



Montana Teen Driver Education and Training

Module 6.1

Managing Distractions

It can wait ...



Managing Distractions - Objectives

- Define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes;
- Describe potential distractions that could occur inside and outside the vehicle and their effects on the driving task;
- Develop a plan to prevent distractions before getting behind the wheel and while driving;
- Commit to being a safe, distraction-free driver and identify ways to convey the dangers and consequences of distracted driving with other teens, your family, and the community.

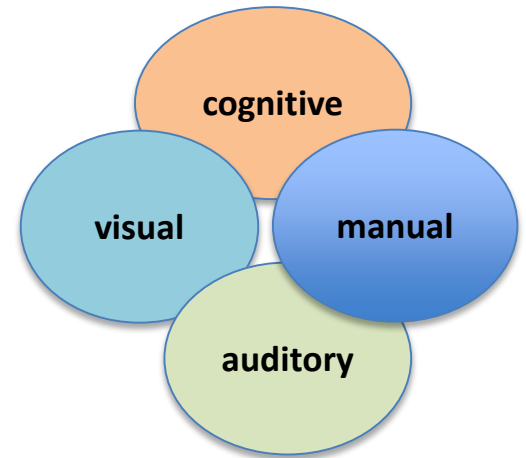
Managing Distractions



Nearly 8 out of 10 crashes happen within **3 seconds** of a driver becoming distracted.



Types of Distractions



Eyes off the Road – Visual

Mind off the Road – Cognitive/Auditory

Hands off the Steering Wheel – Manual



Student Activity 1:

Are all Distractions Dangerous?

Distracted driving
can keep you from getting where you want to go.

Have you been distracted while driving?

START

Turn here!

No, there!

OMG! JUST CRASHED! TALK LATER!

It's hard to stay on course when you don't concentrate on the road.

THE CENTURY COUNCIL
PLAYING SMARTER. DRIVING SAFER. LIVING BETTER.

Motor vehicle crashes are the leading cause of death for 15 to 20 year olds.
Play our interactive concentration game and spread the word to your friends at www.centurycouncil.org/tweendrivers

How many distractions are too many?





Piranhas.

Ebola.

Shotguns.

Poison.

Lattés.

The more the merrier? **The more the scarier.**



Risk of Fatal Crash

The risk of a fatal crash goes up in direct relation to the **number of teens** in the car.



What you can't see can hurt you.

ONE TEXT OR CALL COULD
WRECK
IT ALL www.distraction.gov

You're never
alone on the
road.

Attentive driving
will help protect
you against the
threats posed by
other drivers.



Is that text really worth it?



PLAY VIDEO (:30)

Distracted driving can cost you hundreds or thousands of dollars in tickets, fines, and damage.



... the true cost of distracted driving could be your life or someone else's.

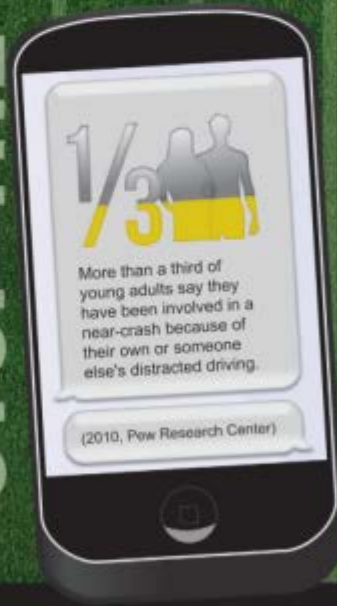
STOP THE TEXTS

THE AVERAGE TEXT TAKES YOUR EYES OFF THE ROAD FOR NEARLY FIVE SECONDS. AT HIGHWAY SPEEDS, THAT'S ENOUGH TIME TO TRAVEL THE LENGTH OF A FOOTBALL FIELD.

(2009, VTTU)



STOP THE WRECKS



DISTRACTED DRIVING IS THE #1 KILLER OF AMERICAN TEENS.

(2007, CHILDREN'S HOSPITAL OF PHILADELPHIA AND STATE FARM INSURANCE STUDY AND NHTSA STUDY)



82% OF DRIVERS 16 TO 24 SAID THEY HAVE TEXTED WHILE DRIVING. (IAD COUNCIL, 2011)



85% OF YOUNG ADULTS WHO TEXT WHILE DRIVING AGREE THAT TEXTING IS A PROBLEM. (IAD COUNCIL, 2011)



77% OF YOUNG ADULT DRIVERS ARE SOMEWHAT TO VERY CONFIDENT THAT THEY CAN SAFELY TEXT WHILE DRIVING. (IAD COUNCIL, 2011)

A TEXTING DRIVER IS 23 TIMES MORE LIKELY TO GET INTO A CRASH THAN A NON-TEXTING DRIVER.

(2009, VTTU)



STOP THE TEXTS. STOP THE WRECKS.



HOW WILL YOU STOP TEXTING AND DRIVING?

FACEBOOK.COM/STOPTHETEXTS

STOPTEXTSSTOPWRECKS.ORG • TWITTER.COM/STOPTHETEXTS • YOUTUBE.COM/STOPTHETEXTS



iCrashed

because iCalled my boyfriend while driving

ONE TEXT OR CALL COULD
WRECK
IT ALL www.distraction.gov

iSmashed

my car because iUsed my phone while driving

ONE TEXT OR CALL COULD
WRECK
IT ALL www.distraction.gov

iTotalled

my car because iUsed my phone while driving

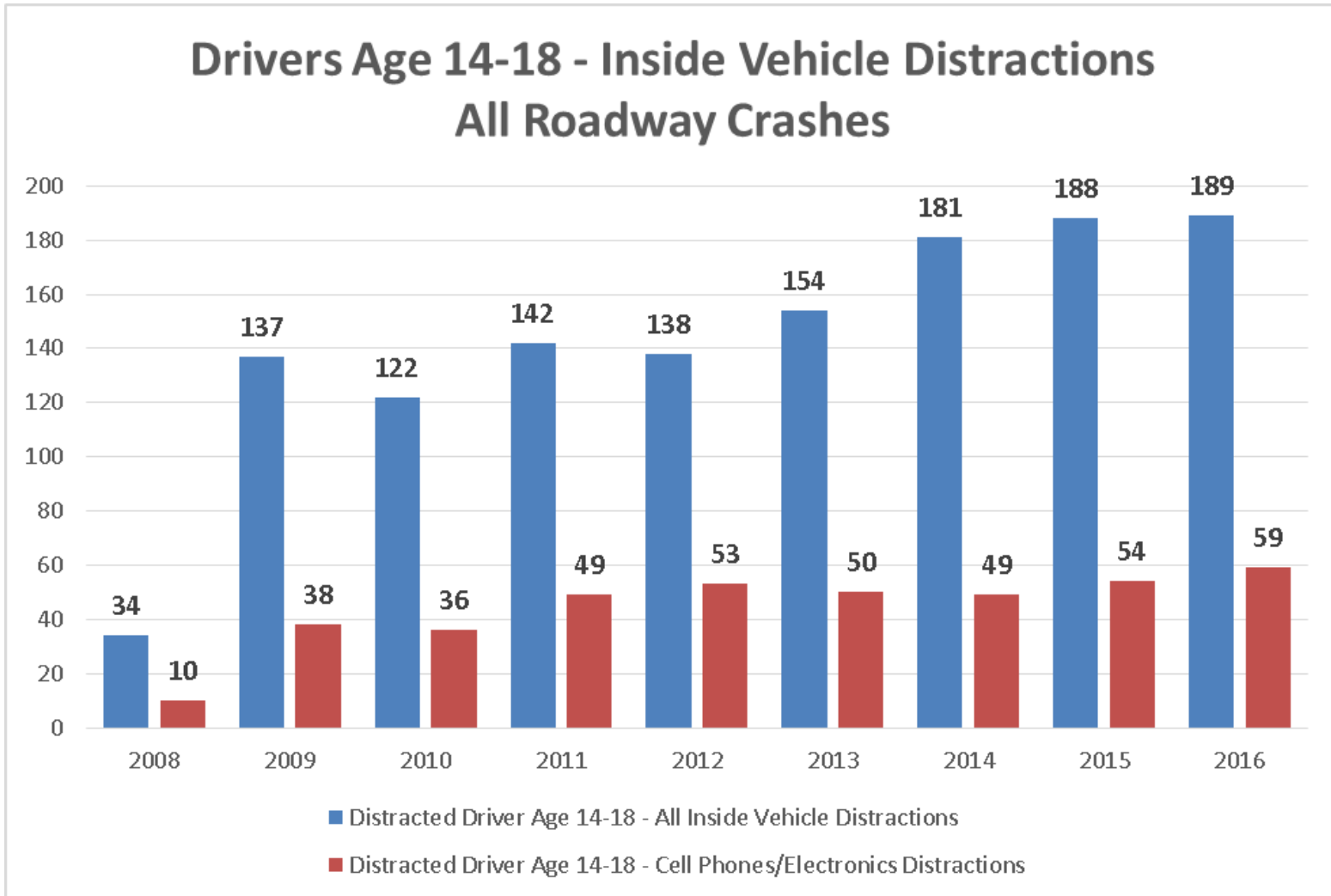
ONE TEXT OR CALL COULD
WRECK
IT ALL www.distraction.gov

iWrecked

because iTexted my girlfriend while driving

ONE TEXT OR CALL COULD
WRECK
IT ALL www.distraction.gov

Distracted Teen Crashes in Montana





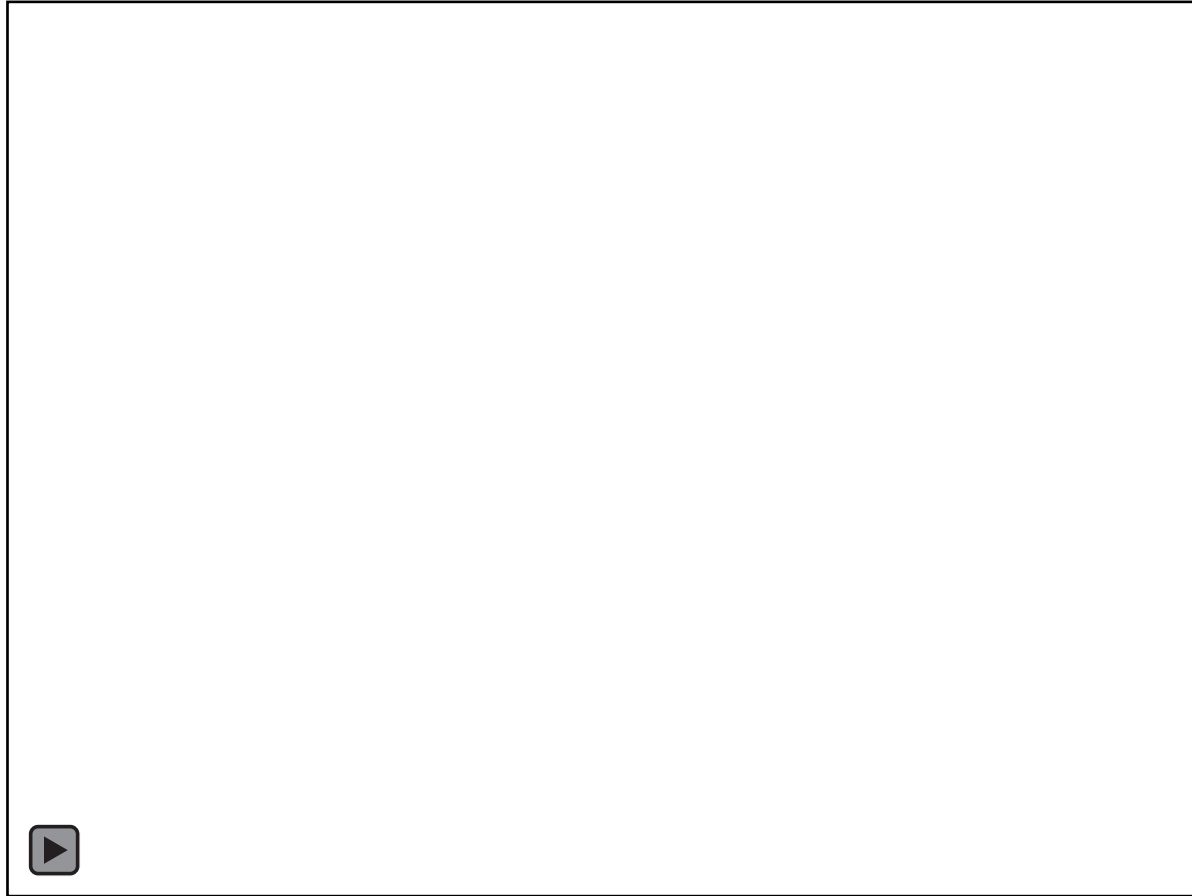
Cell-Phone Over-Use

- **Anticipation** – Waiting for a call or text.
- **Interference** with normal activities e.g., impacting friends/family.
- Strong **emotional reaction** to calls.
- Recognizing **problem** cell-phone use.

Research shows that crash risk INCREASES with the ANTICIPATION of incoming phone calls or messages.



Student Activity: Think!



PLAY VIDEO (4:00)

Multitasking



Did you see the **red** light?
(or the deer or the kid on
his bike?)

It takes time to hit the brakes –
from the moment:

- **your brain** sends a signal to
- **your foot** to move from the
accelerator to
- **apply the brakes.**

In this short time, you may have already **traveled up to 60 feet!**

Multitasking



Drivers must shift their attention to:

- Check mirrors
- Adjust speed
- Stay alert for sudden changes
- Focus on the road ahead

When your eyes are looking at a phone, will you see the stopped truck in front of you?

*Losing just a **half second** of time to task switching can make a life-or-death difference for a driver on a cell phone traveling at 30 mph.*



Multitasking and Driving Don't Mix



PLAY VIDEO (:30)



Student Activity 2:

Think you can Multitask? Think again.

Multi tasking is task switching and it takes time.

Alphabet and Counting

- One-minute challenge
- Discuss tasks that can be combined

For more multitasking activities, visit:

<https://www.psychologytoday.com/blog/creativity-without-borders/201405/the-myth-multitasking>

Multitasking

“Switching” costs cut efficiency, raise risk.



Multi-tasking is when someone tries to:

- perform two or more tasks simultaneously,
- switch from one task to another, or
- perform two or more tasks in rapid succession.

Psychologists conduct task-switching experiments to determine the cost of this kind of mental “juggling”

Managing Distractions

*What else can you do when you know the risk
but it's hard to change your behavior?*



Smart or stupid?
You have a choice.





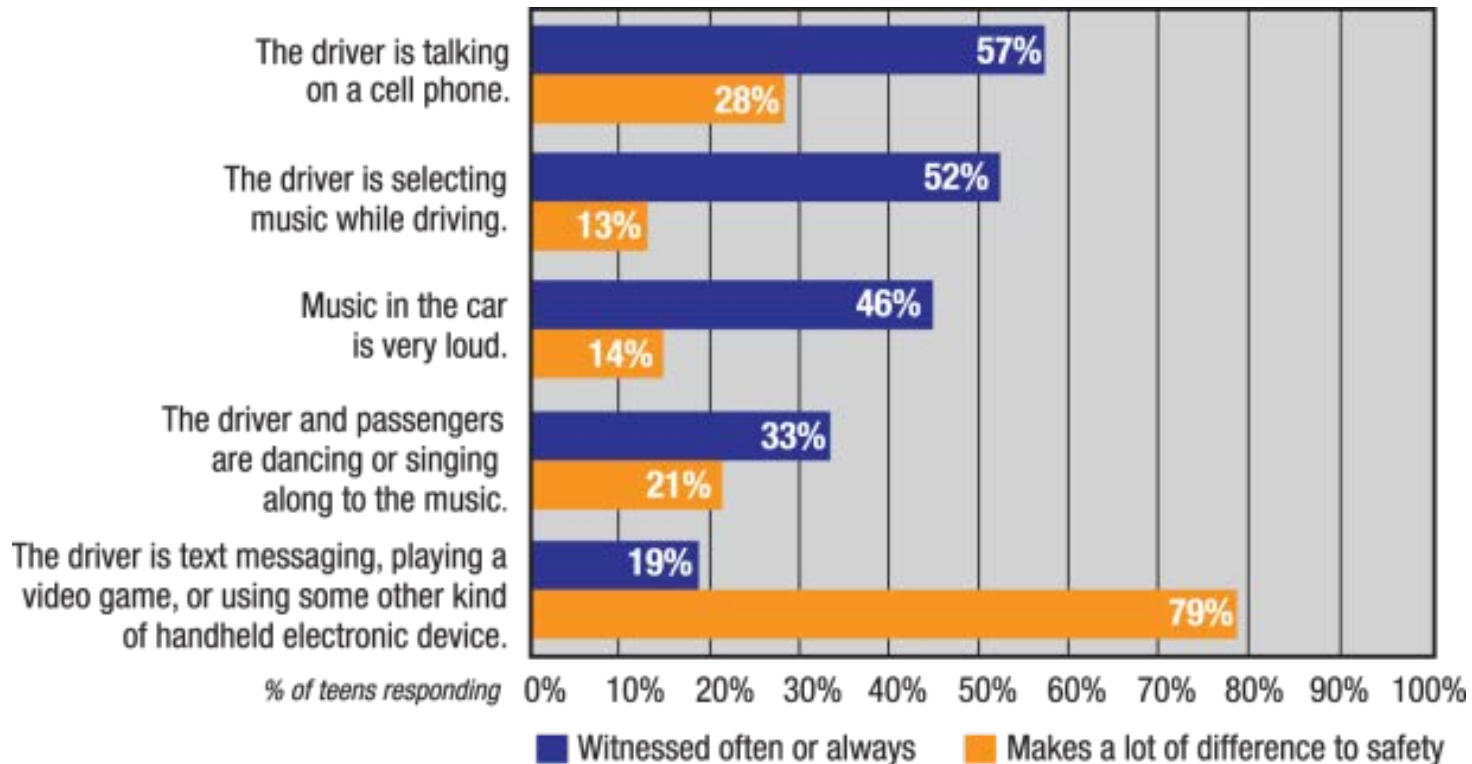
Student Activity 3:

Distracted Driving Demo



- Attach a golf tee to the top of a steering wheel disc and balance the golf ball.
- Seat a student on a chair and give him/her the steering disc with instructions to hold it steady and try not to drop the golf ball.
- Challenge the student to focus on the target through various distractions – have class watch the student’s eyes.
- Discuss.

