



SAMPLE LESSON PLANS

Grade 10 – Health Promotion

Unit 17

SOLs:

10.3G Research and develop an educational campaign to encourage positive health choices and discourage risky choices (i.e. texting while driving)

Title: Better Unread than Dead - Texting While Driving

Objectives/ Goals:

- The student will analyze the potential severity of injury if engaging in unhealthy behaviors like texting while driving
- The student will use accurate peer and societal norms to formulate a health-enhancing message.
- The student will demonstrate how to influence and support others to make positive health choices.

Materials:

- [Distracted Driving Rap](#) audio
- [Distracted Driving Rap lyrics](#)
- [Texting While Driving Education Campaign Worksheet and Rubric](#)

Procedure:

- Instant Activity - [Health Knowledge vs. Health Behavior Quiz](#) (<https://haroldgibbons.com/2011/09/05/health-knowledge-vs-health-behavior/>)- Have students take this brief 8 question true/false quiz on their health knowledge. Ask students to stand if they think they got all the questions correct (most if not all of them

will).

- Next have them complete the second part of the quiz which focuses on Health Behavior. It essentially is the same 8 questions, but students have to answer in terms of what they actually *do* (*their behavior*) versus what they *know* (*their knowledge*). One thing that is clear in health education is that *health knowledge does not necessarily change health behavior*. You can poll your students after this part of the quiz by having them stand or doing an anonymous Poll Everywhere (using technology to poll your students) by asking the following questions
 - How many of you scored
 - 4 or less out of 8
 - 5-6 out of 8
 - 7-8 out of 8
- It's important for students to understand this concept of Health Knowledge vs. Health Behavior as they apply it to their life. Since the topic of this lesson is about driving while texting, you can now ask the class one more question about knowledge vs. behavior...
 - Ask, true or false...texting while driving can reduce the risk of being seriously hurt or killed in a car accident.
 - Then ask...every time I drive in a car, I never text and drive.
- Hook - Share some stats about distracted driving (particular as it relates to teens). Ask, how many of you currently drive or will be driving in the next year or so?
- Did you know...
(Source from CDC YRBS 2015 - most recent at the time of this lesson)

Texted Or E-Mailed While Driving A Car Or Other Vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) Virginia, High School Youth Risk Behavior Survey, 2015				
Find out if there is a statistical difference between females and males. Select them and activate 'Compare Two'		COMPARE TWO »		
		<input type="checkbox"/>	<input type="checkbox"/>	
▲ Year	Sex	Total	Female	Male
2015		31.3 (27.9–35.0) 2,662 [†]	31.0 (26.8–35.6) 1,251	31.5 (27.4–35.9) 1,396

(Source from TeenSafe.com)

- At the time of fatal crashes, teens have been the largest age group that reported being distracted while driving.
- 16 to 19 year-olds are three times as likely to be involved in a fatal car crash than any other age group.
- Texting while driving is **6 times** more likely to cause an accident than driving under the influence of alcohol is.
- Sending or reading a text causes drivers, on average, to take their eyes off the road for **5 seconds**. When driving at 55 miles per hour, that means that drivers travel approximately the length of a football field with their eyes closed.
- Each day, **11** teens die as a result of texting and driving.
- **80%** of car crashes are attributed to a driver being distracted or not paying attention.

Another optional hook could be to play a short 3 min clip showcasing a teenager who suffered a terrible car accident while texting and driving - Liz Marks Texting & Driving Story Video - <https://www.youtube.com/watch?v=t7911kgJJZc> (3 mins)

- Go over the objectives/goals of the lesson with your students (see above)
- Print a copy of the Distracted Driving Rap Lyrics (see above) and distribute to each student.
- Play the Distracted Driving Rap Audio (see above) and have students follow along with the lyrics.
- After the song, have students individually analyze the lyrics and make some annotations of any facts, stats, or behaviors that they find interesting or worth talking about.
- Next, put students into small groups and have them share their thoughts. Some prompting questions might include:
 - *What was your favorite line in the song and why?*
 - *Was there an interesting stat, fact, or behavior you found interesting? Why do you find this interesting?*
 - *Why do you think so many teens still text while driving even when they know it is risky or dangerous?*
 - *How do you think we can create more awareness about this issue while improving or changing health behavior?*
- Tell students their task is to research and develop an educational campaign to encourage positive health choices and discourage risky choices as it pertains to texting while driving.
- Use this [Texting While Driving Educational Campaign worksheet](#) to provide guidance and directions for your students. Below are the details:
- **DIRECTIONS:** Young teens often understand the health risk of texting while driving, but often still engage in this risky behavior. Your task in this activity is to research and

develop an educational campaign to encourage positive health choices and discourage risky choices regarding texting while driving.

