



SAMPLE LESSON PLANS

Grade 10- Safety and Injury Prevention

Unit 2

SOLs:

10.3.D Practice and encourage responsible driving behaviors, and use refusal and negotiation skills to avoid riding in a car with someone who has been using alcohol or other drugs.

Title: Safe Driving and DUI Prevention

Objectives/ Goals: Students will understand responsible driving behaviors and use refusal and negotiation skills to avoid riding in a car with someone under the influence.

Materials:

- Computer access to Internet
- *VDOE 45 Hour Parent Teen Driving Guide* – Printouts of safe driving contracts on Page 40 and 43
- *VDOE Grade 9-10 Alcohol Unit*
- *No Phone Zone Lesson*
- *Safe Driving Lesson*
- Handouts – *Safe Driving Basics* and *Drunk, Drugged, & Distracted Driving* from Partners for Safe Teen Driving
- Videos: *Underage Drinking What a Waste, One Decision, Underage Drinking –Is It Worth It, Prom- Drunk Driving PSA, Texting and Driving Crash- It Can Wait, Fletchers Drive-It Can Wait*

Procedure:

- Visit the Partners for Safe Teen Driving Website <https://safeteendriving.org> and review several pages with students (e.g., teens, resources) for information on laws and other resources have a discussion about key responsible driving behaviors, as well as Virginia's zero tolerance law for impaired driving. Provide them with the handouts: *Safe Driving Basics* and *Drunk, Drugged, & Distracted Driving*.
- Implement referenced lesson plans (e.g., *No Phone Zone Lesson, Safe Driving Lesson, VDOE Grade 9 -10 Alcohol Unit*)
- Supplement lessons with videos (e.g., *Underage Drinking What a Waste, One Decision, Underage Drinking –Is It Worth It, Prom- Drunk Driving PSA, Texting and Driving Crash- It*

Can Wait, Fletchers Drive-It Can Wait) . Additionally, the following YouTube channel from SAMHSA offers over 90 videos to discourage underage drinking <https://www.youtube.com/playlist?list=PL6F25AC126268A2B3> .

Assessment Ideas:

- Students complete a safe driving pledge agreement (e.g., page 40, page 43 of *45 Hour Parent Teen Driving Guide* with their families).
- Students participate in refusal skills role plays or other activities in Virginia DOE underage drinking and driving lesson.
- Students develop posters, PSAs, or infographics to promote and/or act out responsible teen driving behaviors and strategies for refusing and negotiating riding in car with impaired drivers

References:

- Teen Drivers- NHTSA
<http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>
- Think First – National Head and Spinal Cord Injury Prevention Program
- www.ThinkFirst.org
- Partners for Safe Teen Driving <https://safeteendriving.org>
 - <https://safeteendriving.org/teens/basics.php>
 - <https://safeteendriving.org/parents/distracted.php>
- Virginia Department of Education
<http://www.doe.virginia.gov/instruction/health/index.shtml>
- Assignment Discovery Safe Driving Lesson
<http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
- No Phone Zone Lesson Plan <https://www.scribd.com/document/27913353/No-Phone-Zone-Lesson-Plan>
- You Tube Videos
 - Underage Drinking What a Waste <https://www.youtube.com/watch?v=4Gi3x5a-qxE>
 - One Decision https://www.youtube.com/watch?v=WWptgB_1bco
 - Underage Drinking –Is It Worth It
<https://www.youtube.com/watch?v=WGQ8F05C5gk>
 - Prom-Drunk Driving <https://www.youtube.com/watch?v=LigPLJP6x3U>
 - Texting and Driving Crash – It Can Wait
<https://www.youtube.com/watch?v=ApnyKv1GuNI>
 - Fletcher’s Drive – It Can Wait <https://www.youtube.com/watch?v=4kBaLbubNd4>