Teen Survey: *What they do that takes their eyes and focus off the road.*





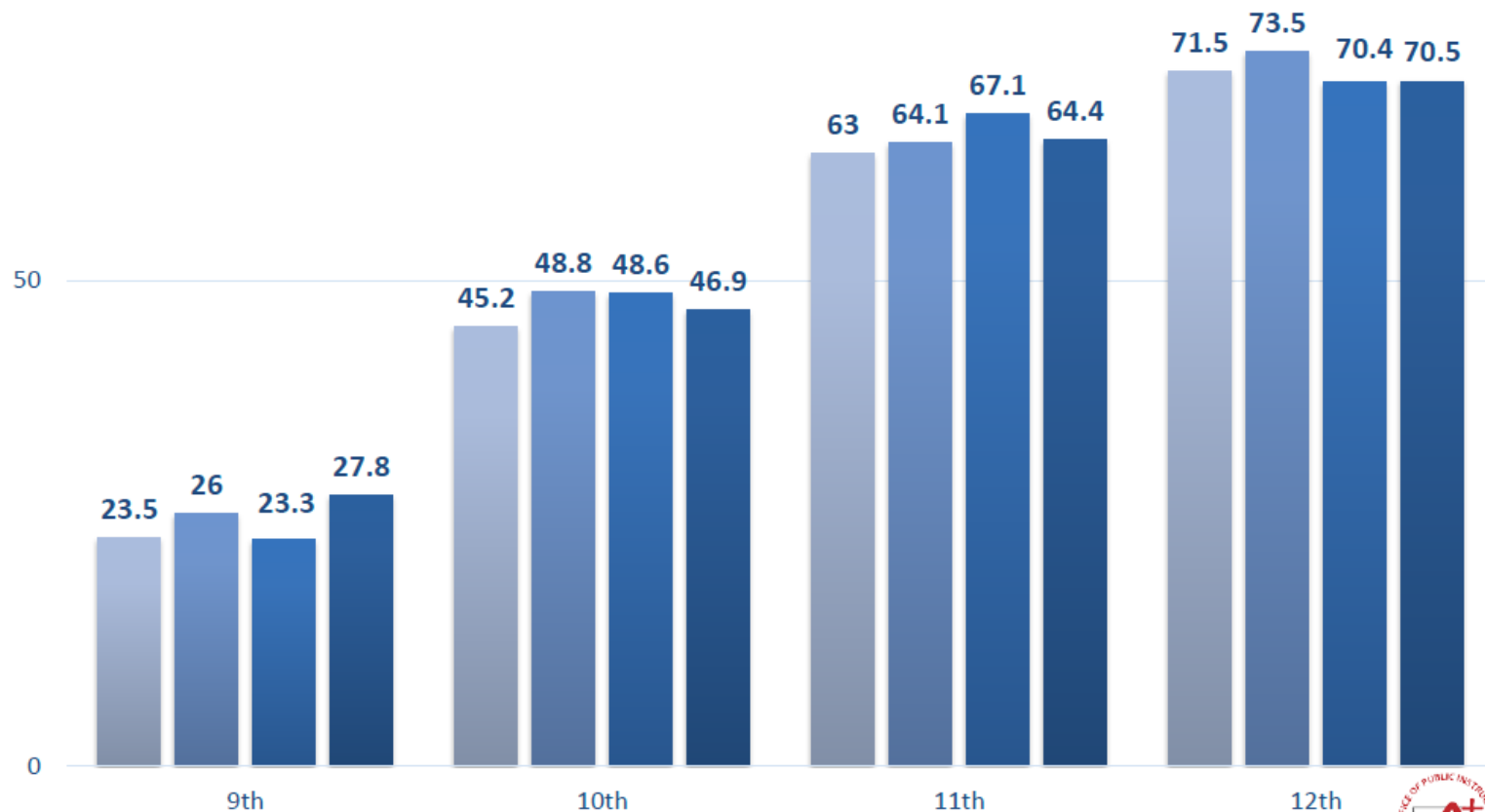
Texting While Driving

Montana Youth Risk Behavior Survey 2017

100

Percentage of high school students who
texted or e-mailed while driving on one or more of the past 30 days Total 54.2%

