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| **Impaired** | |
| **Learning Objectives** | * Help teens understand what driving impaired means. * Help teen learners understand why driving under the influence of alcohol, drugs or driving while drowsy is dangerous. * Provide tools for teen drivers to use so they can avoid making the decision to drive while impaired |
| **Questions** | Q1. In Iowa, the threshold for BAC (Blood Alcohol Concentration) while driving is   1. 0.08 2. 0.05 3. 0.50 4. 0.80   Answer: a. 0.08  Feedback: In Iowa it is unlawful to operate a motor vehicle while under the influence of an alcoholic beverage or drug or a combination of substances. While the law requires that the minimum threshold for the BAC is 0.08, it requires that there should be no amount of a controlled substance while driving.  Q2: Which of the following are predictable effects on driving with a Bac of 0.08?   1. Short-term memory loss 2. Poor speed control 3. Impaired perception 4. None of the above 5. All the above   Answer: e. All the above  Feedback: Alcohol can slow down the thinking process, damage links between the neurons and therefore reduce the brain's ability to function, and increase the chances of blackouts. This can have serious issues for control, perception and reaction while driving.  Q3: Which of the following make up a standard drink in the US?   1. 12 ounces of beer (5% alcohol). 2. 10 ounces of malt liquor (7% alcohol). 3. 5 ounces of wine (12% alcohol). 4. 2 ounces of distilled spirits (40% alcohol)   Answer: a. and c.  Feedback: The greater the percentage concentration of alcohol in a drink, the lesser the quantity needed to make a standard drink. The amount of time required by the body to process one unit is about an hour after drinking stops. This means that the more drinks you have the more time you will need to sober up.  Q4: Marijuana has an ingredient which can cause psychoactive effects in people.   1. True 2. False   Answer: a. True  Feedback: Using marijuana can have mind-altering effects. While there is no specific level at which this effect becomes apparent for all users, it is better to stay away from them completely whenever you need to be behind the wheel.  Q5: Which of the following causes of impairment are the most frequently occurring?   1. Alcohol. 2. Drugs. 3. Drowsiness   Answer: c. Drowsiness  Feedback: Drowsiness is the most common form of impairment and can be brought on by not having enough sleep as well as by other untreated sleep disorders, including insomnia, sleep apnea, etc. You should always prioritize getting enough sleep before getting behind the wheel. |