



Name: _____ Date: _____ Period: _____

GRADES 9-12 | LESSON 3

STUDENT JOURNAL

THE REAL COST OF SPEEDING

ABOUT THIS JOURNAL: In the Street Smart video, Chris asks a simple question: “You know it’s dangerous — but do you really know WHY?” Speed doesn’t feel dangerous when you’re the one doing it. That’s part of what makes it lethal. This journal asks you to sit with the numbers, examine the reasons people speed and think honestly about what it would take to make different choices.

REFLECTION PROMPTS

PROMPT 1

At 30 mph, a car needs about 75 feet to stop. At 60 mph (just twice the speed) stopping distance jumps to 300 feet. That’s not twice as far. It’s four times as far, nearly the length of a football field. What is your reaction to that? Does knowing it change how you think about what “a little fast” actually means on a road? Why or why not?

PROMPT 2

Why do people speed? List as many reasons as you can — then go back and look at each one honestly. Are any of them actually reasonable? Which are habits, which are impulses and which are social pressures? Think about the people in your own life who speed regularly. What would actually have to change — in their mindset, their habits or their situation — for them to drive differently?

PROMPT 3

Imagine you're driving 50 mph in a 35 mph school zone. A child steps off the curb 200 feet ahead. Based on what you learned about stopping distance, walk through what would happen. Then consider: speeding felt like a small choice in the moment — 15 mph over in a quiet neighborhood. What does that gap between how small it feels and how large the consequence is tell you about how we make speed decisions?

MY COMMITMENT

MY SPEED MANAGEMENT COMMITMENT: