

# Drive To Stay Alive



End  
Distracted  
Driving

Orlando  
Sentinel  
Newspaper  
in Education



**Ford Driving Skills**  
FOR LIFE





# Drive To Stay Alive

## Making You A Safer Driver

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## Introduction

You've got the car. You've got the keys.  
Freedom!

Well . . . almost. If you have practiced enough, learned enough, passed the tests, and know all the pitfalls then yes, freedom is close at hand. However, chances are there are some additional things you need to know before heading out.

Most likely you are already familiar with the basics, but it never hurts to brush up on the latest information and statistics. That is the goal of this booklet. So with the help of the Orlando Sentinel News in Education program and their generous partner, Ford Driving Skills for Life, let's get you started - safely!

## FORD DRIVING SKILLS FOR LIFE

concentrates on four key driving skills that Ford Motor Company Fund and safety experts believe are significant in preventing crashes, injuries and fatalities.

The Four Key Driving Skills are:

- Vehicle Handling
- Hazard Recognition
- Space Management
- Speed Management

For more information, go to the website

[www.drivingskillsforlife.com](http://www.drivingskillsforlife.com)

- Learn more about driving skills that may save your life.
- Use The Academy to test your knowledge of safe driving.
- Go to our site to take the safe driving pledge and limit your distractions.
- Check for events in your area

Encourage your friends to do the same. You can help save lives.



For information about Orlando Sentinel's News in Education program and to download educational materials, visit:

[www.OrlandoSentinel.com/nie](http://www.OrlandoSentinel.com/nie)



[www.facebook.com/FordDrivingSkillsForLife](http://www.facebook.com/FordDrivingSkillsForLife)

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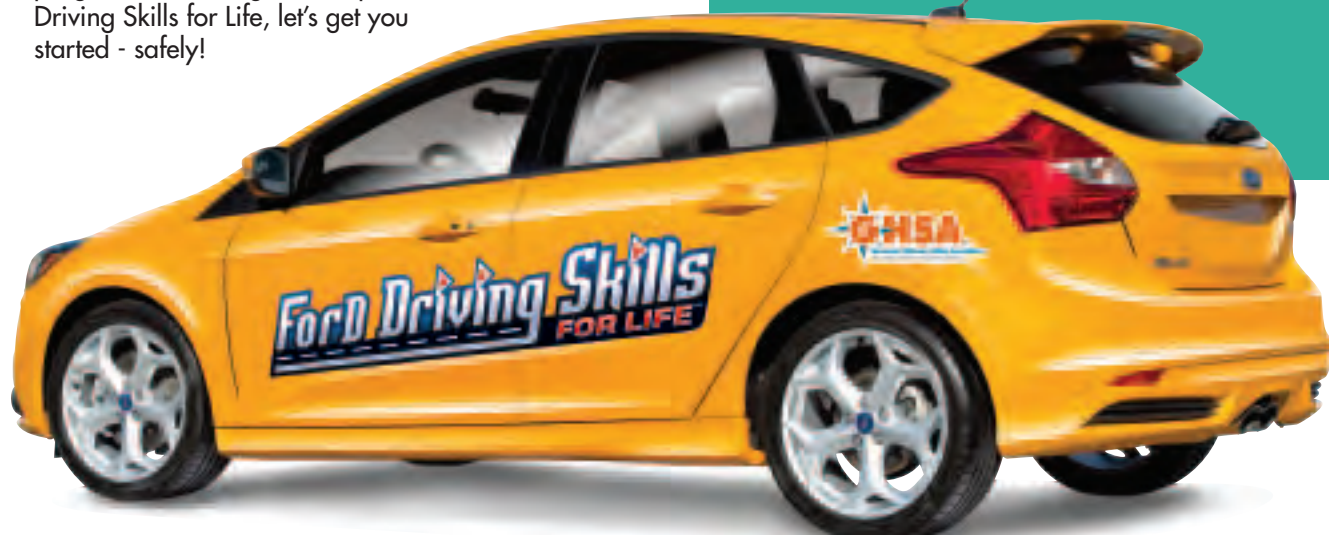
## Credits:

Written by: Lynn Baden

Designed by:  
Greg Marchand,  
Orlando Sentinel

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# Statistically Speaking

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## The proof is in the statistics

As a teen driver you should understand that there are dangerous situations you will have to navigate each time you get behind the wheel.

