



## Grade 10 Sample Lesson Plan: Safe Driving and DUI Prevention

### SOLs

- 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.

### 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 Idea

- 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](http://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](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>

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.