■ 2011 YRBS ■ 2013 YRBS ■ 2015 YRBS ■ 2017 YRBS



Montana Youth Risk Behavior Survey (YRBS) 2011, 2013, 2015 and 2017 Results
Note: This graph contains weighted results



If you text and drive,
change your behavior

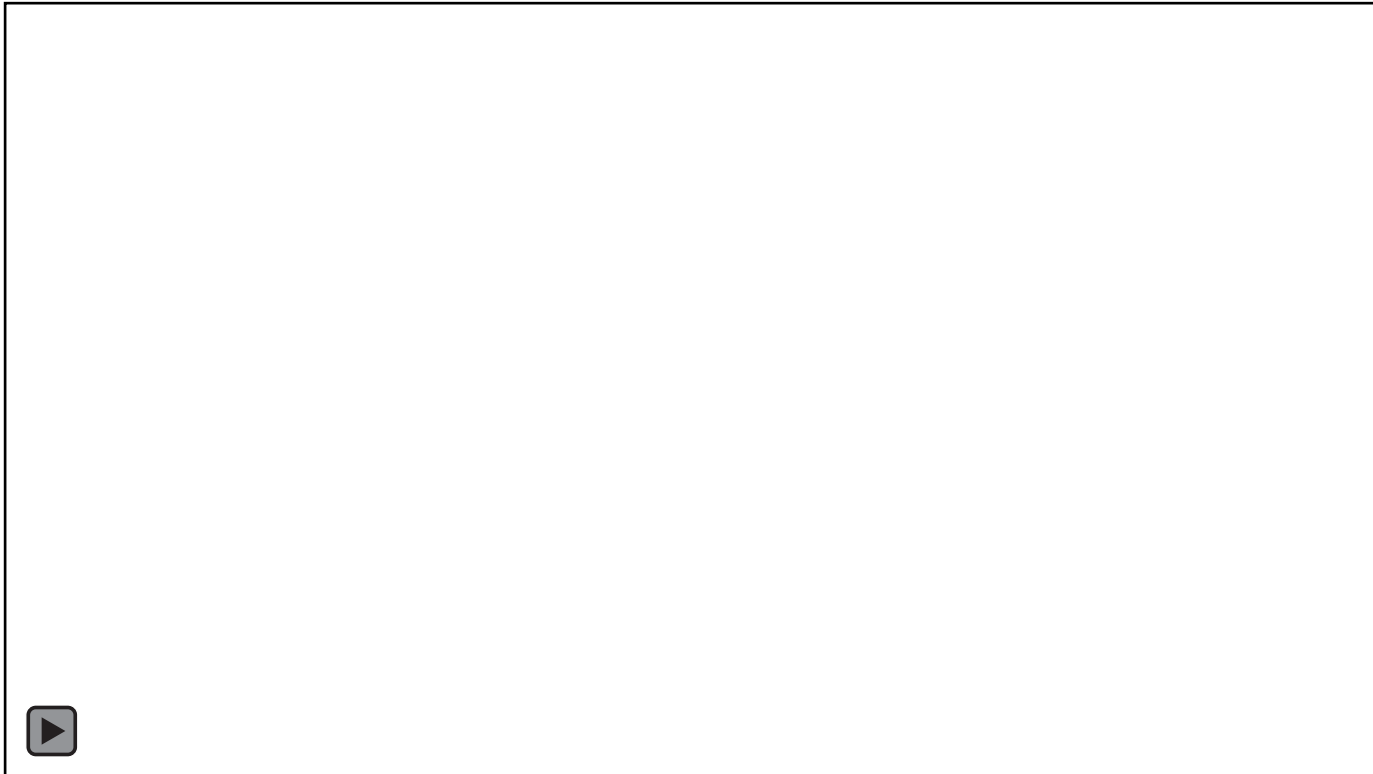


STOP TEXTS STOP WRECKS.ORG





Don't Drive Intexticated ...



This could happen in Montana if you're texting and driving in a Montana town or county with a cell-phone ban.

Consequences of In-Vehicle Cell Phones

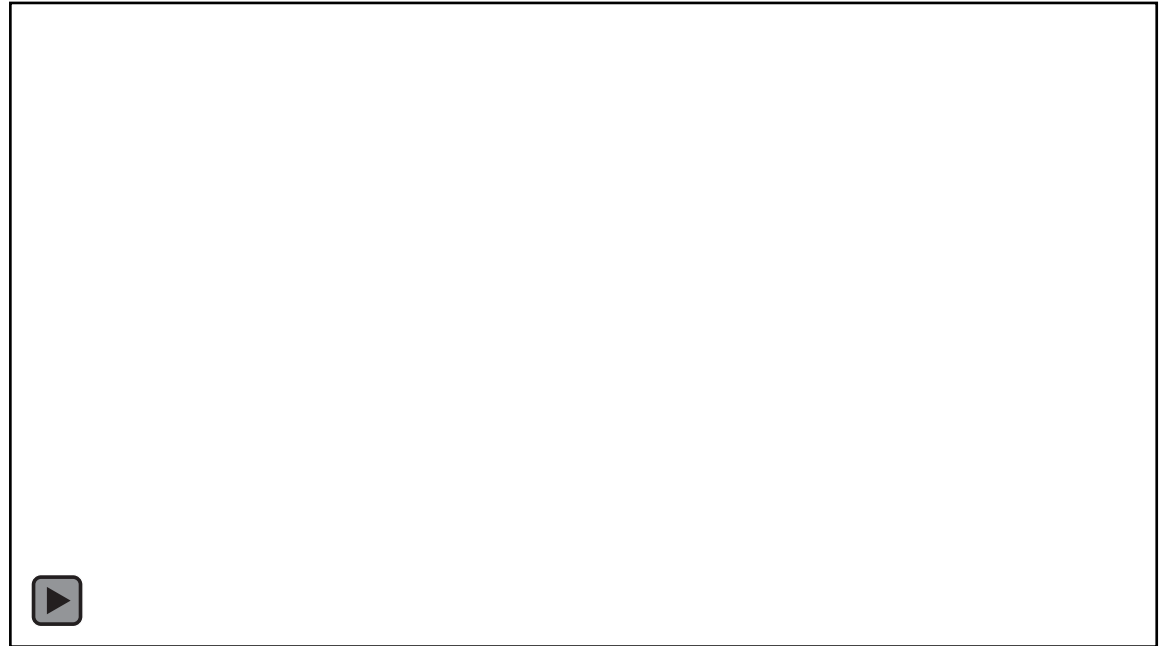
The Next Generation



Did you play with a toy like this when you were a little kid?

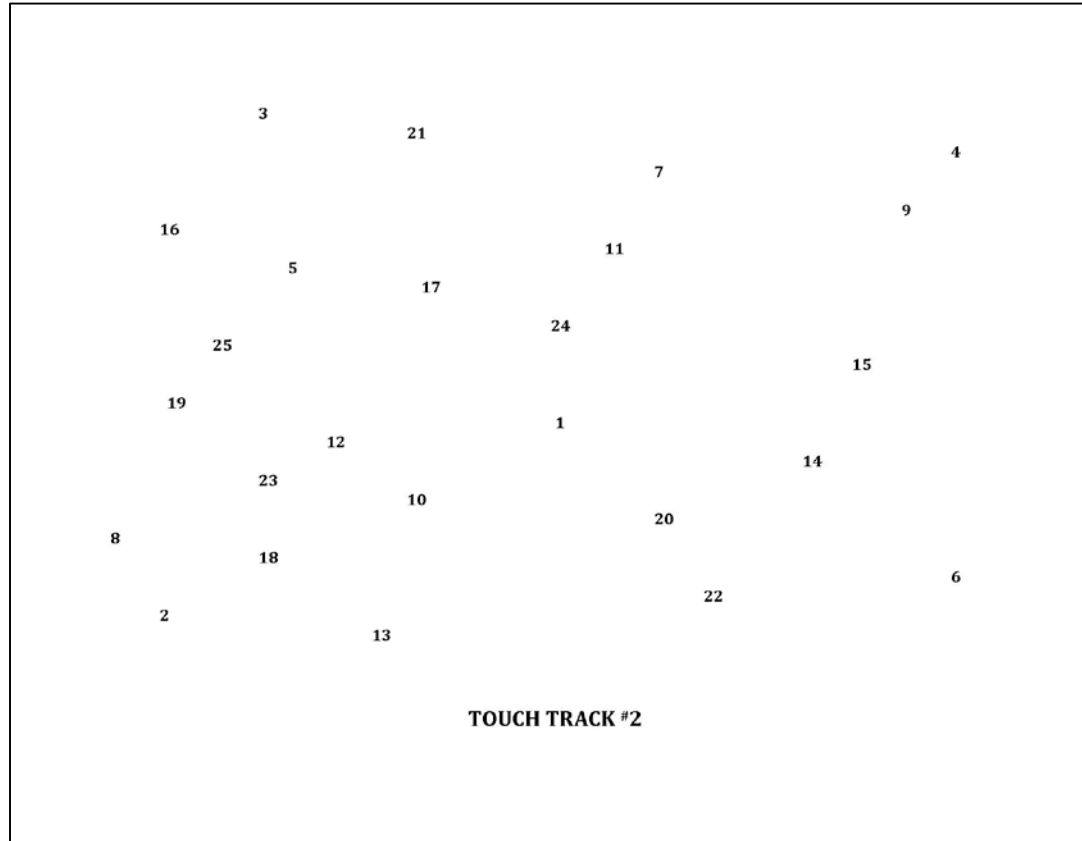
What kind of message do you think it sends?

Good or bad idea?



PLAY VIDEO (60-SECONDS)

Student Activity 4: Touch Track



Texting Tragedies in the Headlines



NTSB: Driver texted 11 times before deadly crash

Posted: Dec 13, 2011 by CBS News

WASHINGTON - A 19-year-old pickup truck driver involved in a deadly highway pileup in Missouri last year sent or received 11 texts in the 11 minutes immediately before the accident, federal investigators said Tuesday.

The driver sent six texts and received five texts, with the last text just before his pickup crashed into the back of a tractor truck, beginning a chain collision. The pickup was rear-ended by a school bus, which in turn was rammed by a second school bus.

The pickup driver and a 15-year-old student on one of the school buses were killed. Thirty-eight other people were injured in the Aug. 5, 2010, accident near Gray Summit, Mo.

Police: Byron teen killed in crash on first day of school was texting

October 23, 2011 (Fox9 News Minneapolis)

The parents of the 17-year-old said in a public statement: "Her error in judgment as a teenager in this brief moment in time was paid for with the highest price ever -- her life. We would much rather be grounding her for this mistake than never hearing her laughter fill the house again."



**MAKE SURE YOU ARRIVE.
JUST DRIVE.**



STOPTEXTSSTOPWRECKS.ORG



Where to go from here?

Learn more, take action, share with your friends and family.



- [Impact Teen Drivers.org](http://ImpactTeenDrivers.org) – What do you consider lethal?
- TeenDriverSource.org – Teen Driving Plan
- [It Can Wait.com](http://ItCanWait.com): Campaigns and videos
- [Teens in the Driver's Seat](http://TeensintheDriversSeat.org) – Peer-to-peer program
- [Project Yellow Light](http://ProjectYellowLight.org): Make a statement. Win a scholarship. Save a life. Video/Radio/Billboard contests. Winning videos: <https://www.youtube.com/user/projectyellowlight>





Montana Driver Education and Training Standards and Benchmarks

1. Laws and Highway System

- 1.1. know the laws outlined in the Montana Driver's manual;
- 1.2. understand the laws outlined in the Montana Driver's Manual; and
- 1.3. consistently demonstrate knowledge and understanding by responsible adherence to highway transportation system traffic laws and control devices.

2. Responsibility

- 2.1. recognize the importance of making safe and responsible decisions for owning and operating a motor vehicle;
- 2.2. demonstrate the ability to make appropriate decisions while operating a motor vehicle;
- 2.3. consistently display respect for other users of the highway transportation system; and
- 2.4. develop positive habits and attitudes for responsible driving.

3. Visual Skills

- 3.1. know proper visual skills for operating a motor vehicle;
- 3.2. communicate and explain proper visual skills for operating a motor vehicle;
- 3.3. demonstrate the use of proper visual skills for operating a motor vehicle; and
- 3.4. develop habits and attitudes with regard to proper visual skills.

4. Vehicle Control

- 4.1. demonstrate smooth, safe and efficient operation of a motor vehicle; and
- 4.2. develop positive habits and attitudes relative to safe, efficient and smooth vehicle operation.

5. Communication

- 5.1. consistently communicate driving intentions (i.e., use of lights, vehicle position, and personal signals);
- 5.2. adjust driver behavior based on observation of the highway transportation system and other roadway users;
- 5.3. adjust communication (i.e., use of lights, vehicle position, and personal signals) based on observation of the highway transportation system and other users; and
- 5.4. develop positive habits and attitudes for effective communication.

6. Risk Management

- 6.1. understand driver risk-management principles;
- 6.2. demonstrate driver risk-management strategies; and
- 6.3. develop positive habits and attitudes for effective driver risk-management.

7. Lifelong Learning

- 7.1. identify and use a range of learning strategies required to acquire or retain knowledge, positive driving habits, and driving skills for lifelong learning;
- 7.2. establish learning goals that are based on an understanding of one's own current and future learning needs; and
- 7.3. demonstrate knowledge and ability to make informed decisions required for positive driving habits, effective performance, and adaptation to change.

8. Driving Experience

- 8.1. acquire at least the minimum number of BTW hours over at least the minimum number of days, as required by law, with a Montana-approved driver education teacher; and
- 8.2. acquire additional behind-the-wheel driving experience with a parent or guardian's assistance in a variety of driving situations (i.e., night, adverse weather, gravel road, etc.).