



Name: _____ Date: _____ Period: _____

GRADES 9-12 | LESSON 1

STUDENT JOURNAL

WHAT MAKES A SAFE DRIVER?

ABOUT THIS JOURNAL: Defensive driving is a skill — and like any skill, it takes practice, attention and honest self-reflection. Use this journal to think about what you already know, what today's lesson changed and what kind of driver or passenger you want to be.

REFLECTION PROMPTS

PROMPT 1

Think of a driver you consider safe and one you consider unsafe. What specifically do each of them do that puts them in that category? What does a “safe driver” look like in real life — not just on a written test?

PROMPT 2

Apply the **SIPDE** process to a route you travel regularly (to school, work, a friend's house, etc.). Walk through one specific hazard on that route — what do you Scan for, what do you Identify, Predict, Decide and Execute? Be specific about what the hazard actually is.

PROMPT 3

What is the hardest part of defensive driving for you personally — and why? Is it patience, focus, anticipation or something else? What is one specific thing you could do this week to practice that skill, even as a passenger?

MY COMMITMENT

MY DEFENSIVE DRIVING COMMITMENT: