to drive.
- Who pays for insurance?
- Car care - including putting gas into the car, oil changes, tire pressure, and regular maintenance requirements.
- Car clutter - keeping the car clean inside and out and free of trash.

SAFETY *The contract should also stress safe driving practices, including:*

- Always obeying the speed limit and traffic laws.
 - Always wearing seat belts and making sure that all passengers are buckled up before driving.
 - Sharing your itinerary with an adult or parent, where you are going and when you plan to return.
 - No drinking and driving, no alcohol in the car.
 - Not getting into a car with a driver who has been drinking or using drugs.
 - No driving with friends in the car for the first six to twelve months of having your license unless an adult is also in the car.
- Note: Many states have instituted graduated licensing programs that also have this limitation.*
- Agreeing that you will call if for any reason you get stranded.
 - No using cell phones or texting while driving.
 - Curfews. Setting and sticking to them. Call if you are going to be late.
 - Agreeing to limit night driving until you are more experienced.

CONSEQUENCES *The contract should specify what happens if the rules are broken.*

Below is one example, but feel free to alter it to fit your family's needs.



RESOURCES AND WEBSITES

There are literally hundreds of websites, DVDs, CDs, and books available for teens about safe driving, most of them free. Your local Department of Motor Vehicles also has information. Call, write, email or look them up online.

Here are a few:

www.nhtsa.gov

www.teendriving.aaa.com/

www.teendriving.com

www.broward.k12.fl.us/k12programs/driverseducation/

DRIVING CONTRACT

I _____, agree to the terms of this contract allowing me the privilege of driving my own car or family vehicles. If, at any time, I violate this agreement, the driving privilege will be forfeited to the extent and degree of violation.

1. I will obey all traffic laws and the posted speed limits and follow safe driving practices at all times.
2. I will not drink and drive, or use drugs and drive and will not have any liquor or beer or illegal drugs in the car at any time.
3. Should I get a traffic violation ticket, I agree to pay for the ticket as well as the difference in the insurance premium for as long as the premium is in effect.
4. I agree to pay for damages that I incur not covered by insurance including all deductibles.
5. I will never transport more than _____ passengers in the car and will not drive the car until all passengers have buckled up.
6. For the first 6 months, I will not drive friends and siblings in the car unless an adult is present.
7. I will keep the car that I drive clean, inside and out, take care of gas, oil, and maintenance requirements.
8. I will inform my parents about where I am driving, when I plan to return, and if I will be late coming home.

Optional:

- I agree to pay for car insurance. _____
- I am allowed to drive the following family cars _____
- My curfew for night driving is _____ p.m.

I have read the above agreement and do sign this in accordance with the rules.
Signed by Teen and Parents _____

EXTRA CREDIT:

Create a safe driving club at your school. Get together to find ways to promote safe driving. Write for information, create your own video, talk to students who have had an accident, do a public relations campaign.

Language Arts: W.9-10.2, W.9-10.4, W.9-10.6, W.11-12.2, W.11-12.4, W.11-12.6