

Slide 1



Note to Speaker:

Suggested presentation materials:

Computer

Projector

Wax paper or tracing paper

Heavy-duty canvas work gloves

§ means page builds (press a key)

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LET'S TALK ABOUT DRIVING, DRUGS AND ALCOHOL, and about making SMART CHOICES as a young driver.

If you had to name the top ten things about being a young adult, how many of you would include the right to drive a car as one of them?

*(Ask for show of hands.)*

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How many of you can already drive? (*ask for show of hands*). For those of you who already have a driver's license, I'll bet it's one of your most important possessions. For those of you not yet old enough to drive, you're probably counting the days until you are.

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In our culture, driving means more to a young person than simple transportation. It means freedom.

It's a "right of passage"--a ticket to many of the privileges and the responsibilities of adulthood.

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I'll have to admit, there's no feeling like being a new driver behind the wheel, cruising down the highway, in total control of a 3,000 pound hunk of steel as it hurtles across the surface of the earth at more than 90 feet per second (that's sixty miles an hour).

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There's just one problem—the roads are often filled with lots of other 3,000-pound hunks of steel hurtling by in every direction. The last thing you want is for anyone controlling those hunks of steel, including yourself, to lose control of their senses.

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What is the impact if you are killed in an auto accident? How does that impact your family, your friends, and society in general? Some of you who are here may become leaders of our country. We need you to continue to improve our society and our world.

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That brings us to the effect of drugs and alcohol on driving.

I'd like share a true story written by a 16-year-old Boy Scout named Joe.  
*(Read following text.)*

"Last September, a friend, teammate, and fellow Scout in my troop was in a horrible car accident. His name was Tim Murphy. He was a senior at my school and a year older than me. He was the captain of our school's varsity soccer team and a Life Scout working hard on Eagle Scout requirements. One night after a senior dance, Tim was driving home very late.

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“On Interstate 55 headed south, Tim’s car was hit head-on by a northbound car. Both cars were totaled and Tim was stuck inside. We later learned that Tim died instantly, and the other driver, who had been drinking, also died.”



From the time you got up this morning to the time you get up tomorrow morning, five young people in our country, about your age, will be killed because someone was driving under the influence of alcohol or drugs.

Statistics are very impersonal, so we're going to put a face on this reality. I'm going to ask five of you to stand and represent those teenagers who will lose their lives today.

*(Ask five kids to stand.)*

Look at the faces of these young people, and realize that five kids, just like them, are losing their lives today.

Then imagine that there will be five more just like them tomorrow, and five more every day after that. Sadly, every one of them would still be alive, if someone had not made the decision to climb behind the wheel of a car after using alcohol or drugs.

*(Ask kids to be seated.)*

LET'S TALK ABOUT **DRIVING**

**2,000 teens killed**  
**17,000 total killed**  
**Drugs/Alcohol #1 killer**

**DRUGS AND ALCOHOL**

In total, 2,000 teenagers, and 17,000 people overall are killed in drug- and alcohol-related auto accidents every year. Accidents involving alcohol and drugs are the **NUMBER ONE KILLER OF TEENAGERS** in the United States.



In order to understand how this type of accident happens, we need to understand the skills and abilities involved in driving. Who can name something you must control or be aware of while driving a car?

*(Answers can include speed, direction/steering, stopping, shifting gears, other cars, obstacles and pedestrians, road surface, car instruments-AC, heating, radio.)*



What senses and abilities do you use while driving?

*(Answers can include sight, sense of feel/pressure, hearing, balance/coordination.)*

Obviously, a lot of things are going on in and around your car as you drive. Because of this, you need your best possible vision to spot traffic movement and hazards, and you need all of your mental concentration and physical coordination in order to work the controls that operate your vehicle and to react quickly to the changes around you.

**Alcohol & Drugs**

**Vision impaired**

**Loss of concentration**

**Slower reaction time**

**How do they affect your senses?**

Who knows what happens to your senses and abilities under the influence of alcohol and drugs?

*(Take several answers before bringing on bullet text.)*

Essentially, drugs and alcohol have the effect of putting your brain and central nervous system in slow motion. And it's a sneaky process, because as your brain slows down, so does your ability to perceive the changes in your senses and coordination. Very often, intoxicated people are convinced that they are not impaired in any way. But you can be sure, some very critical things are happening:

- § Your vision is decreasing; you have trouble holding focus.
- § Your brain is slowing; you can't think as fast, you can't concentrate.
- § Your body is slowing; you can't react and move as quickly.



How many of you have ever played a computer game that involved driving a race car or motorcycle, or racing down any type of course with obstacles?

*(Ask for show of hands, and ask one person the following question.)*

How did you control the action in the game?

*(The answer could include joy stick, control buttons, etc.)*

Now I want each of you to paint a mental picture. Imagine yourself sitting in front of a car racing computer game, controls in your hands, but with these alterations:



- First, the action of the game has been cranked up; everything is moving twice its normal speed.
- Next, you have to operate the controls wearing stiff, oversized work gloves on your hands.

*(Select a volunteer to wear the gloves.)*

What would it feel like to grip the steering wheel? What would it be like to turn it sharply?

- And finally, a sheet of frosted tracing paper or wax paper is taped over the computer screen, blurring it and reducing your ability to focus on the action of the game.

*(Pass around the tracing or wax paper.)*

Can you see anything? Imagine if you were behind the wheel!

- And, there's one new rule--if your car hits one of the obstacles, steers off the course, or bumps one of the other cars, you can actually die.

In reality, that's the game you play when you drive under the influence of alcohol or drugs.

**Smart Choice-Avoid Tailgating**

**30% of Collisions are Rear End**

<b>In a Year:</b>	<b>So Remember:</b>
- 2,000 Fatalities	- Traveling Distance
- 620,000 Injuries	- Reaction Time



The diagram shows a car on the left and a street sign on the right. A horizontal arrow points from the car to the sign, with the text "2 Second Rule" written below it. This illustrates the distance a car should maintain behind a lead car, measured by the time it takes for the lead car to pass a fixed object.

Almost 30 percent of all collisions are rear-end collisions. In a 12-month period, more than 2,000 (2,007) fatalities and a staggering 622,000 injuries were from rear-end collisions. To help yourself avoid rear-end collisions, remember two things:

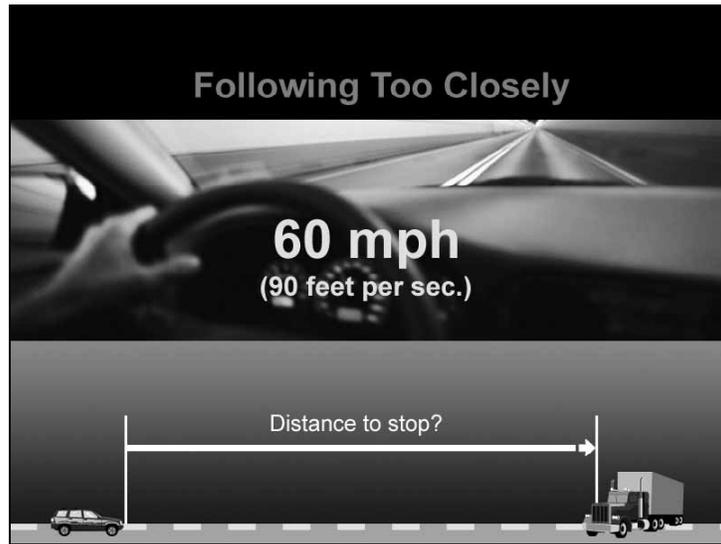
Traveling distance  
Reaction time

*Traveling distance* is the distance, or space, you maintain between your car and the one in front of you.

*Reaction time* is the time it takes your brain to perceive there is a problem in front of you and realize that you need to do something about it.

When considering your traveling distance in your car, use the 2-second rule: Choose a fixed object, such as a street sign. Once the vehicle in front of you passes the object, start counting, "1,000-1, 1,000-2, etc." If your vehicle passes the fixed object before you finish counting 1,000-2, then you are traveling too closely. Back off until there is at least a 2-second cushion between you and the other car.

If you are in something bigger than a passenger car, increase your distance one second for every 10-foot length. (For example, if your car is pulling a 20-foot trailer, give yourself a 4-second cushion.)



Let's look at how quickly things can happen in an actual driving situation. Say you're traveling at 60 miles per hour down a highway. Suddenly, from a side road, a truck pulls out blocking the highway ahead of you.

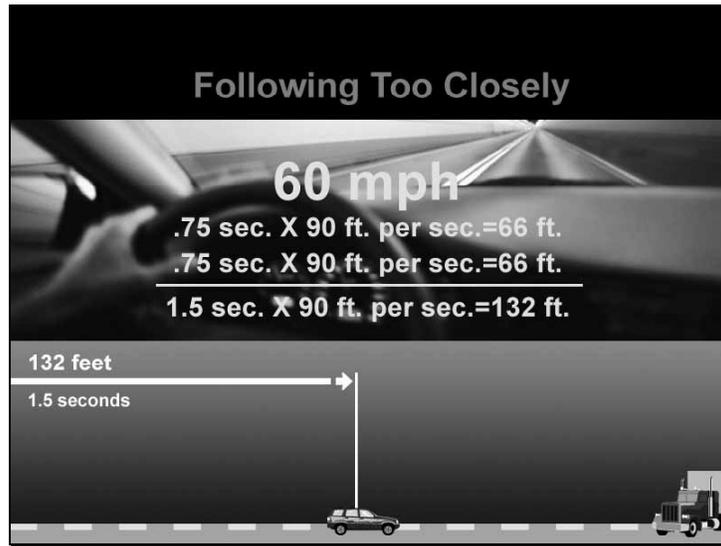
How much distance do you need to stop short of the truck?

*(Take a few answers.)*



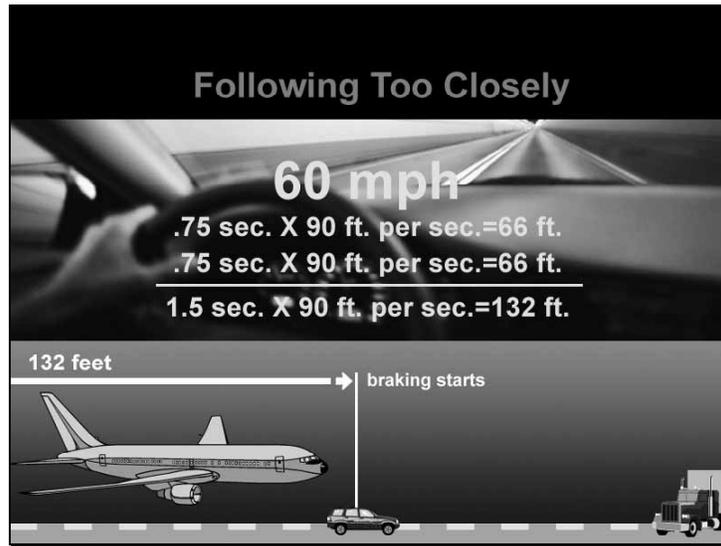
Let's analyze it. Studies on human perception show that it will take an alert driver about  $\frac{3}{4}$  of a second to see the truck pulling out. At 60 miles per hour (or 90 feet per second), your car will have traveled 66 feet before you even perceive the truck.

Now, pretend your right foot is pressing down on the car accelerator, lift that foot off the accelerator move it over to the left, and hit the brake. How long did that take?

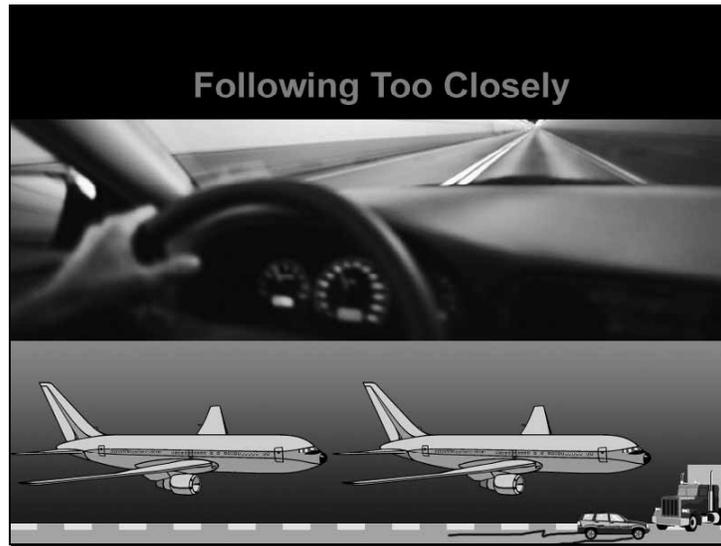


Experts say it takes at least another  $\frac{3}{4}$  of a second, and during that time your car has traveled another 66 feet.

A total of a second and a half have passed and you've traveled 132 feet.



Just for reference, 132 feet is about half a football field, or the length of a Boeing 727 airplane, and you're just now hitting your brakes.



After hitting the brakes, it will take an additional airplane length to actually stop the car. That's under ideal conditions, with dry pavement, and an unimpaired, alert driver.

If you've been using alcohol or drugs, and your vision, concentration, and reaction times are impaired, by the time you perceive the truck, it may be too late for you to stop in time.

**How much alcohol does it take?**



less than 2 oz.

**For a person weighing  
140 to 150 lbs.**

-----

**Less than 2 oz.**

**Blood Alcohol Concentration  
BAC**

For a person weighing 140 to 150 pounds, consuming slightly less than 2 ounces of alcohol over the course of 2 hours is all it takes to become legally intoxicated, and to seriously impair your ability to drive safely.

The most serious consequence of driving while intoxicated is the danger you pose to yourself, your passengers, and every other vehicle on the road. But that's not the only consequence.

**How much alcohol does it take?**



**DWI or DUI**

**21 or older: .08 or .10**

**Under 21: "0"**

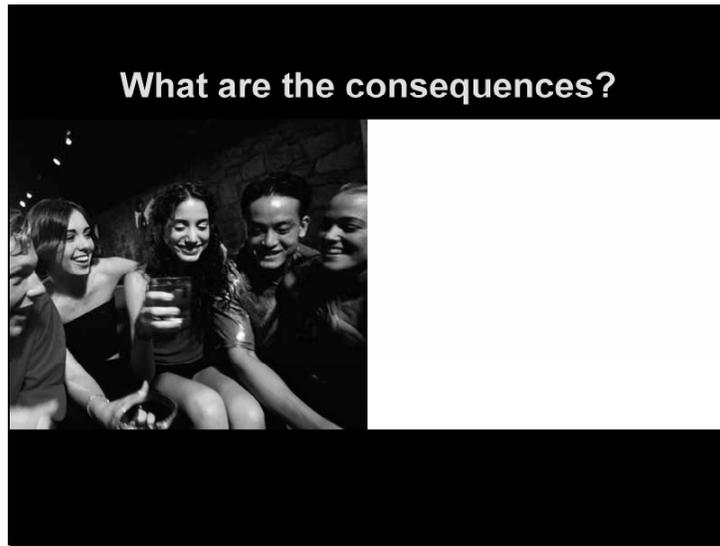
**Blood Alcohol Concentration**  
**BAC**

Just how much alcohol does it take to impair your driving? That depends on your weight, physical condition, how much you've eaten, and other variables.

§ To adjust for this, many states have established standard measurements for "Blood Alcohol Concentration" or BAC, in order to determine if a person is "driving while intoxicated" (DWI) or "driving under the influence" (DUI).

§ If you are over 21 years of age, most states have adopted .08 or .10 blood alcohol concentration as the minimum level to be considered legally intoxicated.

§ In most states, if you are under 21 years old, you are not legally allowed to drink. Therefore, the BAC level allowed is "0".



Imagine you are attending a party where alcohol is available. You decide to have just two or three drinks with your friends before you get in your car and head for home. You feel fine, maybe a little light-headed, but it's just a couple of miles home. There's no problem, until ...



... suddenly you see something that sends chills down your spine. You look in the rear-view mirror, see those flashing red lights, and your life is changed forever.



What are the consequences?

§ If you are convicted of driving while intoxicated, it can be very expensive for you and your parents. Attorneys fees', increased insurance, and court costs alone can average over \$6,000.

§ Your insurance company could drop coverage altogether, making it illegal for you to drive.

§ A DWI or DUI conviction is a felony. You could go to jail.

§ And a DWI and a DUI stays on your record.

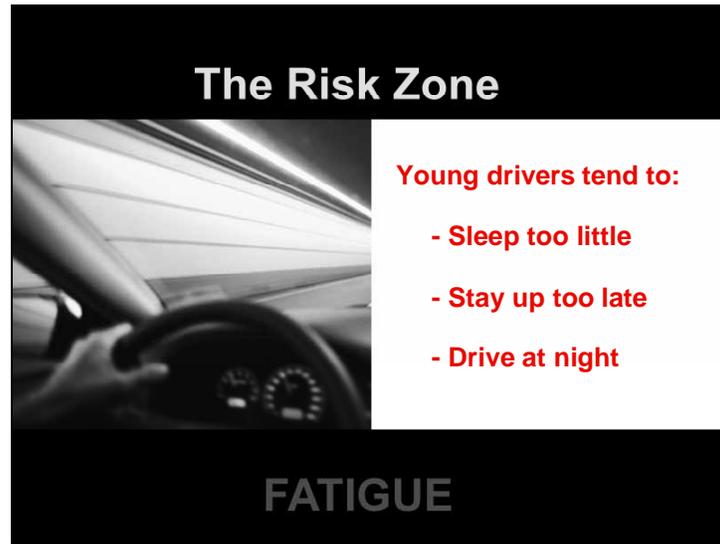
§ It's a mark that can permanently damage your reputation and career potential.

§ You could even lose your right to vote in elections.

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Driving while physically and mentally fatigued puts you in the RISK ZONE.



**The Risk Zone**

Young drivers tend to:

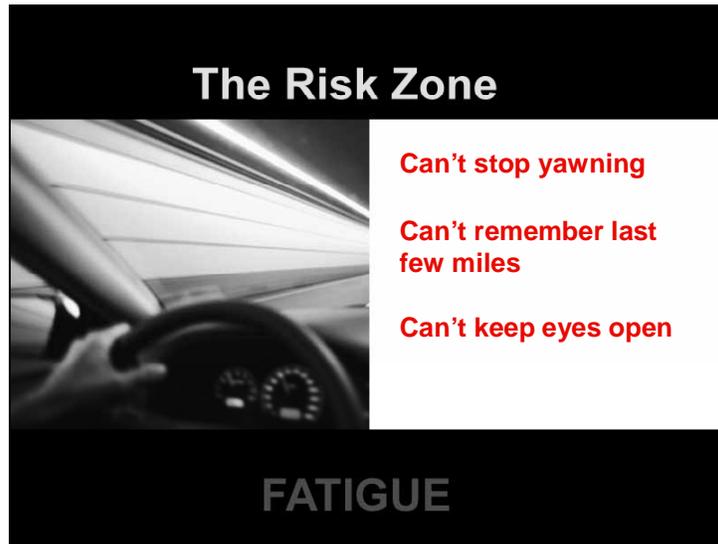
- Sleep too little
- Stay up too late
- Drive at night

**FATIGUE**

You might say that fatigue only effects older adults. You might think that young people have better stamina, so fatigue doesn't bother young people.

Guess again - did you know that a study done in North Carolina showed 55 percent of fall-asleep crashes involved drivers 25-years-old and younger! This includes both male and female drivers.

§ You lead a busy life—you tend to sleep too little, stay up late, and drive at night. Sound familiar? Chances are you or someone you know fall into this category.



Critical warning signs: Stop and take a break if you notice just one of these:

- You can't stop yawning.
- You can't remember the last few miles you just traveled.
- You have trouble keeping your eyes open.

**The Risk Zone**

Your mind wanders

You're drifting out of your lane

You're jerking the wheel to stay on course

**FATIGUE**

- You have wandering or disconnected thoughts.
- You drift between lanes or onto the shoulder.
- You repeatedly jerk the steering wheel to stay on course.



**The Risk Zone**

- 1. Drive Rested**
- 2. Drive in daylight**
- 3. Take breaks every 75-100 miles**
- 4. Travel with Friends**

**FATIGUE**

Avoid traveling in the Risk Zone.

1. Be sure to get plenty of sleep, especially before taking a long driving trip.
2. Drive mostly during daylight hours. If you have to travel at night, make frequent stops, play fast-paced music, talk to your passengers.
3. On a long trip, take a break every 75 to 100 miles, especially in the afternoons.

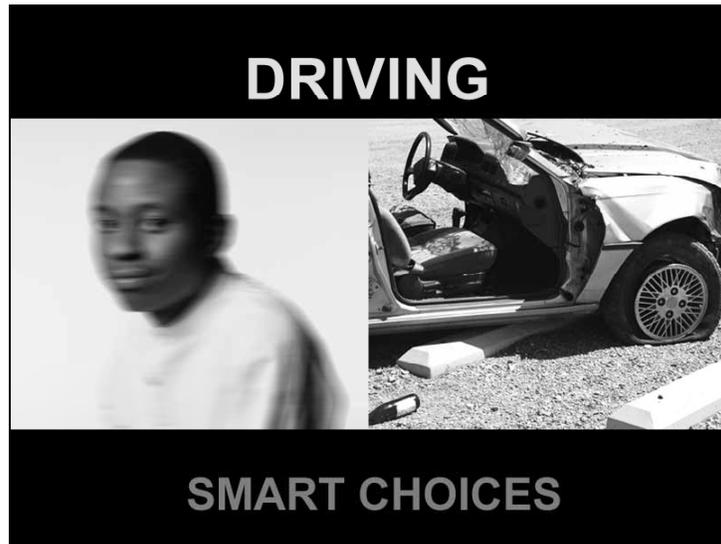
**DRIVING**

**When Driving:**

- **Avoid Drugs and Alcohol**
- **Avoid Tailgating**
- **Avoid Fatigue**

**SMART CHOICES**

In summary, at some point, each of you will probably be faced with making a decision about driving or riding with someone who is impaired by drugs or alcohol, someone following too closely or tailgating another vehicle, or someone trying to drive in a condition of fatigue. Make the smart choice. Don't do it! Have the courage to say "No, I'm not doing that, it's not worth it."



Do you remember the letter about Tim Murphy's death we discussed at the beginning? The story finishes with this:

"Tim was a great person. His soccer number, 17, is retired now, and his name and picture are posted all over school. I sometimes wonder why the other driver had been drinking and driving, and I wonder if he had a friend who even tried to stop him. We all miss Tim, and we wish he were still with us today."

Don't let that story be about you or your friends someday. Make smart choices, don't drink and drive—and don't let others drink and drive.