- Car crashes are still the #1 cause of death if you are between the ages of 15 and 20. No other cause of death comes close.
- Over 60% of teens admit to “risky driving habits” such as speeding, unsafe passing, tailgating, etc.
- Nearly 60% of teens killed in car crashes were NOT wearing a seat belt.
- If you have a passenger in the car the risk of a fatal crash **DOUBLES**. Two or more passengers in your car raises the risk by 500%!
- 25% of teens killed in a car crash have a Blood Alcohol Percentage (BAC) over the legal limit of 0.8.
- Teen chase rates are 3.5 to 4 times higher than adult drivers.
- Half of all teenage traffic fatalities occur between 6 p.m. Friday and 3 a.m. Sunday.
- A really bad one that has taken precedence:

### Distracted Driving:

More teen fatalities are now caused by listening to loud music, talking on a cell phone, texting, putting on make-up, smoking, or having too many friends in the car. Add to that the latest trend, taking “selfies” while driving, and you have all the ingredients for a serious accident.

### Conclusion:

While many of you are well aware of the rules and statistics, you continue to take unnecessary risks behind the wheel of the car. That’s why teenage death/injury rate is higher than any other age group. It’s also the reason why insurance rates for teen drivers are so expensive.

Source: [www.nhtsa.gov](http://www.nhtsa.gov)

Language Arts: RI.11-12.1, RI.11-12.7, W.11-12.7, W.11-12.8, SL.11-12.1, SL.11-12.2, SL.11-12.3, SL.11-12.4, SL.11-12.6



## Activity:

Hold a class discussion about the behaviors of teen drivers. Talk about why you think teens continue to indulge in risky driving habits and what you think are the most common causes. Support your arguments with concrete facts

## Extra Credit:

Stage a debate with a partner or team after researching the following or other related topics. Include an audience question-and-answer period followed by a vote to determine which side had the stronger argument:

- Male vs. female teen drivers. Is there a difference?
- Should the driving age be raised to 18 or higher?
- Are all crashes avoidable?
- Should talking or texting on a cell phone be banned? Why or why not?



# All About Distracted Driving

Sadly, you as teens are some of the worst offenders.



**Activity:** Research online or in a driver's manual to better understand the concept of distance versus speed and the amount of time necessary to successfully stop your car in various situations. Using this information calculate the following: You are driving at 60 miles per hour. There is a car in front of you stopped at a stoplight. At that rate of speed how far back should you be in order not to hit the stopped car?

## Did You Know?

Learn more about the new trend the "Driving Selfie" at: <https://drivingskillsforlife.com/mediacenter1/dsfl-blog/driving-tips/selfie>

With the advent of cell phones and texting, the issue of "distracted drivers" has moved front and center in discussions about safe driving. At least 55% of teens polled said that they text while driving. Some claim to only text "when it is really important." Others say "only if it is urgent."

**Note:** You are not alone.

Many adults are guilty of texting and talking while driving. In fact, it has been discovered that 70% of teens will copy this behavior from parents or other adult drivers. It might be a good idea to discuss this fact with the adults in your family. So we have to ask, "Would you go skydiving without a parachute?" Obviously not. Yet knowing the dangers, teens continue to drive and text, talk, listen to loud music, put on makeup, fiddle with the GPS, etc.

**Urgent or not, important or not, do not text while driving.**

We cannot overemphasize how dangerous distracted driving can be. Here are more facts to back up that claim:

- Car Crashes which can be caused by distracted driving, and inexperience is the #1 cause of death for teens.
- Talking on a cell phone can double the likelihood of a crash and can slow your reaction time to that of a 70-year-old.
- The most common remark after a car crash is "I never saw them coming."
- Texting while driving is the equivalent of driving under the influence of drugs or alcohol. You are simply not aware of what is going on around you if you aren't looking! You think you are in control, but you are not. It's that simple.

**And consider this:**

- Average amount of time your eyes are off the road while texting: 5 seconds.
- Average amount of time it takes to travel the length of a football field at 55 mph: 4 seconds.

## IT'S MORE THAN JUST TEXTING OR TALKING

Any sort of activity that can distract you while driving is dangerous.

**These are your enemies:**

- Adjusting a radio, CD, or MP3 player
- Using a cell phone or smart phone
- Using a navigation system
- Reading, including maps
- Talking to passengers
- Eating and drinking
- Watching a video
- Grooming

## Activity:

Search to find an article online about a crash involving a teenager that occurred as a result of distracted driving. In a letter or email to a friend, share your findings and explain and expand upon the dangers of distractions while driving.

Register at [drivingskillsforlife.com](http://drivingskillsforlife.com) to be notified of upcoming events planned for your area.

## Extra Credit:

Read several letters on the OPINION pages of the Orlando Sentinel. Compose your own letter stating why you think it is important to stop all use of hand-held devices while driving.

Language Arts: W.11-12.1, W.11-12.2, W.11-12.4, W.11-12.6, W.11-12.7, W.11-12.8  
Math: MACC.912.A-CED.1, MACC.912.REI.2

# Ford Driving Skills FOR LIFE

Ford Driving Skills for Life is a national safety initiative created by Ford Motor Company, the Governors Highway Safety Association (GHSA) and a panel of safety experts to help young drivers improve their skills in key areas that are critical factors in teen vehicle crashes.



Visit [www.drivingskillsforlife.com](http://www.drivingskillsforlife.com) for training, tools and free resources to help make your teens safer drivers.





# You Are The One In Charge

## About Road Rage

When you get behind the wheel of a car, you are the one in charge. You are the decision-maker. As situations arise, such as weather changes, heavier traffic, road conditions, breakdowns, you constantly have to adjust. Driving is a moment-to-moment challenge, split-second decisions, and on-the-spot changes. A big challenge to your ability to stay in charge is road rage.

### Have you noticed:

- More people being in a rush?
- People seeming to be much less patient?
- Rudeness becoming the behavior of the day?

If you said yes, you are certainly not alone. Much of this behavior manifests itself behind the wheel, causing an endless number of dangerous driving behaviors. What should you do?

Because you are in charge, if you are confronted with a road-rage situation, you must react correctly for your safety and your passenger's safety. This is one occurrence when keeping your cool may save your life. Here are some tips:

### Don't instigate

- When you merge into traffic, make sure you have plenty of room. Use your turn signal to show your intentions. Never deliberately cut off another driver.
- The left lane is the passing lane. Even if you are driving the correct speed limit in the left lane, move to the right if someone wants to pass you – let the other driver go!
- Leave at least a 4 second space between you and the car in front of you. Tailgating is a particularly dangerous activity.
- Keep your hands on the steering wheel, no matter how angry or frustrated you become. Nothing enrages another driver more than obscene gestures.
- Be cautious, be courteous and be magnanimous! It is much easier and smarter to give in to a pushy driver.

### Don't retaliate

- It takes two parties to have a fight! If you encounter an angry or aggressive driver, ignore him/her. Never honk your horn in this situation.
- Give an angry driver plenty of room. You may have accidentally angered a driver who is looking for a fight. Steer clear.
- Keep your eyes on the road or on the traffic signals – don't make eye contact with an angry driver. Making eye contact can cause an irate moment to escalate into a personal duel. Don't go there!
- Use your cell phone for an emergency road rage situation. If you feel an angry driver is following you, drive to a place with people around and call 911.
- Never pull over or get out of the car when you are involved with an angry driver. Assume the person is out of control, may possess a dangerous weapon and is not thinking rationally.

Road rage is prevalent on our roads and highways. You cannot control another driver's behavior, but you can control your reaction. Remaining calm and in charge will keep you safe.

## Activity:

Find a friend or classmate who has had a car crash. If they agree, interview him or her about the experience. Have specific questions prepared, and don't forget to include direct quotes when you write down your interview.

## Extra Credit:

Write a letter to your local police department requesting a class visit. Ask them to talk about driving safety in your county or city. Have specific questions ready to ask. An example would be, "What is the one problem you see most often with teen drivers?"



# In Case Of A Car Crash

We truly hope you will never have a crash while driving. Just in case, here's a checklist for what to do if you are in a car crash. Copy or cut it out and place in your wallet or purse.

## Here's What You Should Do

- 1 Injuries can occur without significant damage. It is always best to err on the side of caution and call the police. Without a police report from the site of the crash it is now one person's word vs. the other.
- 2 When the police arrive, be prepared to give them:
  - a. Driver's license and registration
  - b. Insurance card
- 3 Before your car is moved, take pictures of it, the road, and the other car involved.
- 4 Check for witnesses. Make sure you get their:
  - a. First and last name
  - b. Phone number and email address
- 5 Talk to the other driver involved. Get their:
  - a. First and last name
  - b. Phone number and email address
  - c. Insurance information (provider & policy number)
- 6 Call your parents or other adult.
- 7 Stay calm and in charge.

## Did You Know?

Other countries have various driving rules. For instance, on the German Autobahn (highway) there is no speed limit in many places. It also costs a great deal of money to obtain a driver's license, so many teens take public transportation.

## Activity:

In class or at home, look at a world map or globe. Choose a country that interests you to research. Learn as much as you can about the "rules of the road" for the country you selected. Create a T-Chart, Venn diagram, or electronic presentation to share with your class comparing the "rules of the road" for your jurisdiction and those of the country you chose.

Language Arts: W.11-12.4, W.11-12.6, W.11-12.7,  
W.11-12.8, SL.11-12.4, SL.11-12.5  
NGSS Social Studies: SS.912.G.1

## Activity:

In class, role play or practice what each person involved should do after an accident.

# Take Charge & Educate Yourself

## Activity

Divide the class into 4 groups. Each group take one of the above sections to describe and demonstrate to the class (group 4 will take both # 4 and #5). You can do a report, a video or still pictures, role play, or an oral report. Make sure that all the elements are explained and demonstrated and discussed thoroughly.

## 1. Take The Pledge

As you have seen in this booklet, the issue of teen driving safety is of paramount importance. So much so that the Ford Motor Company Fund has created many new and interactive resources for your use. Frankly, it isn't enough just to study the driving handbook and to know the signs and signals. You need to be an educated driver who continues to gather as much safety information as possible. To assist you, The Ford Driving Skills For Life (DSFL) Program has been made available online and offers multiple resources for your specific benefit to read about and practice.

Go to: [www.drivingskillsforlife.com](http://www.drivingskillsforlife.com)

The Ford DSFL & Ford Motor Company Fund is asking you to read and resolve to:

1. Drive safely for myself, my friends, my family and for the safety of others.
2. Wear my safety belt and have my passengers wear their safety belts at all times.
3. Limit distractions:  
As a novice driver, I will not use my cell phone while driving.  
I will not text or use any other handheld devices when driving.  
I will keep music at a reasonable level.  
I will not eat while driving.  
I will not apply makeup
4. Follow the posted speed limit and adjust my speed if required by weather conditions; obey all traffic laws.
5. Not operate a vehicle while under the influence of drugs or alcohol.
6. Never have too many passengers in my vehicle.
7. Speak up each time I ride with friends and feel unsafe.  
I Pledge to be a Safe Driver

This is not a game. These are simple promises to keep yourself and others safe at all times.

## 2. Take The Time To Learn More

The Ford DSFL program has specifically focused on four key areas of critical concern in more than 60% of vehicle crashes today. They are:

- 1) Hazard Recognition
  - Minimum vision lead time
  - Approaching and turning left at intersection
- 2) Vehicle Handling
  - How acceleration, deceleration, braking and turns affect vehicle balance
  - Adjusting to a vehicle's size and weight
  - How to recover from skids in front- and rear-wheel drive vehicles
- 3) Speed Management
  - Driving at a speed that doesn't endanger or impede others
  - Using proper signals and covering the brake
  - Conventional braking systems versus anti-lock braking (ABS) systems
  - Emergency braking techniques
- 4) Space Management
  - Maintaining space around, ahead of and behind your vehicle
  - Learning how to adjust speed
  - Maintaining a safe distance between vehicles
  - How to avoid being rear-ended and avoiding a head-on crash
- 5) Distracted and Impaired Driving
  - Both distracted driving and impaired driving are addressed in both the hands-on and web-based curriculum.

## Resources & Information

The FDSFL has various additional resources on



Here are some other resources as well:

[nhtsa.gov](http://nhtsa.gov)      [teendriving.com](http://teendriving.com)  
[teendriving.aaa.com](http://teendriving.aaa.com)      <http://teendriving.aaa.com/FL/>

To summarize, driving a vehicle is a constant learning process. The new technologies, in the vehicles themselves as well as your mobile sources, along with more drivers on the roads means you must keep learning and practicing safe standards - always.