

Dear Educator,

Whether your students are driving, have siblings and friends who drive, or are still a few years away from taking the wheel, raising their awareness about drunk and drugged driving could help save their lives.

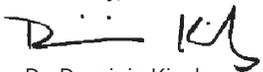
The National Road Safety Foundation (NRSF) developed **Drive2Life** to provide educators, students, and families with resources to help promote safe driving behavior and reduce vehicle crashes. This year, NRSF has teamed up with Young Minds Inspired to create lessons that provide students with facts about drunk and drugged driving, reinforce the importance of not driving or getting in a vehicle with someone under the influence of alcohol or drugs, and equip them with strategies to avoid these situations.

As a culminating activity, students ages 13 to 19 in grades 6–12 are encouraged to use what they have learned and their creativity to develop a script or storyboard for a 30-second public service announcement (“PSA”) video to help prevent drunk and drugged driving for the **2021 Drive2Life PSA Contest**. Contest details, entry forms, and rules are available at ymiclassroom.com/drive2life.

One Grand Prize student winner will receive \$1,000 and the chance to produce his or her PSA with an Emmy-award winning producer. Plus, the winner and his or her PSA will be featured on *Teen Kids News*. Four runner-up students will receive \$500 each. And the teacher of each student winner will receive a \$100 Visa gift card!

We hope that you will share this program with other teachers in your school. Although these materials are protected by copyright, you may make as many copies as you need for educational purposes. And please let us know your opinion of these learning materials by visiting ymiclassroom.com/feedback-drive2life. We look forward to your comments — and your students’ entries!

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



For questions, contact us toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com



TARGET AUDIENCE

Students ages 13 to 19 in grades 6 to 12

PROGRAM COMPONENTS

Available at ymiclassroom.com/drive2life:

- This one-page teacher’s guide
- Reproducible student activity sheet
- Reproducible letter for parents/caregivers
- **Drive2Life PSA Contest** Overview, Entry Form, and Official Rules
- PSA lesson and student handouts
- Standards alignment chart
- Program feedback form

PROGRAM OBJECTIVES

- Raise awareness about the facts and consequences of drunk and drugged driving
- Equip students with strategies for preventing drunk and drugged driving — as drivers and passengers
- Support language arts and communication skills with the **2021 Drive2Life PSA Contest**

HOW TO USE THIS PROGRAM

Download, photocopy, and distribute the reproducible activity sheet to all students, or share the PDFs through your school’s digital platform if you’re connecting with students remotely. Prepare the materials for each activity and preview videos in advance. Distribute the family letter as well to help parents continue the conversation at home.

USING THE ACTIVITY SHEET BUCKLE IN OR GET OUT

To start, emphasize to students that drinking alcohol is illegal for anyone under 21 years of age. But teens may encounter situations in which they are passengers and a friend or older sibling is under the influence of alcohol, illegal drugs, or medications that impact their ability to drive. Or maybe they are the driver and are under the influence themselves. Explain that in this activity they will learn facts about drunk and drugged driving and practice strategies to help prepare them to make safe choices if they do experience these situations.

Part 1: Distribute the activity sheet and have students complete the quiz to gauge their understanding of these topics. Review the answers below as a class to dispel any misconceptions students have.

Answers: 1. d; 2. b; 3. a; 4. a; 5. d

Explain to students that like alcohol, some prescriptions and over-the-counter medicines, and illegal drugs and marijuana (illegal in most states) can impair a driver’s motor skills, reaction time, and judgment. This is drugged driving.

Share these additional facts with students to reinforce the seriousness of drunk and drugged driving:

- It is illegal in the U.S. to drive while impaired. (CDC)
- Motor vehicle crashes are the leading cause of death for teens in the U.S. In 2017, six teens aged 16–19 died every day due to motor vehicle crashes, and hundreds were injured. (CDC)
- Nearly 30 people die each day in drunk driving crashes in the U.S. That’s one person every 50 minutes. (NHSTA)
- In 2016, approximately 20% of teen drivers involved in fatal crashes had been drinking. (NHSTA)



- In addition to potential crashes, injuries, and fatalities, consequences for drinking and driving can include loss of license, jail time, and fines, which could be upwards of \$10,000 plus legal fees. (NHSTA)
- In 2018, one survey found that 12 million people ages 16+ in the U.S. reported driving under the influence of marijuana, and 2.3 million reported driving under the influence of illicit drugs including methamphetamine during the prior 12 months. (CDC)

Next, ask students:

- *What would you say and do if your friend or sibling who is supposed to give you a ride has been drinking?*
- *What would you say and do if your friend or sibling who is supposed to give you a ride has been using drugs like marijuana or took medicine and seems out of it?*
- *Why might someone be reluctant to express concern to an impaired friend who is giving them a ride?* Possible reasons may include:
 - The passenger is not aware that the friend has been drinking or took drugs/medication.
 - Their friend tells them that they're okay to drive.
 - They trust that their friend can handle the situation.
 - They feel influenced by peer pressure.
 - They feel like they don't have a choice.
- *If you did not see a person drink or take drugs, how might you be able to tell if they have?* Explain that it may not be easy to tell if someone has been drinking or taken drugs or medication that impairs them, but some characteristics include:
 - Physical traits such as slurred speech, stumbling, glossy or drooping eyes, and frequent yawning.
 - Driving behaviors such as changing lanes frequently, passing improperly, ignoring traffic signs and signals, straddling the center line, tailgating, making wide turns.
- *What are possible consequences for drunk or drugged driving, or for not speaking up and getting into a vehicle with a driver who has been drinking or is under the influence of drugs?* Crashes, which could be fatal; injuries; losing a parent's trust.
- *What are some options to avoid drunk and drugged driving to help keep you safe?* Call a parent for a ride, get a ride with someone else who has not been drinking or is not under the influence, call a taxi/rideshare service, etc.

Emphasize to students that it is not worth the risk to ride with a driver who has been drinking or who has taken drugs or medications that have impaired their ability to function. They need to choose a safe alternative.

Part 2: Have students work in small groups to analyze and discuss the scenarios. Encourage students to keep in mind the facts and consequences discussed to make safe decisions. When students are done, reconvene and have the groups share their responses. Discuss strategies that seemed most effective.

Emphasize to students that it is not always easy to speak up in these situations, but the consequences for not saying anything can be serious.

As an extension, have your class research statistics about drunk and drugged driving in your state, as well as the penalties for underage drinking. Students can explore the Governors Highway Safety Association website at ghsa.org for information.

FAMILY TAKE-HOME LETTER

We encourage you to make copies of the family letter or include a link to it in your email communications with parents to inform them about **Drive2Life** and provide them with tips for talking with their children about drunk and drugged driving to help keep your community safe.

2021 DRIVE2LIFE PSA CONTEST

To enter the **Drive2Life PSA Contest**, students ages 13 to 19 in grades 6–12 must create a storyboard or script for a 30-second PSA video to help prevent drunk and drugged driving. Students may address one or both topics. See the Contest Overview, Entry Form, and Official Rules at ymiclassroom.com/drive2life for contest details and entry information. Entries may be submitted online or by mail by teachers or parents. Deadline: Entries submitted online must be received by 11:59 p.m. ET on February 8, 2021. Entries submitted by mail must be postmarked by February 8, and received February 15, 2021.

For a supporting lesson on creating PSAs, download the PSA Lesson at ymiclassroom.com/drive2life.

RESOURCES

- NRSF – teenlane.org
- YMI – ymiclassroom.com/drive2life
- National Highway Traffic Safety Administration – nhtsa.gov/risky-driving
- Governors Highway Safety Association – ghsa.org/issues
- CDC – cdc.gov/motorvehiclesafety/impaired_driving
- National Institute on Drug Abuse – drugabuse.gov/publications/drugfacts/drugged-driving



Buckle In or Get Out?



PART 1: UNDERSTANDING THE FACTS ABOUT DRUNK AND DRUGGED DRIVING

You know that it's illegal for young people under 21 to drink in the U.S. And you know it's illegal to drink and drive. What else do you know about drunk and drugged driving? Test your driving safety smarts with this quiz.

1. Drugged driving refers to driving under the influence of _____.
 - a. illegal drugs
 - b. prescription drugs
 - c. over-the-counter drugs
 - d. all of the above
2. Nearly _____ people die each day in drunk driving crashes in the U.S.
 - a. 3
 - b. 30
 - c. 300
 - d. 3,000
3. Zero tolerance laws on drunk driving mean that drivers under age 21 can face criminal charges for having alcohol in their system.
 - a. True
 - b. False
4. In 2016, approximately _____ teen drivers involved in fatal crashes had been drinking.
 - a. 1 out of 5
 - b. 1 out of 10
 - c. 1 out of 20
 - d. 1 out of 30
5. Consequences for drunk or drugged driving can include:
 - a. loss of license
 - b. fines
 - c. jail time
 - d. all of the above

PART 2: PLAN AHEAD FOR A SAFE RIDE

Although it's illegal for teens to drink, you may find yourself in situations involving alcohol or drugs. You know it's not safe to drive or get in the car with a driver who has been drinking or is under the influence of drugs. Practicing how you would respond in these situations can help you be safe. Read each scenario below. What's the safe choice?

- Your friend's sister is picking up you and your friend after basketball practice. When you open the door, the car smells like marijuana. What do you do?
- You have a nasty cold. You took over-the-counter cold medicine and you feel groggy. You are supposed to drive yourself and your friend to school today. What do you do?
- A friend you just met is giving you a ride to and from a party. At the party, she drinks alcohol. It's time to leave. What do you do?

SAFETY TIPS!

Alcohol, some prescription and over-the-counter medicines, and illegal drugs can interfere with the brain's ability to function properly. Be safe! Refrain from drinking and using illegal drugs. Know the side-effects of prescription and over-the-counter medications that may make you drowsy.

If you've been drinking or have taken drugs, the answer is easy — don't drive!

If your friend or sibling is driving and appears drunk or drugged, don't get in the car.

- Tell them not to drive. Carefully take the keys.
- Tell them you're not comfortable getting in the car.
- Remind them of the consequences of drunk and drugged driving.
- Offer to drive if that's an option and you have not been drinking and have not taken any drugs.
- Call a parent or sibling for a ride.
- Call a taxi or rideshare.

Remember — It's about your safety!

The National Road Safety Foundation



teenlane.org