



Name: _____ Date: _____ Period: _____

GRADES 9-12 | LESSON 5

STUDENT JOURNAL

IMPAIRMENT & DECISION MAKING

ABOUT THIS JOURNAL: The most dangerous thing about impaired driving is that impairment compromises the very judgment you need to recognize impairment. This journal asks you to think ahead — before you're in a situation where your ability to think clearly may already be reduced.

REFLECTION PROMPTS

PROMPT 1

Before this lesson, what did you believe about drinking and driving? Have your beliefs changed at all? If so, what specifically changed them? Are there any parts of impaired driving that still feel uncertain or complicated to you? What questions do you still have?

PROMPT 2

Research shows that driving after 18 hours without sleep produces impairment equivalent to a blood alcohol concentration of 0.05% (BAC). Think about your own schedule during a busy school week. How often are you operating on significantly less sleep than you need? What does this mean for rides to school, late-night activities or early morning practices? Is fatigued driving something you or people you know take seriously? Why or why not?

PROMPT 3

Write out a realistic plan for what you would do in each of the following situations: **(A)** A friend insists they're fine to drive but you have doubts. **(B)** You are the driver and you realize you are more impaired than you expected. **(C)** It's 2:00 AM and you need a ride but no one is available. Be specific — who would you call, what would you say, what would you do?

MY COMMITMENT

MY IMPAIRMENT SAFETY COMMITMENT: