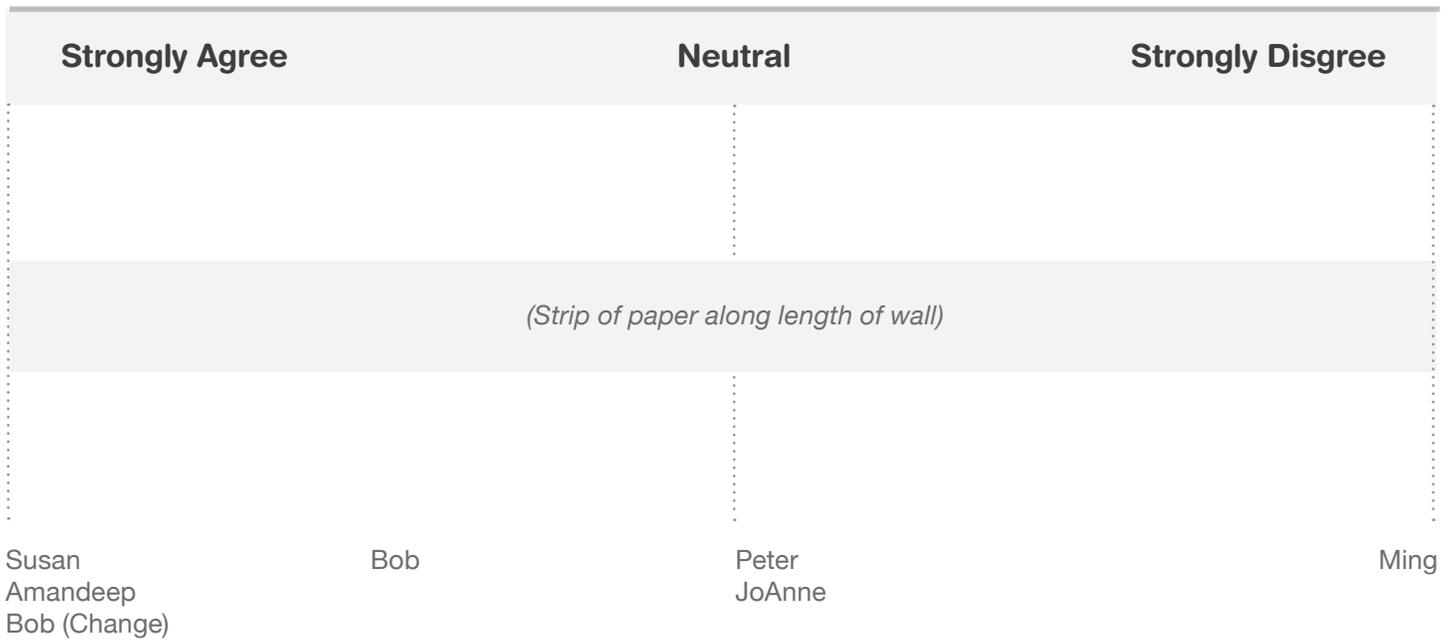


# Creating a Healthy School: Value Line—Example



**Prompt:**

Is using a cell phone while driving as dangerous as driving drunk?



# Examples of Driver Distractions

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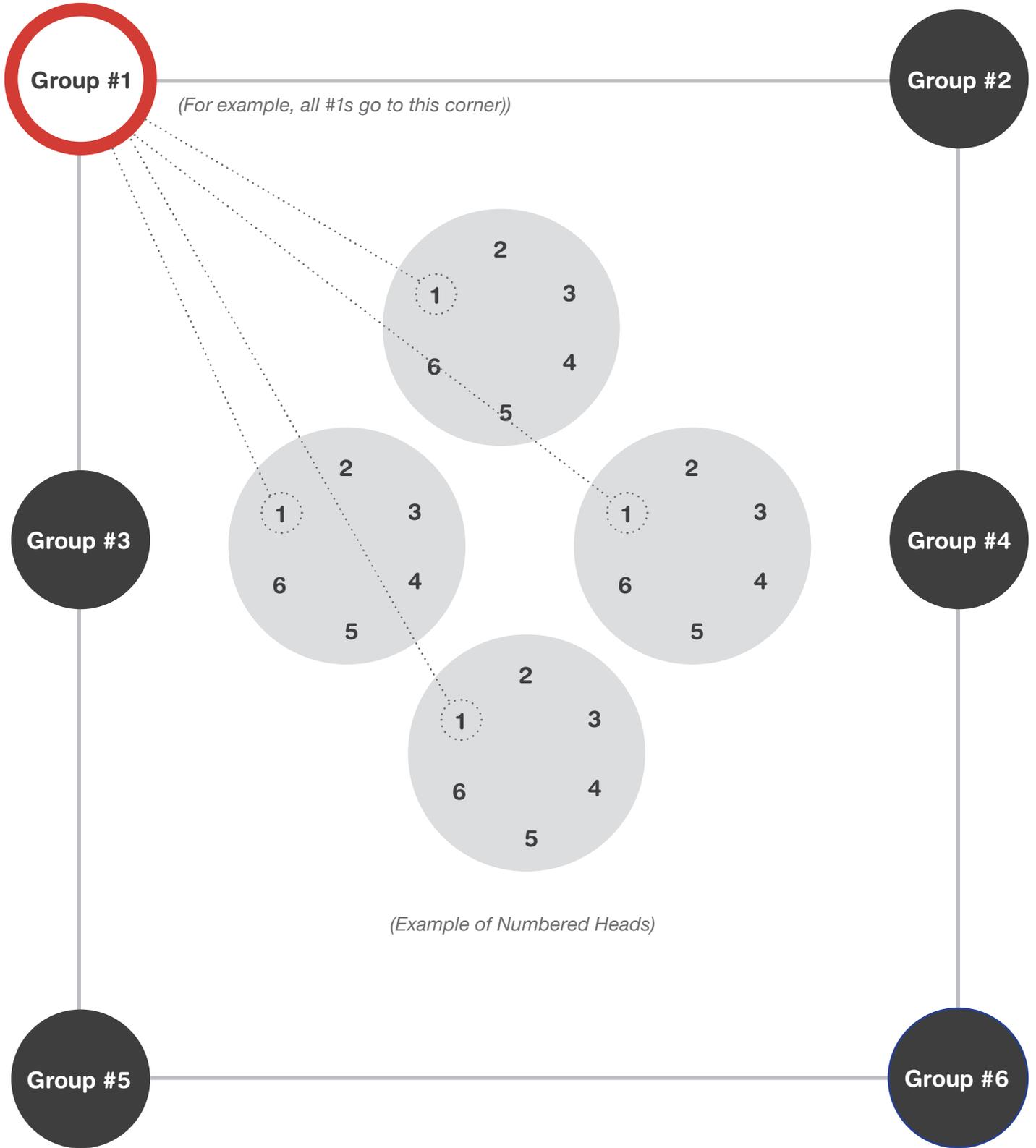
1. Chatting with passengers/having lots of passengers/friends in car
2. Talking on your phone
3. Texting/emailing
4. Fiddling with music settings
5. Eating food or drinking
6. Being “too” into your music
7. Fussing with driving controls
8. Grooming (styling hair, putting on lipstick)
9. Aggressive drivers
10. Trying to figure out directions/using GPS
11. Interacting with children
12. Outside distractions (crash, road construction)
13. Reaching for something
14. Reading (maps, emails, homework)

# Example:

## Actions and Reasons

Driver distraction actions	Profile/Reasons for Actions
<p><b>Putting on lipstick</b></p>	<ul style="list-style-type: none"> <li>• Single mother of four kids, 45 years old</li> <li>• Works as a Medical Secretary</li> <li>• Woke up late</li> <li>• Had to make breakfast for kids</li> <li>• Had to make lunches for kids</li> <li>• Had to shower and get ready for work</li> <li>• In a rush to get to kids to school before going to work</li> <li>• Feels time can be saved by applying make-up while driving kids to school</li> </ul>
<p><b>Chatting with passengers</b></p>	<ul style="list-style-type: none"> <li>• Both working parents</li> <li>• Have three children</li> <li>• Only time family together seems to be when driving kids to school before going to work</li> <li>• Family perceive time traveling in car as “family conversation time”</li> <li>• Father and mother making plans for dinner with children</li> <li>• Children tells parents of plans for any after school activities</li> <li>• Children discussing homework, and asking parents to clarify difficulties</li> <li>• Family takes the opportunity to catching up on gossip/ news of the previous day/ evening</li> <li>• Children discussing music playing on the radio</li> </ul>

