

Name: _____ Date: _____ Period: _____



LESSON OVERVIEW

Alcohol, drugs and fatigue each reduce the same driving functions: _____,
_____ and _____.

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KEY VOCABULARY

BLOOD ALCOHOL CONCENTRATION (BAC): _____

ZERO TOLERANCE POLICY: _____

IMPAIRMENT: _____

FATIGUE: _____

MICRO-SLEEP: _____

HOW ALCOHOL IMPAIRS DRIVING

- Arkansas Zero Tolerance: illegal for drivers under _____ at just _____% BAC
- Legal limit for adults 21+: _____%
- At 0.10%+ BAC: severe slowing of _____, loss of coordination, dramatically reduced ability to track movement

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MYTHS

- Energy drinks sober you up: _____ — caffeine masks sleepiness but does NOT reduce BAC
- Food or water reduces BAC: _____ — only _____ eliminates alcohol from the bloodstream
- A cold shower helps: _____ — it just creates a cold, still impaired, driver

ZERO TOLERANCE & LEGAL CONSEQUENCES

- Under-21 drivers face DWI charges at just _____ % BAC
- Consequences include: _____, fines, mandatory education, insurance impacts, possible _____

HOW DRUGS IMPAIR DRIVING

- Impairment can affect: judgment, attention, reaction time, coordination, perception, _____
- According to NHTSA, more than half (_____%) of drivers involved in serious-injury and fatal crashes tested positive for at least one drug

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FATIGUED DRIVING: THE HIDDEN DANGER

18 hours without sleep $\approx$ BAC of _____%

24 hours without sleep $\approx$ BAC of _____% — equivalent to legally drunk driving

MICRO-SLEEP: involuntary _____-second sleep episodes the driver is unaware of

WARNING SIGNS: frequent _____, heavy eyelids, drifting between lanes, missing exits

Drowsy driving is responsible for an estimated _____ crashes and

_____ deaths per year in the U.S.

The only cure for fatigue is _____

KEY TAKEAWAYS

Alcohol impairs driving at levels far below the _____, especially for drivers under 21

Arkansas Zero Tolerance: drivers under 21 are impaired at _____% BAC

Only _____ reduces BAC — coffee, food and water are myths

Fatigued driving equals _____ driving in severity

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REFLECTION

What would you do if a friend insisted they were okay to drive but you had real doubts?
