



Name: _____ Date: _____ Period: _____

GRADES 9-12 | LESSON 4

STUDENT JOURNAL

THE DISTRACTED BRAIN

ABOUT THIS JOURNAL: Most distracted drivers don't believe they are distracted. In the Street Smart video, Lila says "I can do both" — and genuinely means it. This journal asks you to be honest about your own habits, think about what you'd do if a friend were driving distracted and consider what it would mean to actually tell your friends what you now know.

REFLECTION PROMPTS

PROMPT 1

Be honest: how often do you look at your phone while in a vehicle — as a driver, as a passenger or even at a stoplight? What is the specific reason you reach for it in those moments — urgency, habit, boredom, fear of missing something? Now that you know that at 55 mph, a 5-second glance covers a football field completely blind: does that change anything? If not, why not? What would it actually take to change the habit?

PROMPT 2

In the video, Jenna says: “Seriously? Could you just drive right now?” and Keegan says: “Yeah, so is my life. You’re not even trying to look at the road.” Think about a time you have been in a car where the driver was distracted — on their phone, eating, messing with the music. Did you say anything? If not, what stopped you? If you were in that car right now, what would you actually say — not what you should say, but the real words you would use? What makes speaking up to a friend while they’re driving genuinely hard?

PROMPT 3

At the end of the video, Jenna says: “Tell your friends. Stay Street Smart.” What would that look like for you — not as a school assignment, but as something you genuinely believe in? Who in your life is most likely to drive distracted? What is one specific thing you could say or do — a conversation, a text before they drive, a social post, a challenge — that might actually reach them? Write it out as if you were going to send it today.

MY COMMITMENT

MY PHONE-FREE DRIVING COMMITMENT: