



# Instructor's Guide

## **DEADLY DRIVING DISTRACTIONS: Texting, Cell Phones, and Other Killers**

According to insurance statistics, distracted drivers are responsible for almost 80 percent of all car crashes and 65 percent of near-collisions in the United States. In this video, celebrity psychology researcher David Strayer, a driving instructor, and other experts underscore the hazards of driving while texting, while talking on a cell or using an MP3 player, while eating, and while drunk — clinically speaking, a cognitive form of driving distraction — as they advise on safe driving techniques. In addition, young adults add extra credibility to the “eyes on the road, hands on the wheel” message by expressing concern about their own distracted driving behaviors. The program concludes with the story of a young man who died behind the wheel because he was texting.

### **Program Overview**

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- Chapter 1: What is Distracted Driving?
- Chapter 2: Texting and Other Driving Distractions
- Chapter 3: How to Avoid Distractions
- Chapter 4: Inattention Blindness
- Chapter 5: Preventing Distracted Driving
- Chapter 6: Death from Distracted Driving
- Chapter 7: JB's Story

## Pre-Viewing Discussion Questions

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1. Most teens have heard the message that texting or talking on a cell phone while driving is dangerous. Why do you think they do it anyway?
2. Do you know people who are proud of their ability to multi-task — for instance, to read and respond to text messages while driving? Have you seen anyone use both hands to text while trying to control the steering wheel with their knees?
3. One of the teens in the film said that if her cell phone is taken away even for a day “it’s like the world is coming to an end.” Do you feel the same?
4. What distracts you, personally, while you’re driving? List as many driving distractions as you can think of. *[Answers may include talking to passengers, having an emotional conversation, music or news on the radio, being sleepy, etc.]*
5. Do you (or does someone you know) feel that driving while texting isn’t any worse than changing radio stations? Or that talking on a cell phone isn’t any more distracting than talking to a passenger?
6. A chaplain in the film talked about counseling teens who feel devastated by causing someone’s death due to their own poor driving habits. Have you ever been involved in a driving-while-distracted accident? Whether you were the cause of the accident or the victim, what thoughts and feelings did you have afterwards?

## Post-Viewing Discussion Questions

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1. Name and then discuss the three types of deadly driving distractions, and give as many examples as you can of each. Then, compare the list to the one compiled for Question 4 in Pre-Viewing Discussion Questions. *[The three types of distraction are ‘manual,’ ‘visual,’ and ‘cognitive.’]*
2. Discuss the idea that driving itself is multi-tasking, listing as many of its tasks as you can. *[Answers may include paying attention to drivers coming off an exit into your lane, sounds the car is making, steering, using the clutch, reading traffic signs, looking for a parking spot, pedestrians, etc.]*

3. Have you ever been scared by how someone was driving while you were a passenger? If so, what were they doing? If you spoke up about it, how did the driver respond? If you didn't speak up — why? Are you more likely to speak up now that you've watched this film?
4. List at least three "driving while distracted" safety tips.  
*[Answers may include:*
  - *Turn off the phone while driving so you're not tempted to read or respond to a message (or phone call)*
  - *Keep the phone out of your sight*
  - *Before getting in the car, text friends to let them know you'll be driving and unable to respond*
  - *Eat or drive — don't do both*
  - *Turn the radio down (or off)*
  - *Be especially mindful of distractions if traffic is bad, or if visibility is reduced due to rain, snow, or fog*
  - *Don't be afraid to confront passengers who are touching you, offering you food, being loud, or otherwise diverting your attention while you're driving]*
5. Has viewing this film changed your mind about driving while distracted? Will it change any of your driving habits?

## Review

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- Q1: Motor vehicle crashes are the \_\_\_ leading cause of death in the U.S.
- (a) number one
  - (b) second
  - (c) third
  - (d) fourth
- Q2: What percentage of driving *near*-collisions are due to inattention?
- (a) 35%
  - (b) 50%
  - (c) 65%
  - (d) 80%
- Q3: What percentage of *all* collisions involve some type of distraction?
- (a) 35%
  - (b) 50%
  - (c) 65%
  - (d) 80%
- Q4: True or False? Distracted driving is anything that takes your eyes and mind away from the road, whether the distraction is physical, mental, or emotional.
- Q5: Which of the following are examples of driving while distracted?  
(Choose all that apply.)
- (a) Talking on a cell phone
  - (b) Making or answering calls on a cell phone
  - (c) Using a hands-free cell phone
  - (d) Eating
  - (e) Glancing down briefly (3 seconds or less) to search for content on an MP3 player
  - (f) Having passengers in the car
  - (g) Listening to loud music on the radio

Q6: \_\_\_\_\_ while driving increases the risk of a crash nine times.

- (a) Texting
- (b) Reaching for objects in the car
- (c) Applying makeup
- (d) Changing radio stations

Q7: What is the number one driving distraction?

- (a) Rowdy passengers
- (b) Reaching for objects in the car
- (c) Texting on a cell phone
- (d) Placing and receiving cell phone calls

Q8: What is the number one driving distraction that results in collisions?

- (a) Changing radio stations
- (b) Cell phone use
- (c) Rowdy passengers
- (d) Looking away from the road to search for content on an MP3 player

Q9: How much more likely are you to be involved in a collision if you are driving while distracted?

- (a) Four times as likely ... the same risk increase as driving drunk
- (b) Twice as likely
- (c) Three times as likely ... nearly the same risk increase as driving drunk
- (d) Fifty percent more likely

Q10: The fatality rate for teens involved in car accidents is \_\_\_\_\_ times higher than for drivers age 25 and up.

- (a) two
- (b) four
- (c) ten
- (d) fifty

- Q11: For each friend you add to the car, your crash risk \_\_\_\_.
- (a) doubles
  - (b) increases by 10%
  - (c) decreases by 10%
  - (d) triples
- Q12: Texting while driving increases reaction time by \_\_\_\_%.
- (a) 10
  - (b) 20
  - (c) 35
  - (d) 65
- Q13: Forty percent of teens consider texting while driving to be \_\_\_\_.
- (a) doable
  - (b) possible if one is good at multi-tasking
  - (c) somewhat distracting
  - (d) very or extremely distracting
- Q14: When a motor vehicle accident results in death, nearly \_\_\_\_% of the time it is due to distracted driving.
- (a) 35
  - (b) 50
  - (c) 80
  - (d) 90
- Q15: Which of the following was *not* mentioned in the film as a possible result of a car crash due to texting and driving?
- (a) Concussions
  - (b) Traumatic head injuries
  - (c) Minor scrapes and bruises
  - (d) Fatalities

- Q16: Eight-two percent of teens admit to \_\_\_\_\_ while driving.
- (a) using a cell phone
  - (b) drinking
  - (c) letting their mind wander
  - (d) reaching for objects in the car
- Q17: Nearly 80% of crashes and 65% of near-crashes involve some driver inattention within \_\_\_\_\_ before the event.
- (a) 10 seconds
  - (b) 3 seconds
  - (c) 60 seconds
  - (d) 5 seconds
- Q18: There are three types of deadly driving distraction: manual, visual, and cognitive. Which type(s) of deadly driving distraction is texting?  
*(Choose all that apply.)*
- (a) Manual (hands not on the steering wheel)
  - (b) Visual (eyes not on the road and other vehicles)
  - (c) Cognitive (not paying full attention to driving)
  - (d) All of the above
- Q19: True or False? "Inattention blindness" is a once-rare phenomenon that is becoming increasingly common. It occurs when drivers are daydreaming and fail to notice peripherally dangerous road situations (e.g., another driving running a red light; someone in their blind spot switching lanes).
- Q20: When you use a cell phone while driving, your attention to road conditions may be diverted to the point that up to \_\_\_% of the information your senses perceive does not really register in your brain as being something you need to respond to.
- (a) 85
  - (b) 50
  - (c) 35
  - (d) 20

Q21: True or False? The crash risk for using a hands-free cell phone is the same as the risk for a hand-held phone, because using the hands-free phone causes cognitive impairment.

Q22: Driving drunk is dangerous because \_\_\_\_\_. (Choose all that apply.)

- (a) inhibitions are lowered, leading to more risk-taking behavior while driving
- (b) reaction time is slowed
- (c) motor functions remain unimpaired
- (d) alertness is reduced

Q23: On average, someone is killed by a drunk driver every \_\_\_\_\_.

- (a) 10 seconds
- (b) 60 seconds
- (c) 24 hours
- (d) 45 minutes

Q24: \_\_\_\_% of high school seniors report having been drunk at least once in their lives.

- (a) Ten
- (b) Twenty-three
- (c) Fifty-eight
- (d) Seventy-six

Q25: Which three of the following factors are *most* associated with crash risks, especially those involving fatalities?

- (a) Alcohol
- (b) Driving while distracted
- (c) Fatigue
- (d) Brake or other mechanical failure
- (e) Bad weather
- (f) Poor visibility
- (g) Other driver's error
- (h) Having to swerve suddenly to avoid collision with an object, pedestrian, or animal



## Review — Instructor's Key

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Q1: Motor vehicle crashes are the \_\_\_ leading cause of death in the U.S.

- (a) number one
- (b) second
- (c) third
- (d) fourth

**A: (a) number one**

Q2: What percentage of driving *near*-collisions are due to inattention?

- (a) 35%
- (b) 50%
- (c) 65%
- (d) 80%

**A: (c) 65%**

Q3: What percentage of *all* collisions involve some type of distraction?

- (a) 35%
- (b) 50%
- (c) 65%
- (d) 80%

**A: (d) 80%**

Q4: True or False? Distracted driving is anything that takes your eyes and mind away from the road, whether the distraction is physical, mental, or emotional.

**A: True.**

Q5: Which of the following are examples of driving while distracted?

*(Choose all that apply.)*

- (a) Talking on a cell phone
- (b) Making or answering calls on a cell phone
- (c) Using a hands-free cell phone
- (d) Eating
- (e) Glancing down briefly (3 seconds or less) to search for content on an MP3 player

- (f) Having passengers in the car
- (g) Listening to loud music on the radio

**A: These are all examples of driving while distracted.**

Q6: \_\_\_\_\_ while driving increases the risk of a crash nine times.

- (a) Texting
- (b) Reaching for objects in the car
- (c) Applying makeup
- (d) Changing radio stations

**A: (b) Reaching for objects in the car**

Q7: What is the number one driving distraction?

- (a) Rowdy passengers
- (b) Reaching for objects in the car
- (c) Texting on a cell phone
- (d) Placing and receiving cell phone calls

**A: (c) Texting on a cell phone**

Q8: What is the number one driving distraction that results in collisions?

- (a) Changing radio stations
- (b) Cell phone use
- (c) Rowdy passengers
- (d) Looking away from the road to search for content on an MP3 player

**A: (b) Cell phone use**

Q9: How much more likely are you to be involved in a collision if you are driving while distracted?

- (a) Four times as likely ... the same risk increase as driving drunk
- (b) Twice as likely
- (c) Three times as likely ... nearly the same risk increase as driving drunk
- (d) Fifty percent more likely

**A: (a) Four times as likely ... the same risk increase as driving drunk**

Q10: The fatality rate for teens involved in car accidents is \_\_\_\_\_ times higher than for drivers age 25 and up.

- (a) two
- (b) four
- (c) ten
- (d) fifty

**A: (b) four**

Q11: For each friend you add to the car, your crash risk \_\_\_\_\_.

- (a) doubles
- (b) increases by 10%
- (c) decreases by 10%
- (d) triples

**A: (a) doubles**

Q12: Texting while driving increases reaction time by \_\_\_\_%.

- (a) 10
- (b) 20
- (c) 35
- (d) 65

**A: (c) 35**

Q13: Forty percent of teens consider texting while driving to be \_\_\_\_.

- (a) doable
- (b) possible if one is good at multi-tasking
- (c) somewhat distracting
- (d) very or extremely distracting

**A: (d) very or extremely distracting**

Q14: When a motor vehicle accident results in death, nearly \_\_\_\_% of the time it is due to distracted driving.

- (a) 35
- (b) 50
- (c) 80
- (d) 90

**A: (d) 90**

Q15: Which of the following was *not* mentioned in the film as a possible result of a car crash due to texting and driving?

- (a) Concussions
- (b) Traumatic head injuries
- (c) Minor scrapes and bruises
- (d) Fatalities

**A: (c) Minor scrapes and bruises. (Of course minor injuries may occur, but the point is that life-changing head injuries can result, too.)**

Q16: Eight-two percent of teens admit to \_\_\_\_\_ while driving.

- (a) using a cell phone
- (b) drinking
- (c) letting their mind wander
- (d) reaching for objects in the car

**A: (a) using a cell phone**

Q17: Nearly 80% of crashes and 65% of near-crashes involve some driver inattention within \_\_\_\_\_ before the event.

- (a) 10 seconds
- (b) 3 seconds
- (c) 60 seconds
- (d) 5 seconds

**A: (b) 3 seconds**

Q18: There are three types of deadly driving distraction: manual, visual, and cognitive. Which type(s) of deadly driving distraction is texting?

*(Choose all that apply.)*

- (a) Manual (hands not on the steering wheel)
- (b) Visual (eyes not on the road and other vehicles)
- (c) Cognitive (not paying full attention to driving)
- (d) All of the above

**A: (d) All of the above**

Q19: True or False? "Inattention blindness" is a once-rare phenomenon that is becoming increasingly common. It occurs when drivers are daydreaming and fail to notice peripherally dangerous road situations (e.g., another driving running a red light; someone in their blind spot switching lanes).

**A: False. Inattention blindness is a common phenomenon that occurs when a driver is distracted by cell phone use, loud passengers, etc. The distracted driver fails to "see" a dangerous road situation; his eyes take it in but it doesn't register that he needs to respond to it, because his attention is elsewhere.**

Q20: When you use a cell phone while driving, your attention to road conditions may be diverted to the point that up to \_\_\_% of the information your senses perceive does not really register in your brain as being something you need to respond to.

- (a) 85
- (b) 50
- (c) 35
- (d) 20

**A: (b) 50**

Q21: True or False? The crash risk for using a hands-free cell phone is the same as the risk for a hand-held phone, because using the hands-free phone causes cognitive impairment.

**A: True.**

Q22: Driving drunk is dangerous because \_\_\_\_\_. (Choose all that apply.)

- (a) inhibitions are lowered, leading to more risk-taking behavior while driving
- (b) reaction time is slowed
- (c) motor functions remain unimpaired
- (d) alertness is reduced

**A: (a) inhibitions are lowered, leading to more risk-taking behavior while driving; (b) reaction time is slowed; (d) alertness is reduced**

Q23: On average, someone is killed by a drunk driver every \_\_\_\_\_.

- (a) 10 seconds
- (b) 60 seconds
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**A: (d) 45 minutes**

Q24: \_\_\_\_% of high school seniors report having been drunk at least once in their lives.

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**A: (c) Fifty-eight**

Q25: Which three of the following factors are *most* associated with crash risks, especially those involving fatalities?

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- (f) Poor visibility
- (g) Other driver's error
- (h) Having to swerve suddenly to avoid collision with an object, pedestrian, or animal

**A: (a) Alcohol; (b) Driving while distracted; (c) Fatigue**

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