# Six Corners



# Example: Poster - Ways To Be Less Distracted While Driving

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## Poster:

### Ways To Be Less Distracted While Driving

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1. Turn off your cell phone before you start your car. That way, you won't be tempted to answer, or make a call.
2. Budget extra time to travel to your destination, especially if you are uncertain of your route.
3. Turn the radio off when travelling unfamiliar routes.
4. If you do listen to music, make sure the volume is low enough that you can't be distracted by the lyrics. Loud music also blocks out the sounds of emergency vehicles that may be trying to get around you.
5. As much as possible, drive during non-rush hour times to get used to the roads without the added stress of congestion.
6. Drive at a speed that is comfortable for you, even if it is slightly below the posted speed limit. Don't let other drivers bully you into driving faster, and don't let them be a distraction.
7. Familiarize yourself with the tools on your dashboard before you start your engine. For example, know where the temperature gauge and radio are located. That way, you won't be distracted by looking for them while driving.

# Example: Promoting Ways To Be Less Distracted While Driving

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## Tips to Reduce Distractions

### Before you drive:

- Allow plenty of travel time
- Review maps and directions
- Turn off mobile device
- Stow and secure loose objects
- Prepare children with everything they need
- Secure pets properly
- Pre-set climate control and radio
- Pre-program route on GPS

### While you're driving:

- Allow phone calls to go to voicemail
- Don't text, surf the web or read emails
- Avoid eating, drinking or smoking
- Avoid grooming
- Stop at a safe location to make or receive phone calls
- Keep two hands on the wheel for better control
- Keep your eyes and mind on the road

Studies show that dialing and texting carries the highest degree of risk of all cell phone-related activities, with motorists who text being 23 times more likely to have a collision. Remember, it only takes one second to change the rest of your life. Focus on the road.

Adapted from: Canadian Association of Chiefs of Police, Canada Road Safety Week; Information Toolkit, [www.cacp.ca/media/committees/efiles/13/428/UPDATED\\_-\\_CRSW\\_INFO\\_PKG\\_E\\_2009\\_.pdf](http://www.cacp.ca/media/committees/efiles/13/428/UPDATED_-_CRSW_INFO_PKG_E_2009_.pdf)

# 3 – 2 – 1 Strategy

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**3**

Important facts I learned about the causes of distracted driving:

**2**

Personal connections I made with the reasons for distracted driving:

**1**

Way in which I can be an agent of social change and bring about change in terms of distracted driving:

# Exit 3-2-1 Slip Rubric

## Achievement Chart — English, Grades 9–12

<b>Categories</b>	<b>50-59% (Level 1)</b>	<b>60-69% (Level 2)</b>	<b>70-79% (Level 3)</b>	<b>80-100% (Level 4)</b>
<b>Knowledge and Understanding</b> <i>Subject-specific content acquired in each grade (knowledge), and the comprehension of its meaning and significance (understanding)</i>				
<b>Knowledge of the causes of distracted driving actions</b>	<ul style="list-style-type: none"> <li>• Demonstrates limited knowledge of the causes of distracted driving actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates some knowledge of the causes of distracted driving actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates considerable knowledge of the causes of distracted driving actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates thorough knowledge of the causes of distracted driving actions.</li> </ul>
<b>Understanding of the reasons for distracted driving</b>	<ul style="list-style-type: none"> <li>• Demonstrates limited understanding of the reasons for distracted driving.</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrates some understanding of the reasons for distracted driving</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrates considerable understanding of the reasons for distracted driving</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates thorough understanding of the reasons for distracted driving.</li> </ul>
<b>Application</b> <i>The use of knowledge and skills to make connections within and between various contexts</i>				
<b>Application of knowledge of key concepts of critical literacy to own thinking</b>	<ul style="list-style-type: none"> <li>• Applies knowledge of key concepts of critical literacy to own thinking with limited effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• Applies knowledge of key concepts of critical literacy to own thinking with some effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• Applies knowledge of key concepts of critical literacy to own thinking with considerable effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• Applies knowledge of key concepts of critical literacy to own thinking with high degree of effectiveness.</li> </ul>