● **Step 1: The Message**

- What would you like younger teens to know about texting while driving? What are some of the key takeaways?
- Find and list at least ONE credible source that gives at least three supporting facts or statistics to make your message more valid.
- Actionable Steps to Promote Health - Pick at least two health behaviors or specific idea to focus on, and brainstorm catchy or memorable ways to relay your message to encourage positive health choices and discourage risky choices regarding texting while driving.
- Catchy Slogan - Can you think of a catchy slogan that can help people remember your message?

● **Step 2: The Audience - Teenage Drivers**

How might you specifically target your message to teenage drivers?

● **Step 3: The Design**

Using Canva.com, you'll pick a social media template and create a simple poster for your message. Print out a copy to submit to your teacher.

- Use this [Texting While Driving Rubric](#) to score the assessment

Assessments, References, & Sources

- Teensafe.com - [100 Facts about Texting While Driving](#)
- DMV.org - [Teens and Distracted Driving](#)
- Liz Marks Texting & Driving Story Video - <https://www.youtube.com/watch?v=t7911kgJJZc> (3 mins)
- Article - <http://www.chicagotribune.com/lifestyles/health/sc-hlth-keeping-teen-drivers-focused-1101-story.html>
- Harold Gibbons - [Health Knowledge vs. Health Behavior Quiz](https://haroldgibbons.com/2011/09/05/health-knowledge-vs-health-behavior/) (<https://haroldgibbons.com/2011/09/05/health-knowledge-vs-health-behavior/>)
- Andy Horne, 2015 National Health Teacher of the Year
- [Texting While Driving Educational Campaign worksheet](#)
- [Texting While Driving Rubric](#)

Texting While Driving Educational Campaign Worksheet

DIRECTIONS: Young teens often understand the health risk of texting while driving, but often still engage in this risky behavior. Your task in this activity is to research and develop an educational campaign to encourage positive health choices and discourage risky choices regarding texting while driving.

Step 1: The Message

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Actionable Steps to Promote Health - Pick at least two health behaviors or specific idea to focus on, and brainstorm catchy or memorable ways to relay your message to encourage positive health choices and discourage risky choices regarding texting while driving.

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Step 2: The Audience - Teenage Drivers

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Health Knowledge Quiz



Test your health knowledge by taking this short True/False quiz!

1. Wearing seat belts can reduce the risk of being seriously hurt or killed in a car accident.
2. Abuse of cigarettes, alcohol or other drugs can have a negative effect on your health.
3. A healthy diet should include lots of fruits, vegetables, breads and cereals, and should limit the amount of fats, oils and sweets.
4. Being able to get along with people and having a positive attitude is an important part of your mental and emotional health.
5. Regular exercise is good for your physical health.
6. Doctors recommend that the average person get at least 7-8 hours of sleep each night.
7. Stress can sometimes cause serious health problems.
8. Brushing and flossing your teeth every day can help reduce cavities and gum disease.

How easy was that?! It's pretty easy to assume that you earned a perfect score. This rather elementary test shows that most of us **know** exactly what is healthy or not. Now, let's follow that up with a 'Health Behavior Quiz' on the next page.

Health Behavior Quiz



Now test your health behavior with this short True/False quiz!

1. I wear seat belts every time I ride in an automobile.
2. I do not use cigarettes, alcohol, or any other drugs.
3. I eat a lot of fruits, vegetables, breads and cereals, and very little fats, oils and sweets.
4. I am usually in a good mood, and I get along with most people.
5. I get one half-hour of vigorous exercise at least three of four times per week.
6. I get at least seven to eight hours of sleep each night.
7. I handle stress well.
8. I brush and floss my teeth every day.

A little harder, right? What kind of score did you have? Most people would fail this quiz with around a 50%.

Here's some other things to consider...

The point of this quiz is to point out the difference between *knowing* what's important to achieving and maintaining good health, and *actually doing it (behavior)*. We tend to think of health as being black and white, that you either have it or you don't. Instead, think of it as a sliding scale, based on your decisions and behavior.

The same can be said for texting while driving. Most people know it is a risky or unhealthy behavior to engage in, but why do so many people still do it?

Texting While Driving Poster Rubric

	Beginning	Approaching	Meeting	Exceeding
Poster Message	<p>Poster message is not clear and does not focus on one topic/aspect of texting while driving</p> <p>The message takes a negative approach and focuses only on restrictions than suggestions.</p>	<p>Poster message is somewhat unclear and may or may not focus on one topic/aspect regarding why texting while driving promotes injury risks. Work cited is not clear or not cited.</p> <p>The message has an unclear approach and focuses only on restrictions than suggestions.</p>	<p>Poster message is clear, focusing on one topic regarding the risk of texting while driving and why it is a risky health behavior. Includes ONE work cited supporting fact or claim.</p> <p>The message takes a positive approach and focuses on suggestions rather than restrictions.</p>	<p>In addition to Meeting criteria:</p> <p>Explanation is extremely clear, focused and inspiring. Poster looks professionally done.</p>
Poster Design	<p>The project was not aimed at the intended audience and the message was hard to understand by most.</p> <p>The project and message were not visually appealing and eye-catching. Little time was spent on the layout of the poster.</p>	<p>The project may be aimed at the intended audience but the message may be hard to understand by some in our high school community.</p> <p>The project and message were presented in a way that was somewhat visually appealing and eye-catching. More time could have been spent on designing the layout of the poster.</p>	<p>The project is aimed at the intended audience, and the message could be clearly understood by anyone in our high school community.</p> <p>The project and message were presented in a way that was visually appealing and eye-catching. It was clear time was spent on designing the layout of the poster.</p>	<p>In addition to Meeting criteria:</p> <p>Poster's images and visuals support the message very clearly . Is appreciated by all students and faculty in our high school community.</p> <p>Was extremely clear that extra time was spent designing poster layout.</p>

Plan for Improvement:

Distracted Driving Rap

Written and recorded by Andy Horne,
2015 National Health Teacher of the Year

Music by DMX

Hear the song - tinyurl.com/DistractedDrivingRap

Other Scholarly Raps -

www.youtube.com/ahorne23

Something new...

Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll
Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll

Drivers want to try, drivers hit reply
Drivers wonder why, drivers might die
Reaction can't maintain
With a distraction on ya' brain
Multi-tasking ain't a thang
Refrain from swerving in ya' lane

Distracted driving a problem
How we gonna' stop 'em?
Focused on solutions
With this rap, got 'em
Insurance rates be hiking
Distracted car crashes spiking
Man you missed that red light
Lucky you ain't dead, right?

Distractions more than phones
Like changing the radio
Or snackin' on Cheerios
While taking a few friends home
Gotta stay in the zone
Responsibility is your own
Keep attention on the road
Temptations, postpone

You know it's against the law
Gonna stop me? Nah
Like driving on liquor
Delayed reaction, a blur
It's human health behavior
This song just might save ya'
Discussed in driver's ed
Always keep this in yo' head

Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll
Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll

Some drivers crazy
Even texting with their baby
On board that's a safety
Issue come on lady
Hands at 10 and 2
Something you can do
Protect me and you
So please pull through

Checking on email
Could end up in jail
Attention all females
And males must travail
Better off unread than dead
Embed this in yo' head
Go 'head spread the word
Shed some light, strike a nerve

Whoa!!! You just swerved
Eyes on the road, please observe
This message, it deserves
Open ears to be heard
Checking Google maps
Or shopping at the Gap
Or posting on Snapchat
Or checking the game recap
Or playing your favorite track
Or searching this or that
I'm hoping that this rap
Gets you to stop checking apps

Is one life worth it?
Safety, conserve it
Loved ones deserve it
Your life, preserve it

Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll
Stop, drop, put it down stay on the road
Oh, no, that's how good drivers roll