

Montana Teen Driver Education and Training

Module 6.4

Dangerous Emotions

Keep your cool and keep in control.



Objectives – Dangerous Emotions

Students will understand and be able to explain:

- Emotions and their effect on driver behavior.
- How the senses are used while driving.
- Ways to compensate for temporary and permanent disabilities while driving.
- Strategies to reduce conflicts while driving.
- Aggressive driving that can escalate road rage.
- Ways to control emotions and manage anger while driving.

How do Emotions Affect your Driving?



Anger Anxiety Joy & Happiness Fear Hate Grief Love



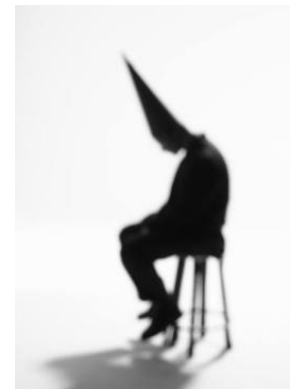
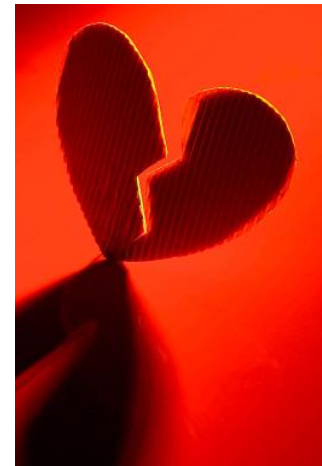
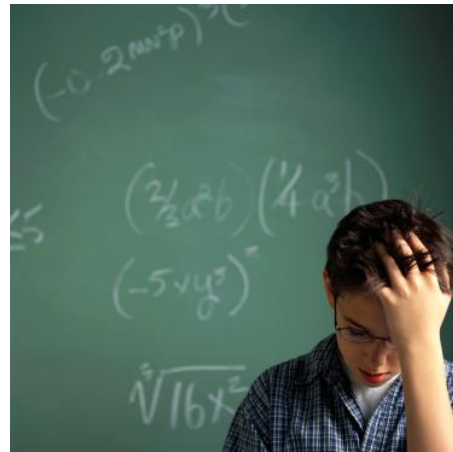
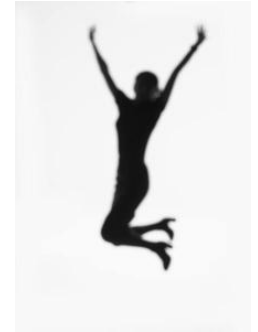
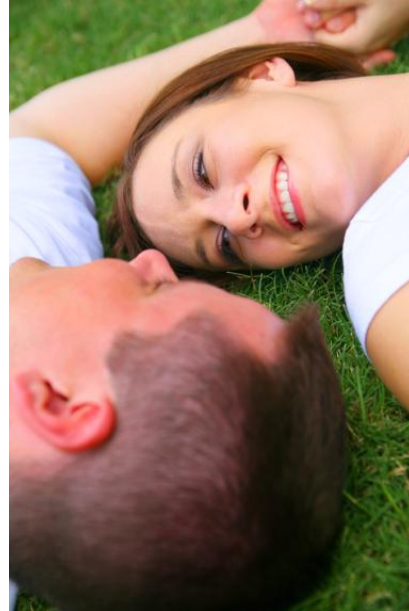
Dangerous Emotions when Driving:

- Interfere with your ability to think
- Create mental distractions and inattentiveness
- Can cause you to act out your emotions
- Increase risk taking
- Interrupts ability to process information

Control Emotions when Driving:

- Understand your own emotional stress triggers.
- Expect other drivers to make mistakes.
- Direct emotions toward actions, not people.
- Delay driving when upset.
- Take a moment to calm down and breathe.

Attitudes and Emotions





Driving Senses



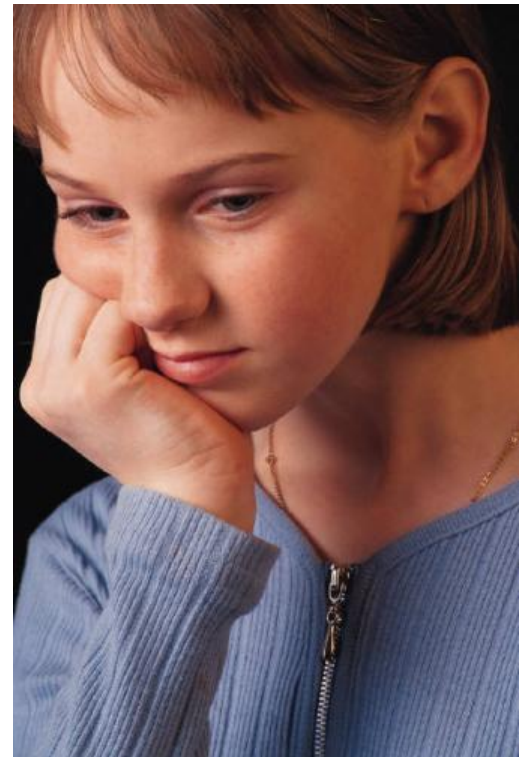
Your mind

Your eyes

Your nose

Your ears

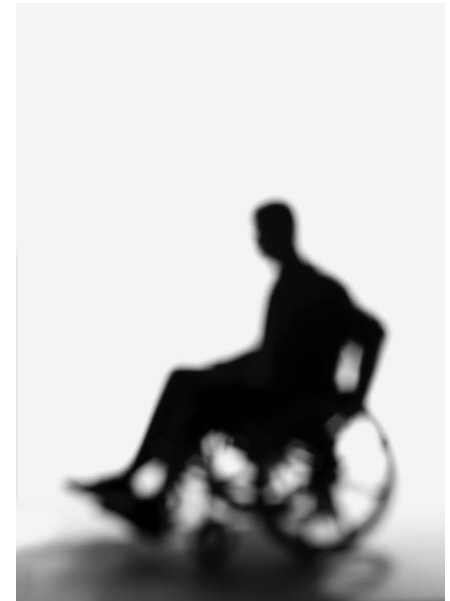
Your touch



Disabilities and Injuries

Is the driver able to:

- manipulate vehicle controls (steering wheel, floor pedals, dashboard)
- see and understand important information
- stay on task and refrain from distractions
- Handle vehicle so occupants and roadway users are not put at risk.



Making Smart Driving Decisions

- Can you handle the driving conditions?
- Are you calm, focused and alert?
- Can you drive in a “careful and prudent” manner?



Who are the aggressive drivers?



Consider anger, patience, competing and punishing.



Speeding





**DON'T SPEED OR
YOU'LL BE NEXT.**

11172

POLICE

SPEED
**Obey The Sign
or Pay The Fine**

COPS ARE CRACKING DOWN ON SPEEDING.

Aggressive Driving Actions

Aggressive drivers endanger other drivers, pedestrians and property by:

- Cutting off other drivers
- Passing too close
- Running red lights
- Excessive lane changing
- Tailgating
- Failing to signal
- Speeding
- Honking
- Yelling





When you make a mistake ...

FOCUS ON YOUR OWN DRIVING



GETTING AGGRESSIVE WON'T MAKE TRAFFIC GO FASTER

#DRIVESAFE

fdotmiamidade.com/drivesafe-md

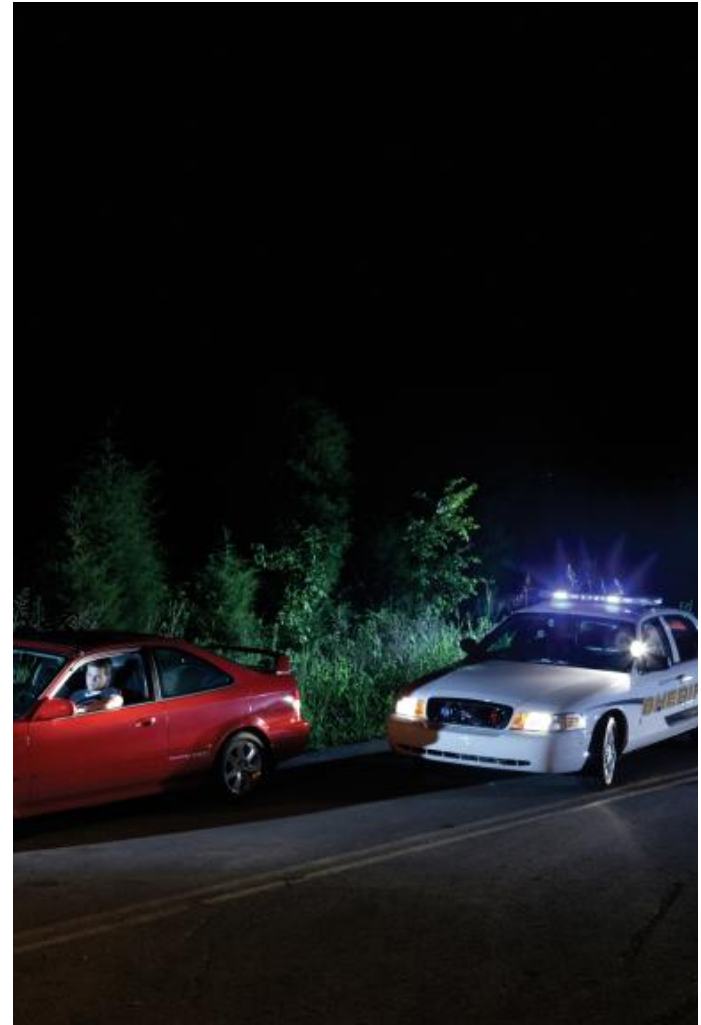


Communication is key. Let other drivers know when you're sorry you made a driving error.

Aggressive Driving vs. Road Rage

There is a difference

- Aggressive driving is a *traffic* offense
- Road rage is a *criminal* offense



Irrational Actions of the Aggressive Driver



- Believes the vehicle hides him from other drivers so he is unseen by others.
- Thinks others are out to get her.
- Critical about the other driver's appearance or their vehicle.
- Thoughts of violence against others.
- Believes his driving is not part of the problem.
- Doesn't observe laws she disagrees with.

The Road Rage Driver



What is road rage?

- Intermittent explosive disorder (IED) is marked by episodes of unwarranted anger, impulsive aggressiveness and road rage.
- Assault with a motor vehicle that occurs as a direct result of a disagreement between drivers.





Student Activity: Anger Awareness

List driver actions that annoy, frustrate or make other drivers angry.

Small group discussion – 3 minutes

- Identify poor driving habits which can lead to aggression.
- List all the ones you have seen or can imagine.
- What strategies can you use to deal with these situations?

How to make other drivers angry

- Reducing a gap to prevent others from entering your lane.
- Failing to turn off high beams for oncoming drivers.
- Flashing high beams to the driver in front.
- Long blasts of the horn.
- Weaving in and out of traffic lanes at high speed.
- Returning inappropriate gestures to other drivers.
- Failing to signal.



Emotions and Aggressive Drivers



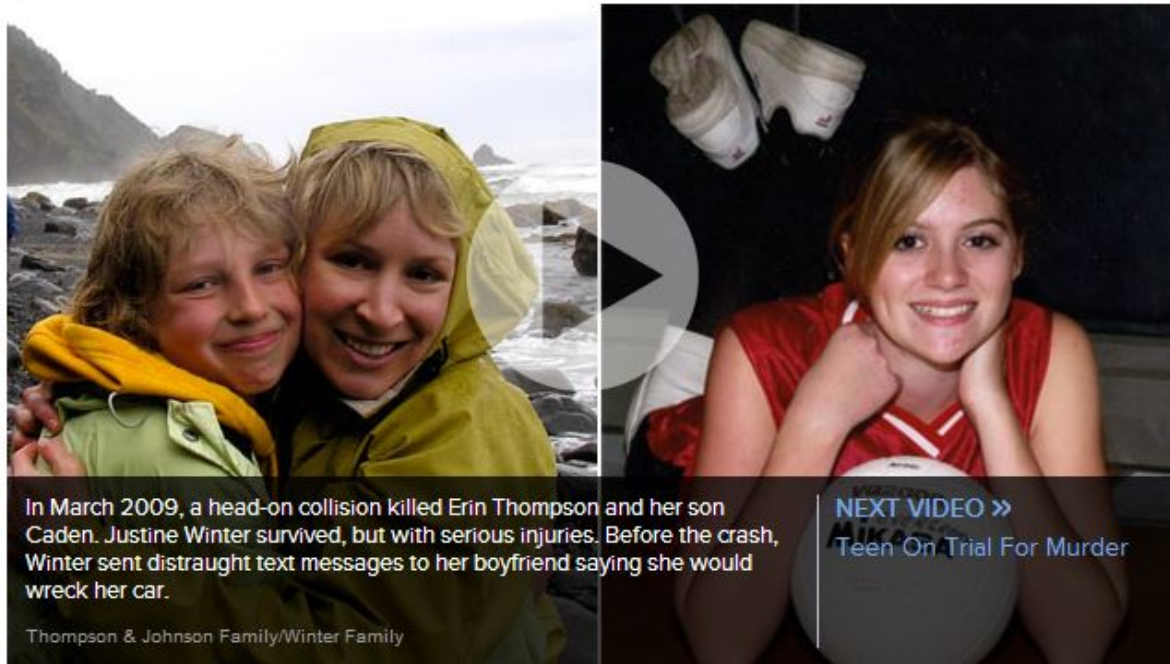
- Drivers or passengers can be angry, upset or impatient.
- Aggressions become inflamed due to traffic dispute, altercation, or grievance.
- Conflicts sometimes lead to violent and life-threatening encounters.

Tragedy on Highway 93

Did Montana Teen Purposely Crash Car, Kill Mother and Son?

Aug. 18, 2011

By JON MEYERSON and JENNA GRIFFITHS via [20/20](#)



In March 2009, a head-on collision killed Erin Thompson and her son Caden. Justine Winter survived, but with serious injuries. Before the crash, Winter sent distraught text messages to her boyfriend saying she would wreck her car.

Thompson & Johnson Family/Winter Family

[NEXT VIDEO >>](#)
[Teen On Trial For Murder](#)

A Montana teenager blamed for a car crash that led to the deaths of a pregnant woman and her 13-year-old son is facing the better part of the next decade in prison. Justine Winter, 18, says she's not responsible for the deaths of Erin Thompson, 35, and her son Caden Odell, but Thompson's family and prosecutors disagree, arguing that text messages Winter sent before the collision prove that she purposely caused the crash in an attempt to commit suicide.



Anxieties

- “I’m going to be late if I don’t hurry up”
- “Why is traffic going so slow?”
- “I’ll never make it”
- “If only I had gone a little faster, I could’ve made it”
- “Oh no! Red light”
- “All of these cars are trying to squeeze in!”
- “Ha! I’ll speed up and show him a lesson!”
- “Everyone else is speeding”





Anger is a warning bell that tells a person something is wrong in a situation.

- It's a natural response to perceived threats.
- Being angry isn't always a bad thing.
- It can prevent others from taking advantage.
- It can motivate people to change societal issues.

The problem is how people handle anger.

Anger Management

If you are driving and feel anxious or angry:

- Breathe deeply
- Slowly repeat calming words such as “relax,” “let it go,” “take it easy”
- Stay off the road until calmed down.
- Remember everyone makes mistakes and wants to be treated fairly.
- Change the way you think – practice patience and forgiveness.



Out-of-control anger is a learned behavior that can be unlearned.

Reduce conflict to avoid confrontation



- Don't respond.
- Avoid eye contact with hostile drivers.
- Get out of the way but do not acknowledge the other driver.
- Don't up the ante.
- Swallow your pride.
- Choose the road "less traveled"

Avoid confrontation to reduce conflict



- If an angry driver pursues you, do not go home and do not get out of your car.
- Drive to a police station, convenience store, or other location where you can get help and there will be witnesses.
- Call 911 if you're concerned for your safety.



Golden Rules of the Highway

- Obey traffic laws
- Drive courteously
- Show respect for all drivers and other roadway users



Aggressive Driving - Research

- <https://www.geico.com/more/driving/auto/car-safety-insurance/7-ways-to-avoid-road-rage/>
- <http://newsroom.aaa.com/2016/07/nearly-80-percent-of-drivers-express-significant-anger-aggression-or-road-rage/>
- <https://www.psychologytoday.com/blog/all-the-rage/201112/why-driving-makes-us-so-mad>



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.).