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| **Distracted Driving**  |
| **Learning Objectives** | * Help teen learners understand what distraction is.
* Help teen learners understand why distraction and driving are dangerous.
* Provide tools for teen drivers to actively avoid distraction.
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| **Questions** | Q1. The three main categories of driver distraction are:1. Visual
2. Manual
3. Cognitive
4. All the above

Answer: d. All the above.Feedback: There are three main types of driver distraction, Visual – (taking your eyes off the road). This is dangerous because it reduces your ability to see the roadway and react to changes. Manual – (taking your hands off the wheel). This reduces your ability to control your vehicle, especially in an emergency. Cognitive – (taking your mind off the task of driving). This is particularly dangerous because you become unaware of your surroundings.Q2: Using the phone (talking, texting, dialing, mindless scrolling) is the only kind of distraction teens can have while driving.1. True
2. False

Answer: b. False.Feedback: Using your phone is not the only kind of distraction teens engage in. Some other examples include eating/ drinking, wayfinding, conversing and daydreaming.Q3: If I take my eyes away from the wheel for 4.1 seconds while driving at 55mph, that’s equal to driving blind for 1. The length of 4½ semi-trucks.
2. The length of 3 semi-trucks.
3. The length of 5¼ semi-trucks.
4. More the all of the above

Answer: a. The length of 4½ semi-trucks.Feedback: Taking your eyes off the road, even for short periods, translates into driving blind for long distances (which become longer at higher speeds) At 55mph, you would have travelled 331ft (this is more than the distance of a football field), long enough for any situation to arise.Q4: Even if I am under the age of 18, Iowa law allows me to use my phone while driving, as long as no one is injured or dies in a crash.1. True
2. False

Answer: b. False.Feedback: Iowa law states that drivers under the age of 18yrs are prohibited from using electronic device entirely, unless the vehicle is stopped or the device is permanently installed or operated through a permanently installed equipment.Q5: I can do these things to help keep myself focused on the road.1. Put my phone down and preferably out of reach while I am behind the wheel.
2. Send all the necessary texts before I start the car.
3. Finalize my trip plans in the first few minutes of my drive.
4. Pick calls for important conversations through my cars audio system.

Answer: a, b.Feedback: It is better to do everything that could take your attention while driving before moving your car. If you need to engage in any other activity while driving, you should find a safe spot and pull off before doing that and get back unto the road only when you are done. |