

Name: _____ Date: _____ Period: _____



LESSON OVERVIEW

A _____-second phone glance at 55 mph covers the length of a _____
— completely blind.

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KEY VOCABULARY

VISUAL DISTRACTION: _____

MANUAL DISTRACTION: _____

COGNITIVE DISTRACTION: _____

INATTENTIONAL BLINDNESS: _____

SECONDARY TASK: _____

TYPES OF DISTRACTION

- **VISUAL** (eyes off the road): reading a text, checking a notification, looking at the

- **MANUAL** (hands off the wheel): reaching for food, adjusting the radio,

- **COGNITIVE** (mind off driving): daydreaming, hands-free phone calls,

- Even a _____-second glance away from the road doubles your crash risk
- Distracted driving kills more than _____ people in the U.S. every year

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WHY TEXTING IS THE MOST DANGEROUS

- Texting triggers all three types of distraction at once: _____, _____, and _____
- At 55 mph, a five-second glance = _____ + feet traveled completely blind
- Hands-free calls still create serious _____ distraction
- “I can do both” is the most _____ belief in a car

THE SOLUTION: PULL OVER AND SPEAK UP

- **AS A DRIVER:** if you need to text, eat or check something — _____
- **AS A PASSENGER:** you have both the right and the responsibility to _____
- Tell your friends — _____ messaging changes behavior in ways adult warnings often can't

KEY TAKEAWAYS

- Three distraction types: _____, _____, _____
_____. Texting triggers all three at once
- At 55 mph, 5 seconds = _____ feet blind
- If something can't wait, _____
- Passengers have a voice. _____ and tell your friends

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REFLECTION

What would you actually say to a friend who was texting while driving — not the ideal answer, but what you would really say in that moment?
