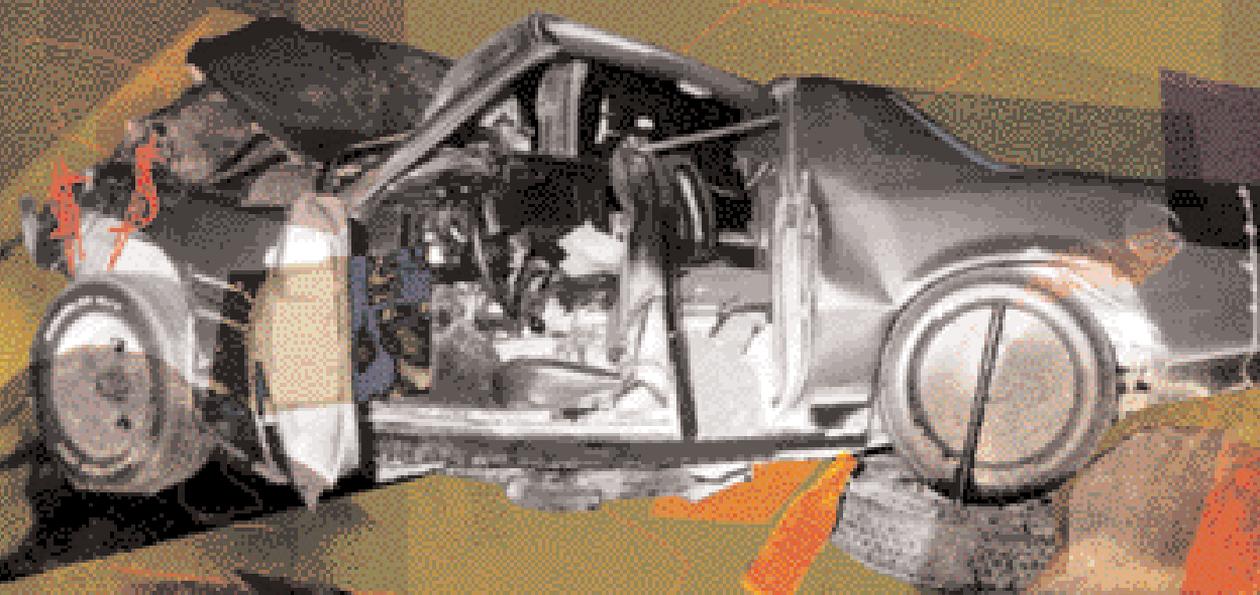
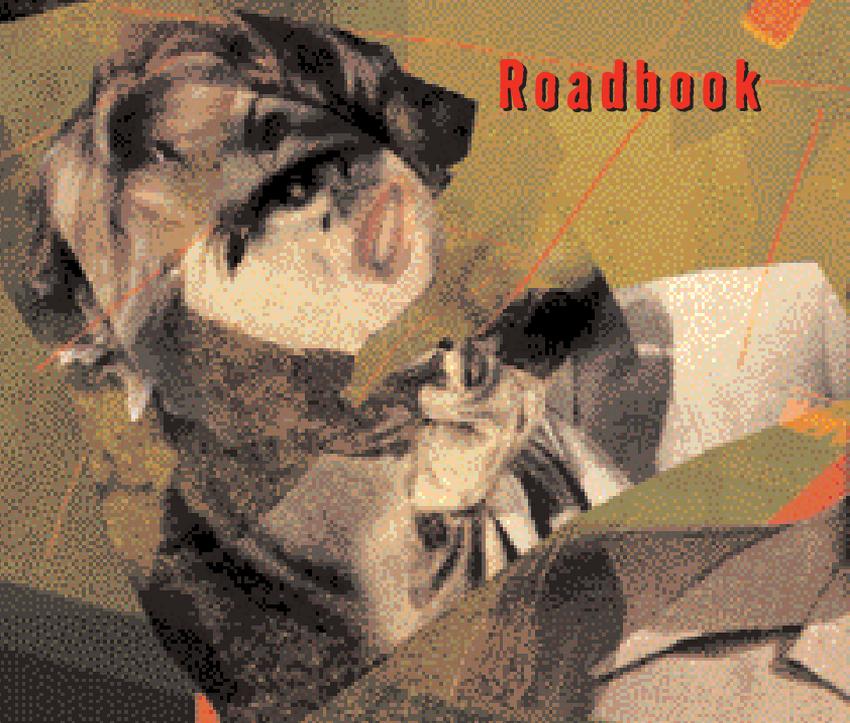


# WRECKED

Life and Death on the Road



Roadbook





# WRECKED

Life and Death on the Road

Every time you get behind the wheel, you have thousands of choices ahead of you. Nobody can make them for you. As a driver, you're on your own. The WRECKED Video and Roadbook are going to help you see what it means to make good and bad decisions on the road. What you take away from this experience is up to you.

You'll see some facts, read some stories, and meet a few young people who have already learned about driving the hard way. You'll be asked to think about how you feel, and question what you may know. In the end, you'll be better prepared to decide what kind of driver you want to be.



WRECKED is sponsored by Farmers® Insurance as part of its Y.E.S. (You're Essential to Safety) Program.

It's a proven fact that safe drivers cost less to insure. Farmers knows that smart drivers are less likely to make mistakes. Educating young adults about the realities of the road is an important way to manage the cost of insurance — for Farmers and for you.

## How to use this Roadbook



Review all the sections and complete the Route A questions. Do not open the panels until you have completed all the Route A questions and watched the video.



After watching the video, return to the beginning of the Roadbook. Open the panels and read the pages for each section. Complete the Route B questions.



Compare your Route A and B answers before moving to the next section. This is where you'll discover how you really feel about particular issues.



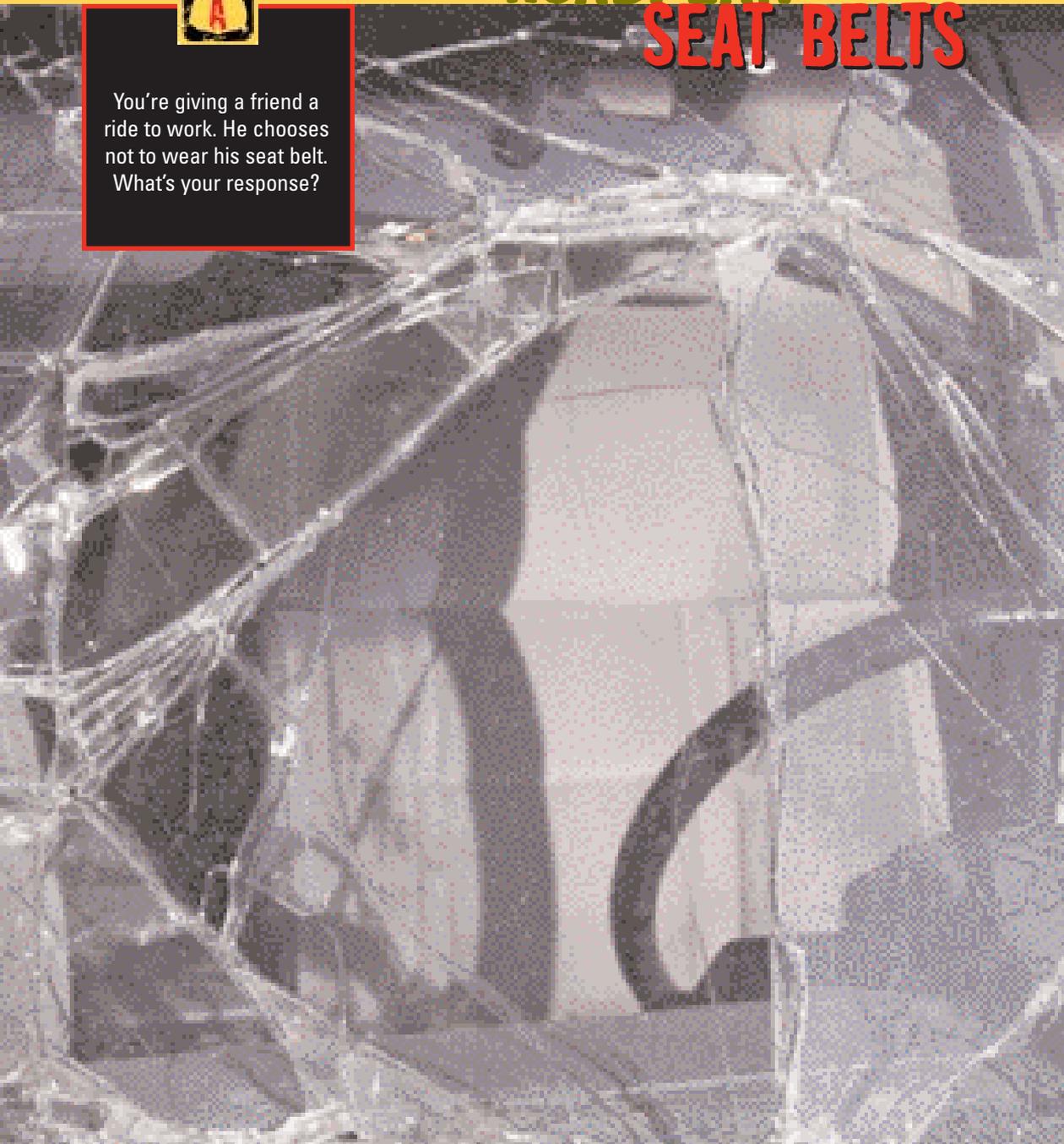
**Every 15 minutes** a young-adult driver is killed in a crash. Often, it is the front seat passenger who is killed by being thrown around inside the vehicle. Seat belts and air bags can minimize injuries or prevent them altogether.



You're giving a friend a ride to work. He chooses not to wear his seat belt. What's your response?

## ROADPLAN

# SEAT BELTS



## Life on the **REAL ROAD STORY**

# Rachel's Friday Night

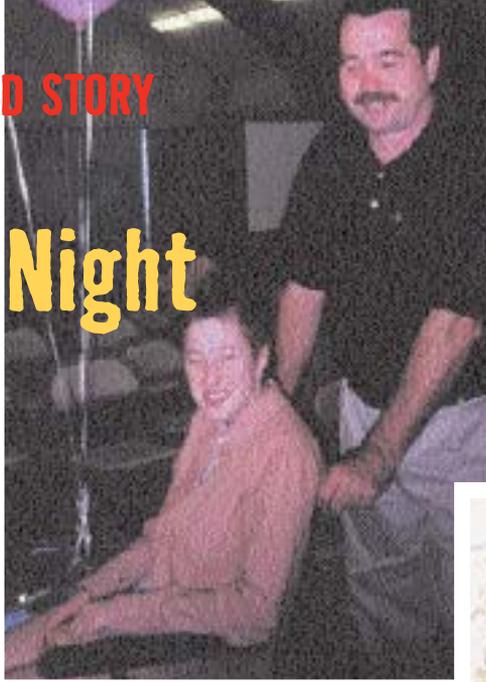
**Rachel Harrington knows what it's like to be thrown through the window of a car. She also knows the pain of losing a friend, forever.**

It was a typical Friday night. Sixteen-year-old Rachel was at a girlfriend's house watching a movie with her friends Josh and Jerrell. Her curfew was fast approaching, so when the movie ended, Josh said he'd give her a ride home.

Rachel only lived a couple of minutes away. Jerrell needed a ride, too, so he came along. Josh asked Rachel if Jerrell could be dropped off first, even though she lived closer. Rachel said OK, but reminded him that she'd get in trouble if she missed her curfew.

The trio jumped into the compact car, with Rachel in the back seat, and they sped off. The road was dark and filled with curves and hills. Josh was traveling fast, about 20 mph over the speed limit, mindful of getting Rachel home on time.

Suddenly, something went terribly wrong, and neither Rachel nor Jerrell were wearing a seat belt.



**Rachel, with her dad, on her way home from the hospital.**



**Dressed for her senior prom, Rachel's future seems happy and carefree.**

Rachel never dreamed she would experience a serious crash or get thrown from a car. She never looked into her future and imagined being in a coma for weeks, having brain surgery, living with no memory, and spending months learning to walk again.

Rachel's plan was to go to college, and continue taking dance classes. Instead, she found herself tumbling around the car that night as it flipped and rolled over again and again. Rachel was thrown through the rear window, landed on her head, and nearly died.

That wasn't part of Rachel's Friday night plans. Neither was the death of her friend,

Jerrell. He was only conscious for a few moments when the paramedics arrived. His last words spoken were of his concern for Rachel's safety. "Make sure she's OK," he said.

Today, Rachel continues to experience the aftereffects of a traumatic brain injury. She will be on special medication for the rest of her life. She has lost hearing in one ear. She has no sense of smell. A college education is no longer in her future because of the learning disabilities caused from her brain injury. "If only I'd worn my seat belt," she says, and imagines her future a little differently now.



# Care to buckle up?

In a front-end, head-on crash at 40 mph with another vehicle, it takes .05 seconds for the front bumper to crumble backward to the engine. In that same amount of time, an unbelted passenger is plunged forward toward the windshield, also at 40 mph. The victim, suffers broken ribs and limbs from smashing into the dashboard.

The glass is instantly shattered by the impact of the crash. "Dicing" may occur — facial lacerations in the shape of small squares caused by the even shattering of the glass. If ejected, the victim skids and tumbles over rough pavement and eventually lands far from the car. And if the victim is lucky, he or she will live to make the choice of wearing their seat belt on another trip.



Another car crashes into you while you're driving your friend to work. He's not wearing his seat belt and is injured. Do you feel responsible? Why or why not?

## Obscure Road Fact

Recent statistics state that of all the crashes that caused a fatality, only 1% of the belted passengers died because they were ejected from the car. Compare that number to the 20% who weren't wearing their seat belts and were thrown from the car. Do the math. Figure it out!

(Source: National Safety Council)

## No Seat Belt Crash Activity

**Thrown out vehicle door.** Open a door without using the handle and you'll get the idea.

**Body scrape on pavement.** You become one giant scab — if you live, that is.

**Plunge headfirst into windshield.** Think blood, scars, searing pain.

**Crushed by car.** You die a painful death. Period.





Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Compare your answers to Route A and Route B. How has your thinking changed?

---

---

---

---

---

---

---

---

---

---

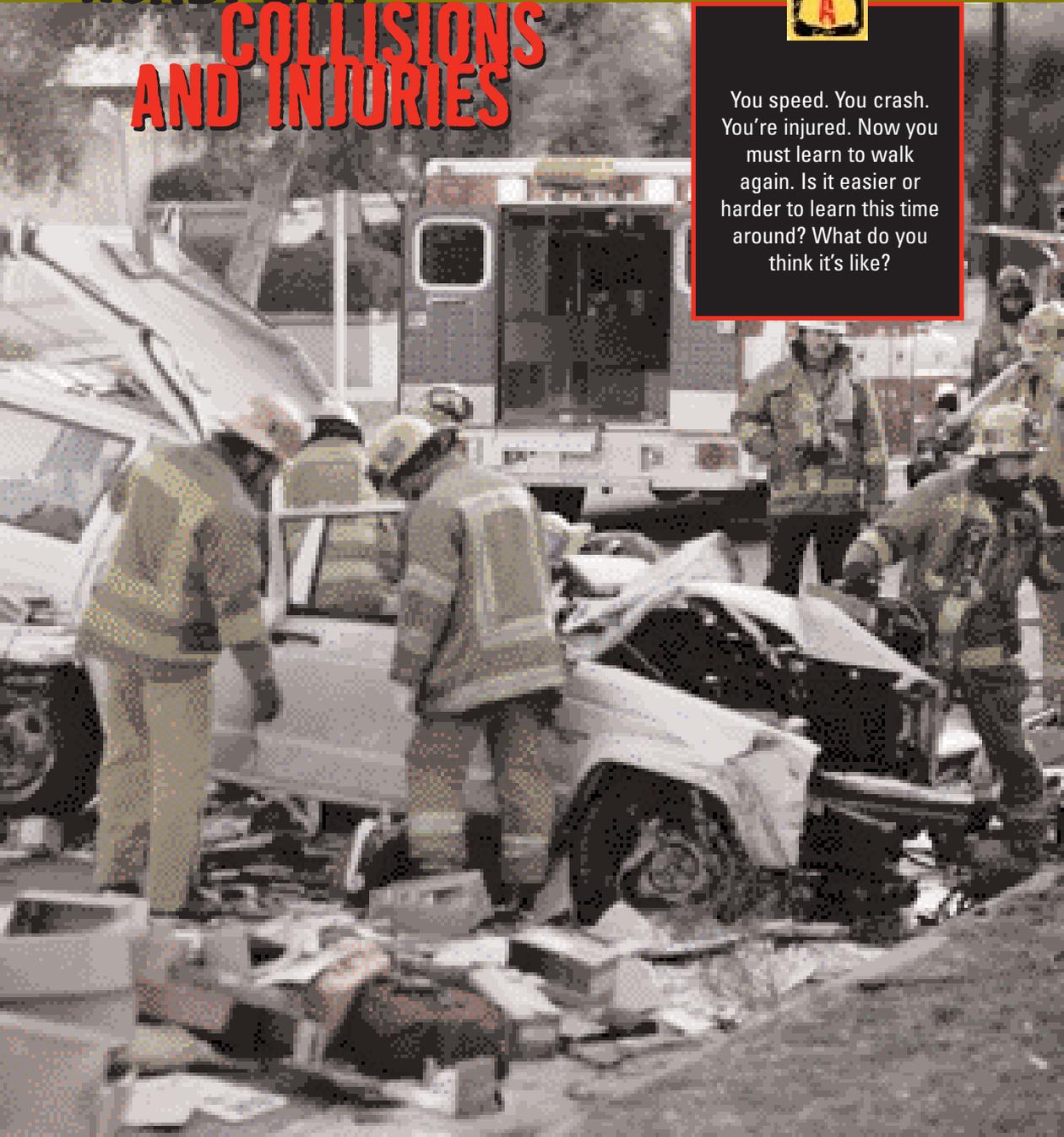
Is it really an “accident”? Can you predict what might happen if a driver deliberately speeds through a red light at a busy intersection? Probably. Most motor vehicle collisions and injuries are predictable — and preventable. So calling a crash an “accident” really doesn’t make sense, does it?

# ROADPLAN

## COLLISIONS AND INJURIES



You speed. You crash. You're injured. Now you must learn to walk again. Is it easier or harder to learn this time around? What do you think it's like?



# Life on the REAL ROAD STORY



Dear New Drivers:

I'm writing to tell you about my near-fatal car crash. Maybe if you know what it was like, it might help you make better choices than I did.

I was driving a lot - going to school, working two jobs, and not getting enough sleep. I was doing too much and not paying attention to how tired I was. That's why I think I fell asleep and crashed into a telephone pole.

I broke my neck, and broke my back in three places, my pelvis in five places and all 12 of my ribs. My lung collapsed and my diaphragm tore open, so my stomach went into my chest cavity. My brain was damaged so severely, it was doubtful I would recover at all. I couldn't walk, talk, breathe on my own, or even smile.

Although I've pretty much recovered, I'll never be the same. My memory and vision are bad, and my back and hips hurt constantly. I'm considered legally disabled.

We are given a lifetime to accomplish everything we need to do, but only one life to do it with. Relax, get enough sleep, and enjoy it!

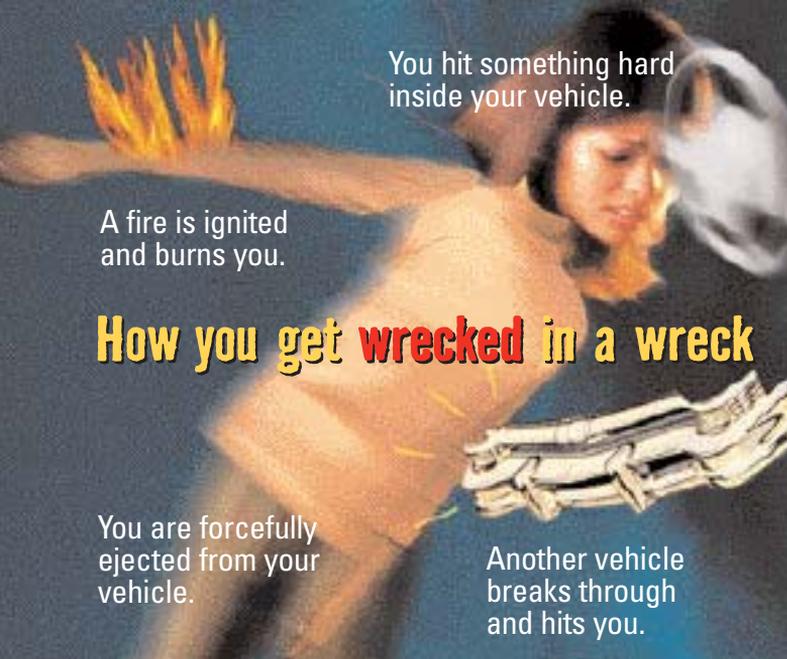
Sincerely,  
Anne Mellowick

Anne's recovery



Anne's wrecked vehicle





You hit something hard inside your vehicle.

A fire is ignited and burns you.

## How you get wrecked in a wreck

You are forcefully ejected from your vehicle.

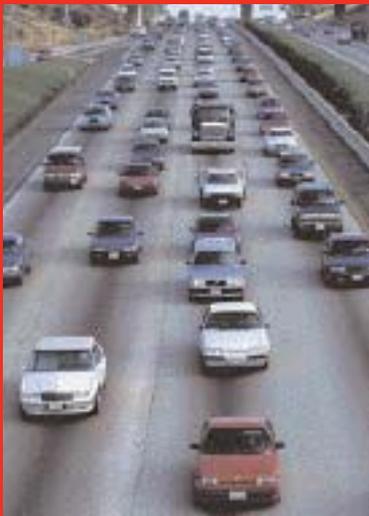
Another vehicle breaks through and hits you.



You speed. You crash. You're injured and finally recover. It's time to drive again. What are your thoughts?

## A vehicle crashes into you. Now what?

- Stop the car
- Check to see if anyone is injured
- Call 911 and report the crash and any injuries
- Turn on flashers and set out flares
- Write down names, addresses and phone numbers of those involved in the incident, including any witnesses. Be sure to record license plates and insurance information
- It is important that you keep your cool. Don't place blame or admit fault
- Be as helpful as you can when the police arrive. The officer will tell you how to obtain a copy of the accident report
- Contact your insurance agent as soon as possible



## Your fellow drivers

If you think you're on the road with a bunch of safety-minded drivers, think again. Here's what those folks behind the wheel have admitted to doing during a typical month of driving:

Run light turning red .....	52%
Speed on interstate by 10 mph .....	40%
Exceed traffic pace by 10 mph .....	38%
Roll through stop sign .....	38%
Speed on two-lane road by 10 mph .....	33%
Speed in residential area by 10 mph .....	23%
Weave in traffic .....	16%
Speed on interstate by 20 mph .....	14%
Speed on two-lane road by 20 mph .....	13%
Make angry gestures .....	12%

(Source: NHTSA)



Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your answers to Route A and Route B. How will they influence you as a new driver?

---

---

---

---

---

---

---

---

---

---

**If you love to speed** and are looking to crash, think about driving faster at night. Most speed-related fatal crashes occur between 6 p.m. and 6 a.m.

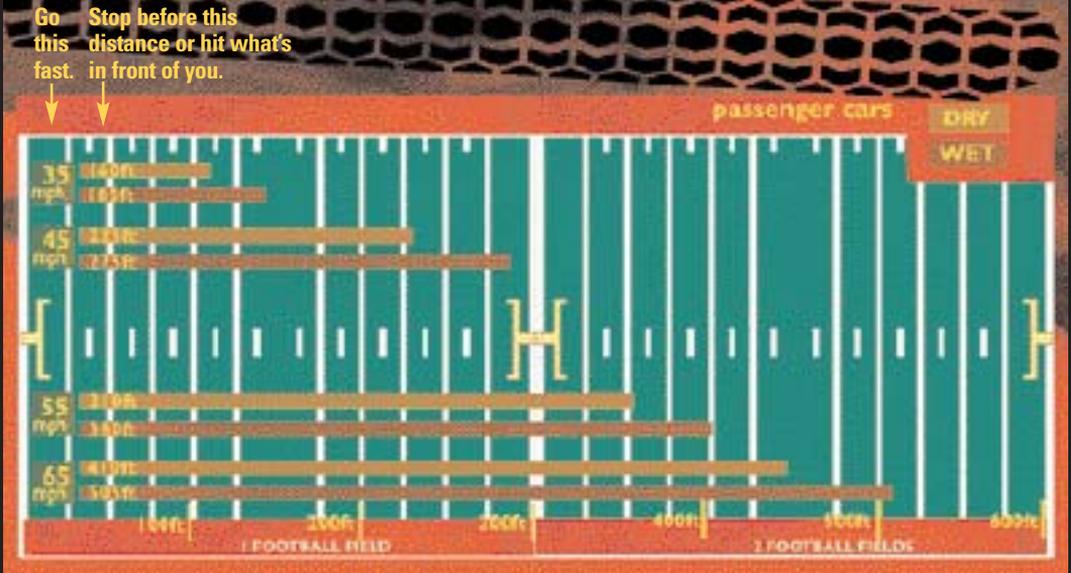
(Source: NHTSA)

# ROADPLAN SPEEDING, TAILGATING AND AGGRESSIVE DRIVING



What do you think are some common reasons that new drivers might have for speeding? Name three.

# Stopping Distances



(Source: NHTSA)

## One thousand one ... one thousand two

Here's a general driving rule: Look at the vehicle ahead and mark where it is at on the road. You should be able to count two seconds before your vehicle arrives at the same place — that is, if you want to put a safe distance between you and the other vehicle.

**Everyone knows that if you look away from the road for two seconds, things can change drastically. Here's what you can do in two seconds:**

- Change the radio station
- Pick up your cell phone and get ready to dial
- Dial your cell phone (actually, that takes a little longer)
- Turn around to look at a back-seat passenger
- Check your hair or makeup in the rearview mirror

# What Is Tailgating?



Tailgating is sort of like invading another vehicle's personal space. If you are driving too close to the car ahead, you're tailgating. And just like when someone invades your personal space, aggression and

defensiveness may occur. The driver who's being tailgated may show his/her anger by slamming on the brakes or slowing to a crawl.



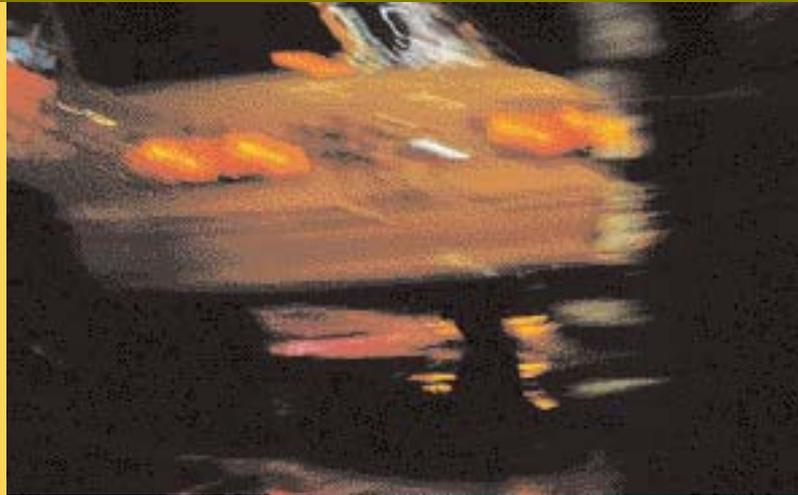
What are some common reasons new drivers might have **not** to speed?

## Changing Lanes

You've been driving in one lane long enough. You're getting bored and you want to experience something new. You decide it's time to move into the fast lane.

What's your next move? Pick one.

- Cruise into the lane you want and blindly cut off other drivers in the way. Hear them call you names and watch them get revenge.
- Switch to the new lane without checking your mirrors and sideswipe the car next to you.
- Quickly swerve left or right and hope that you don't get pulled over for an inappropriate lane change.
- Put your turn signal on, check your mirrors, then merge nicely into the new lane's flow of traffic.



## Obscure Road Fact

Drive 45 mph instead of 35 mph on a five-mile trip and you won't be saving much time — less than two minutes, in fact. Get pulled over for speeding on that trip, and you won't be saving any cold, hard cash.



Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Compare your answers to the Route A and Route B questions. How do you feel about speeding now?

---

---

---

---

---

---

---

---

---

---

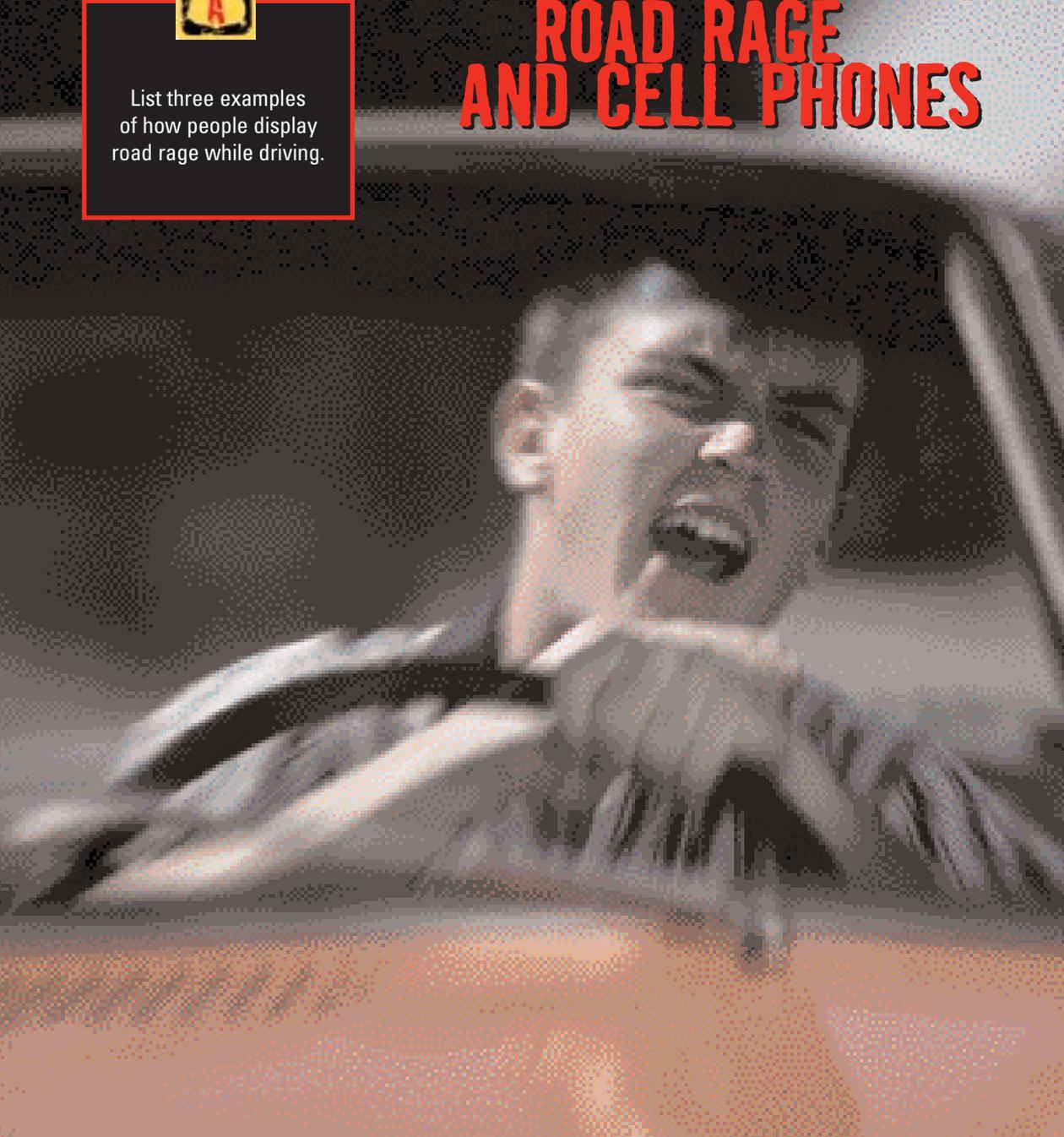
**Driving in the new millennium.** Driving on today's roads is more frustrating than ever. The number of vehicles competing for your spot in traffic is on the rise. And everyone's got too much to do, and they're all in a hurry to do it. How are drivers releasing their frustrations with traffic? On each other.



List three examples of how people display road rage while driving.

# ROADPLAN

## ROAD RAGE AND CELL PHONES



# Dueling drivers cause deadly crash

Nancy [redacted] was in a hurry to get home from school. She was driving 15 mph over the speed limit on a two-lane highway, well aware that she was speeding. Nancy calculated that she'd make it just in time to meet her friend to go shopping.

Suddenly she became aware of a car rushing up behind her. Through her rear-view mirror she saw a small blue coupe pull up just a couple of feet from her rear bumper. The driver honked and gestured for her to hurry up. She was already speeding, so she slowed down a bit, just to prove she could.

The blue coupe swerved to the left and came even closer. Nancy inched left to stop it from passing. She heard a horn honk several times and saw the driver screaming behind her. Satisfied, she smiled to herself and slowed down just a

bit more. She was no longer in such a great hurry — she was going to teach this driver a lesson.

The next thing she knew, the coupe was beside her, driving on the wrong side of the road. Instead of passing, the driver slowed and was yelling at her. Nancy was really angry by now, and yelled back and honked her horn. The driver was passing illegally. She decided to teach him a lesson and not let him pass. She sped up. So did the coupe.

Nancy looked ahead of her and saw a vehicle approaching in the oncoming lane, heading straight for the blue coupe, but the coupe's driver wasn't looking ahead. He was looking at her. She veered to the right and went up the curb onto the shoulder of the road, but it was too late for the coupe. It was hit head on. Both drivers died instantly.

## Are you a Road Rager?

Check "yes" or "no" and score your answers below. As a driver, do you ...

Always give yourself plenty of time for your trip?	Yes	No
Try not to go through yellow lights?	Yes	No
Slow down so a passing vehicle can easily get by you?	Yes	No
Believe you can help keep traffic flow steady?	Yes	No
Have concern for the safety of aggressive drivers?	Yes	No

Score: Number of "yes" answers:

4-5 = You're a calm, safe driver.

2-3 = Listen to relaxing music when you drive.

0-1 = Chill out before you get behind the wheel.

## How to avoid road rage



1. Always use your indicators when changing lanes or merging.
2. Be courteous. If another driver is signaling to change into your lane ahead of you, let them.
3. Ignore drivers who make angry gestures at you. Get away from them, if possible.
4. If a vehicle is tailgating you, do your best to get out of its way and let it pass.
5. If you are being followed, drive to a nearby police station or other crowded public place and call for help.
6. Never provoke another driver.



**Talking on the phone** and driving don't mix. You probably know that already, but here are the hard facts: Motorists, especially younger drivers, are four times more likely to crash while using their cellular phone — even while using a hands-free hookup.

(According to the *New England Journal of Medicine*)



List three different ways that talking on a cell phone while driving takes your attention away from the road.

## Cell phone etiquette

The roads are hosting you as their guest. Be polite and pay the road the attention it deserves. Should you focus on another object, such as a cell phone, the road may become annoyed by your disrespect. Nobody likes to be ignored, especially a road.

Your inattention may cause the road to become unfamiliar. Yes, by looking away for just a few seconds while you dial your cell phone, the friendly road you once knew could change into an angry foe. And when you turn back to look at the road, it may place a curb, a tree, or even another car directly in front of you just for revenge.

Do you really want to make the road mad? Well, do you?





Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your lists from Route A and Route B. Circle those items from your list that could NOT be the cause of a crash. What are your thoughts now?

---

---

---

---

---

---

---

---

---

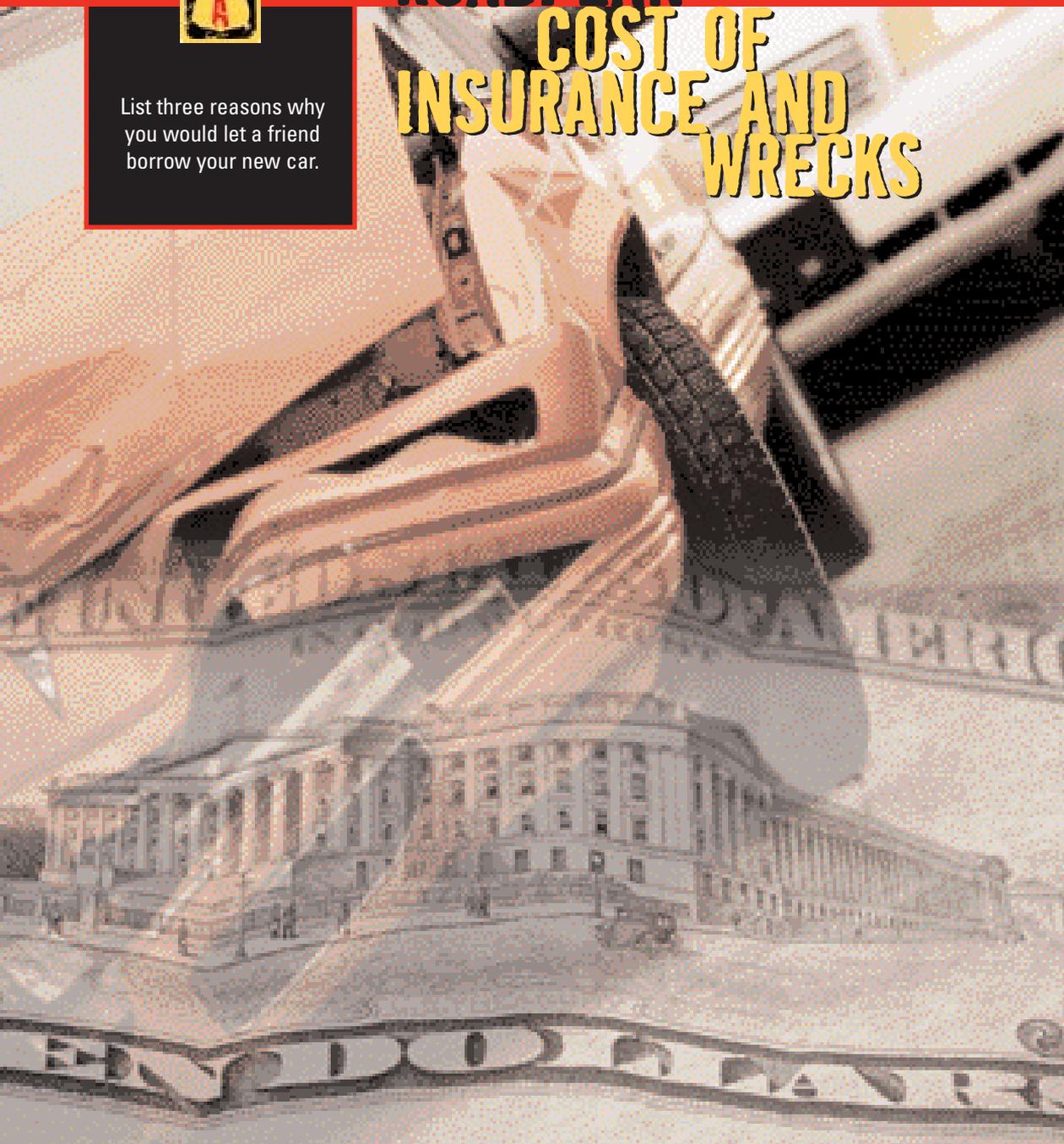
---

**It's a proven fact: Safe drivers cost less to insure.** How does an auto insurance company know that you're a safe driver? By your driving record. Unfortunately, when you're a new driver, you have no record. It's impossible for anyone to know how well you're going to drive. You're going to have to take it day by day, drive by drive.



List three reasons why you would let a friend borrow your new car.

# ROADPLAN COST OF INSURANCE AND WRECKS



## Life on the **REAL ROAD STORY**

# THE COST OF **SPEEDING**

**High school junior Matt Gulyas thought he was cool. Driving a borrowed convertible at 80 mph on a sunny day, he was feeling great. The car was handling the road curves smoothly, and Matt was confident he could edge the speedometer up a notch or two. READY...**

Earlier that day, when Matt begged his friend, Andrea, to let him drive her new convertible, she hesitated. Her father told her not to let Matt get behind the wheel. The car was her pride and joy, and cost a great deal of money. Her dad knew Matt was a fun-loving kind of guy. If that car got wrecked, she'd have a lot to pay.

SET... Matt knew the value of money. Through hard work after school and on weekends, he saved quite a bit of cash. He planned to spend it on a car, a trip, some cool stuff, college, whatever. It made him feel good to know it was there. He counted on it. The cash was part of his future. A very important part.

Experienced drivers know to expect the unexpected. Most new drivers have only been told about dangerous situations, but they have not had to face them. They've heard about what can happen

when bad driving decisions are made, but they haven't lived through the consequences.

Even so, it doesn't take long for a new driver to "feel" experienced and believe they can successfully negotiate the unexpected when it happens. The trouble is, if a situation is unexpected, how can any driver really be prepared to "expect" it? The trick is having the know-how to predict what could possibly go wrong, and doing everything to avoid a tragic outcome.

GO! ... Matt was nearing a dip in the road and pushing the pedal to the metal to make a big jump on the rebound. Suddenly, a car turned onto the road ahead, directly in front of him. Not wanting to slow down, Matt shifted to the left lane to pass, and gunned the engine.

Matt quickly closed in to pass the slower car, and then the unexpected happened: The car made a left turn directly in front of him. Matt's foot hit the brake pedal instantly, but it didn't matter. He smashed into the car and the force pushed them both off the road.

The slamming crunch of metal and the squeal of rubber was earsplitting. Matt didn't think



**Matt Gulyas**

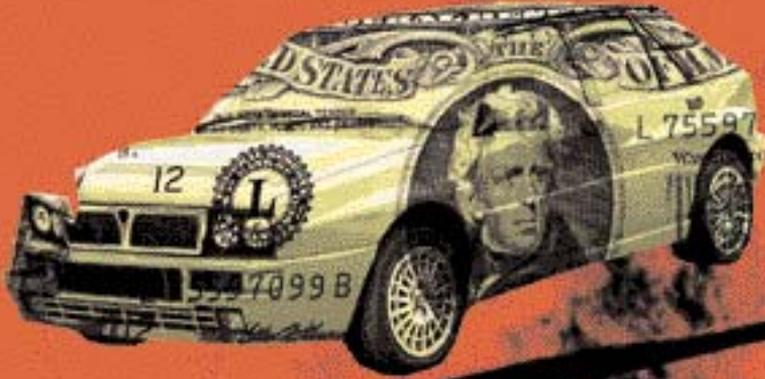
about it then, but when everything came to a halt a few seconds later, he realized all his hard-earned money had been completely spent.

Luckily, neither Matt nor the other driver were seriously hurt. The police arrived and informed Matt that he could be charged with assault with a deadly weapon, as well as reckless driving and speeding. As Matt stood by the twisted hunk of metal that used to be his friend's car, all he could think of was "How am I going to tell her that her dad was right?"

The other driver decided not to press assault charges, but Matt did receive a citation from the officer. The fine was not small, but it was nothing in comparison to what he ended up paying. Matt's parents insisted that he pay for his friend's car, as well as the repair of the car he hit — a total of \$6,500. His plans for the future went up in smoke, bent metal and burnt rubber. The cost for a few seconds of fun and speed? An empty bank account and a ruined friendship. How cool is that?

## Tickets and crashes

**It's a proven fact.** A driver with tickets is more likely to crash in the coming year. If you've ever wondered why insurance rates go up after you get a ticket, this is why. It simply costs more to insure drivers who get tickets.



Number of tickets	Chance of crashing next year
1	1.6 times more likely
2	2.2 times more likely
3	2.5 times more likely
4	3.1 times more likely
5	3.5 times more likely



Your friend asks to borrow your new car. What do you say?

## Safe Cars

The National Highway Traffic Safety Administration reports that the fatality rates for new drivers, ages 16 to 19 years old, are four times higher than drivers 25 to 69 years old. In fact, motor vehicle crashes are the leading cause of death for people 15 to 20 years old. One of the best ways for new drivers to protect themselves is to drive a safe car.

## Vehicle safety check list

- Newer vehicles may have better safety features, like air bags, antilock brakes and daytime running lights.
- Small cars usually offer less protection. In fact, the Insurance Institute for Highway Safety advises teens not to drive small vehicles.
- High-performance sports cars may increase the likelihood of being in a speed-related crash.
- Vehicles that allow the driver to reach the pedals without being close to the steering wheel or air bag may reduce the risk of injury.
- Crash-test performance information is available on two Web sites. Check out the National Highway Traffic Safety Administration at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or the Insurance Institute for Highway Safety at [www.highwaysafety.org](http://www.highwaysafety.org).





Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your answers to Route A and Route B. How has your thinking changed?

---

---

---

---

---

---

---

---

---

---

**What's it like to get arrested for drunk driving?** What happens if you cause a fatal wreck? Should you go to jail for it? What can you be charged with if you make a mistake and crash into another car? The driving laws vary from state to state, but it's a safe bet that you'd probably want to avoid learning the answers from experience.



Do you think you drive more carefully with your parents or with your best friend in the car? Why?

# ROADPLAN DRIVING AND THE LAW



## Life on the REAL ROAD STORY

# ARRESTED, CHARGED and SENT to JAIL

**With a simple turn of his head, 19-year-old Michael Poveromo became a felon, responsible for killing two friends.**

Of course, there's more to the story. Michael was speeding while driving an SUV—he had a few beers and wasn't paying attention to the road. But no one could have guessed that his glance to the back seat to share a joke with his two buddies would be the last time Michael would see them alive.

Michael clearly remembers the moment before the crash. "When I turned to face the road again, I had veered a little to the left," he says. "So I quickly cut the wheel to get back on the road." At 70 mph, a jerk of the steering wheel will send any vehicle tumbling. His SUV flipped over, slid on its roof and smashed into a tree.

Michael had known his buddies Rick and Mike for years. "We played baseball together," he said. "All through high school, I talked to Rick on the phone almost every night." Rick died instantly; Mike died at the hospital an hour later. Michael got the news at the

police station where he was detained in handcuffs. He was arrested and charged with the killing of his two childhood friends.

The court process was long and drawn out. Months after his initial arrest, he pleaded guilty to two counts of 2nd degree manslaughter. During the sentencing, Mike's and Rick's families had a chance to speak about their losses. They said it was unthinkable. And Michael was responsible. "I was numb and scared," Michael recalls. "There were dozens of people in the courtroom. The judge said it was one of the hardest days he'd spent on the bench." But Michael caused the tragedy. He was ready to face his punishment.

Michael was sentenced to 10 years in prison, which was suspended after four years—the maximum time he would have to serve. After prison, he would serve five years' probation and contribute 1,000 hours of community service. He'd have to attend Alcoholics Anonymous meetings. Michael says, "When I heard

the sentence, I was afraid. I'm not a big guy. I was scared of jail."

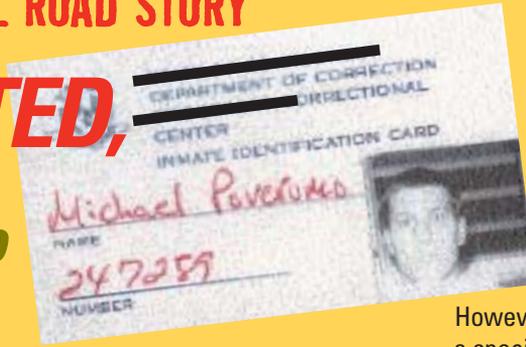
"Prison is not a good place for a 19-year-old kid to be," he says.

However, during his jail term, a special prison program allowed him to go to high schools to speak to kids about his experience. "I was able to give something back. It made me feel a little better."

Michael was released after serving 2 1/2 years in prison. He must report to his parole officer every month. He cannot drink alcohol or he violates the conditions of his parole. And, he is not allowed to drive.

Michael must rely on other people to take him to work, to school, everywhere he needs to go. "I did it to myself, so I've got to live with it," he says. "I feel very guilty about my two friends being gone. Even though it's impossible to make up for it, I try any way I can. But I can't bring them back. I think about it every day. There's always a reminder, and I'll live with that for the rest of my life."

Today, Michael continues to speak to kids whenever he has the chance. He tells them what happened to him could happen to anyone. He says, "Think before you act. The first time you drink and drive, you could kill someone."





## What to do if you're stopped by the police:

- Be polite. It can't hurt — it might help.
- Upon request, show your driver's license, registration and proof of insurance. It makes sense to have these handy at all times.
- Don't argue. You can't win. Period.
- Keep your hands in view. What have you got to hide?
- Answer questions. Be truthful.

## Teen Court

You're the judge and jury. How would you sentence or punish these driving offenses?

### Offense

Running stop sign  
 Speeding 40 mph in 25 mph zone  
 Drunk driving  
 Drunk driving, causing fatal crash  
 Running red light  
 Collision from tailgating and failure to stop

### Your sentence




You're giving your best friend a ride home from a really fun party. What, if anything, is going to influence the way you drive home that night?

## Senior Class

Nationwide, there were 15,780 seniors in a recent graduating class. Here's how many received a ticket or were stopped and warned for moving violations such as speeding, running a stop light or improper passing.

Number of tickets/warnings	Number of seniors
1 time	2,967
2 times	1,168
3 times	474

(Source: Sourcebook of Criminal Justice Statistics)

## Glossary of Legal Terms

**Accused:** The person who has a complaint or indictment filed against them.

**Detention:** Locking up a juvenile in a temporary location.

**DUI:** Driving Under the Influence of drugs or alcohol.

**Felony:** A classification of a crime; the most serious of crimes.

**Misdemeanor:** A classification of a crime; less serious than felonies.

**Parole:** The release of a prisoner temporarily before the sentence is complete, on the promise of following rules of good behavior. It is possible to return to jail during a period of parole if any rules are broken.

**Probation:** The supervision of a juvenile or adult by county probation officers. The person under probation must follow any rules set by the court and probation officer.

**Restitution:** Paying a victim for his/her economic loss.

**Sentencing:** A hearing at which the court makes its final decision about a case. Punishments for crimes are decided.



Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your answers to Route A and Route B. How has your thinking changed?

---

---

---

---

---

---

---

---

---

---

It's not just what's outside your car that affects your driving; it's who's inside the car with you, as well. It's a challenge to have to pay attention to what's going on inside and outside your car. Whoever said it would be easy?

## ROADPLAN

# PASSENGER AND DRIVER BEHAVIOR



You're giving a friend a ride and they say something stupid that makes you really mad. How might your anger affect your driving?



# *Angry Enough* **To Crash**



**Vida Celina James**

Vida Celina James was driving fast. She was angry at her girlfriend and needed to cool down, so she reached over to the radio and turned it up a notch. The music would be a welcome distraction.

Vida offered to give her friends a ride home that night. They had attended a youth meeting and there were lots of things to talk about. Sometimes, like that night, their talks ended in an argument, followed by an angry silence. “Better that than saying how I really feel,” she thought.

That’s when she looked away from the road to turn up the radio. And that’s when the white car appeared right in front of her.

Vida looked up and found the blur of a vehicle crossing her path. She was surrounded by cars on the highway; there was no way she could avoid a crash in rush-hour traffic.

“Since I had non-ABS brakes, I should have pumped them to stop, but instead I just slammed them,” Vida recalls. “My car fishtailed into the divider and crumpled the front left end of the car.”

The impact thrust her face against the steering wheel. Instantly, her left eye socket fractured. She was taken to the hospital, and for days it was doubtful that her vision would ever return to normal. Fortunately, it did.

“Everyone in the car was wearing their seat belt, so no one else was hurt,” she says. “But the car was totaled.” Vida now has a different opinion about cars and driving. “I used to feel safe inside a car because it’s made of metal,” she says. “But now, I think that because it’s made of metal, it’s the most unsafe thing that you can possibly be in. And as for driving when I’m frustrated or angry? If I had to do it all over again, I’d pull over and try to cool down.”

# The Silent Killer

## Falling asleep at the wheel

Pull over and park the car if you experience these danger signals:

**Your eyes go out of focus.**

**You have trouble keeping your head up.**

**You can't stop yawning.**

**You can't remember the last few miles you've driven.**

**You drift between lanes or miss traffic signals.**



As a new driver, what can you do to help make you and your passengers safer in your car?

### **5 simple things a driver can do to cause a crash:**

- Change the channel on the radio. You can't look at the road and the radio dial at the same time
- Put on makeup or comb your hair in the rearview mirror. You'll miss seeing that car veer in front of you
- Eat your lunch. What's more distracting than food?
- Dial/talk on your cell phone. Can you hear me? Hel-lo!
- Drive while drowsy. You may even fall asleep. Then guess what will happen?

### **List 5 things a passenger can do to cause a crash.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### **Want to crash and die? Fill your car with friends.**

According to a recent study commissioned by the Insurance Institute for Highway Safety and conducted by researchers at Johns Hopkins School of Public Health in Baltimore, new drivers are more likely to die in a crash with a car full of friends than without.

#### **Here's the bottom line:**

16-year-old drivers with one passenger were 39% more likely to get killed in a crash than those driving alone. Increase passenger load to two and the odds rise to 86%; with three or more passengers, the rate climbs to 182%. Fatality rates for 17-year-old drivers are even higher.



Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your answers to Route A and Route B. How has your thinking changed?

---

---

---

---

---

---

---

---

---

---

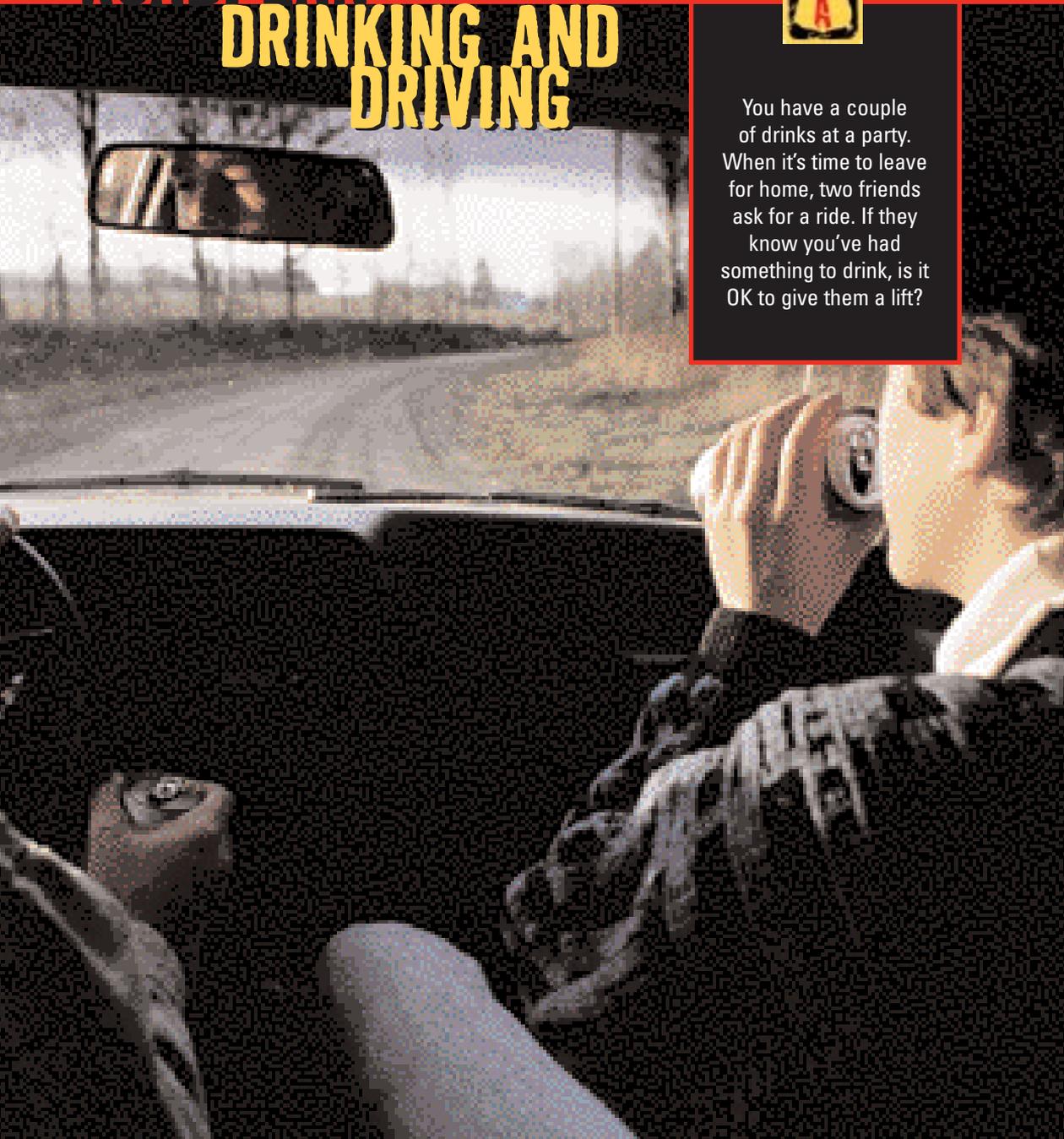
**Someday**, you may be faced with the option of drinking alcohol and then getting in a car and driving. The choice will be yours. You may be driving alone, or perhaps you'll have some friends along with you. What will you decide to do?

# ROADPLAN

## DRINKING AND DRIVING



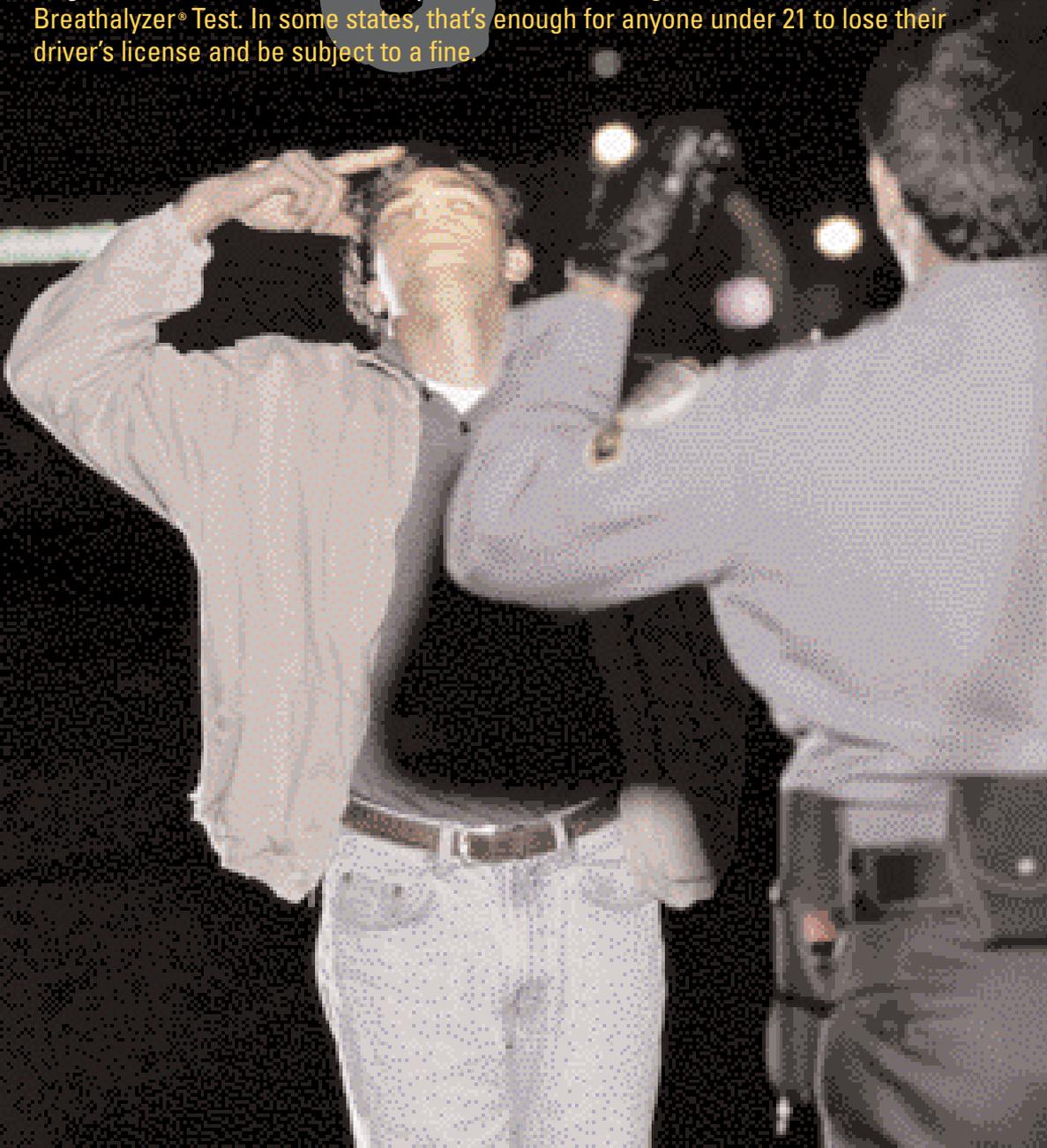
You have a couple of drinks at a party. When it's time to leave for home, two friends ask for a ride. If they know you've had something to drink, is it OK to give them a lift?



# Zero Tolerance

It is illegal in every state for persons under the age of 21 to purchase and publicly possess alcoholic beverages.

Zero tolerance laws make it illegal for people under 21 to drive with any measurable amount (maximum of .02 Blood Alcohol Count) of alcohol in their bodies because it's illegal for them to drink in the first place. **One beer can give a teen a .02 BAC on a Breathalyzer® Test. In some states, that's enough for anyone under 21 to lose their driver's license and be subject to a fine.**



# How to spot

# a drunk driver

Are you riding with a friend who's been drinking? Look for these clues:

- Weaving or drifting in and out of traffic lanes
- Driving very slow
- Tailgating
- Accelerating for no reason
- Responding slowly to traffic signals
- Turning corners with a wide radius
- Stopping in traffic for no reason

## How to help a friend who wants to drink and drive:

- Take their car keys
- Offer to drive
- Call a cab
- If they get in their car and drive away, make an anonymous phone call to the police and report them. Yes, you're "snitching," but you may also save their life, as well as someone else's. Would you rather feel guilty for reporting them, or for knowing they caused a fatal crash?



You've had a few beers at a local hangout. You don't feel drunk. When it comes time to get in your car and drive, what are your thoughts?



## Obscure Road Fact

During a typical weekend, an average of one teenager dies each hour in a car crash. Nearly 50% of those crashes involve alcohol.

(Source: NHTSA)

**This vehicle** was traveling on an urban street when it began to rotate into the lane with oncoming traffic. It crossed back, hit a curb, and impacted its left passenger side on a light pole in the median, where it came to rest. The 19-year-old drunk driver (Blood Alcohol Count of .09) was pronounced dead at the scene. One 17-year-old passenger was transported to the hospital where he was pronounced dead. Two other 18-year-old passengers survived the crash.

(Source: NHTSA)



Answer:

---

---

---

---

---

---

---

---

---

---



Answer:

---

---

---

---

---

---

---

---

---

---



Review your answers to Route A and Route B. How has your thinking changed?

---

---

---

---

---

---

---

---

---

---

**YES.**  
You're **YES.**  
Essential to  
Safety

