

# Making the Best 4-H Clubs Better – Virtually

## Intended Audience

- 4-H Club Members

## Lesson Objectives

Club members and parents will:

- Understand the dangers of distracted driving.
- Understand the effect of taking one's eyes off the road for even a second.
- Make informed decisions about their driving habits.

**Time:** 20 minutes

## Equipment and supplies

- Distractions Slide show
- 100 ft. measuring tape
- Stopwatch or cellphone with stopwatch feature.
- Each participant will need a cell phone.

## Do Ahead

- Review Curriculum Overview
- Review lesson and set up virtual meeting link.
- Gather equipment and supplies.
- Download Distractions slideshow
- Go outside and measure 81 feet from a starting point, mark it so it is easy to find. Then measure another 81 feet from that point, mark it, then measure a final 81 feet. This represents the distance traveled in 3 seconds at 55 mph.

## Distracted Driving

### BACKGROUND

Americans today have an unhealthy obsession with their cell phones. A survey conducted by the AAA Foundation in 2012 found that two out of three drivers report talking on their cell phones while driving, and one in three reported doing so "regularly." According to the Ohio Highway Patrol, distracted driving accounted for a total of 13,867 crashes on Ohio's roadways in 2019. Fifty-two of these were fatal crashes. Distracted driving is defined as any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing. (Source: [www.distraction.gov](http://www.distraction.gov)). Distractions can be visual (taking your eyes off the road), manual (taking your hands off the wheel), or cognitive (taking your mind off your driving). Texting involves all three distractions at once. (Source: National Highway Traffic Safety Administration.)

### WHAT TO DO

#### Activity:

- In this activity participants will see exactly how far their car will travel during the time it takes them to send a short text message. Using the calculations below and the Texting Chart included with this lesson, participations will be able to measure the exact distance traveled. (55 miles per hour x 5,280 feet per mile, which converts to 80 2/3 feet per second, rounded to 81 feet per second.)
- Have participants turn on their video's and ask them to sit in front of the camera so you can see when they stand up. Have them take out their cell phones. Tell them that when directed, you will give them a short sentence to text and that from their phone's home screen they will need to open their text and type in the sentence to the point of being able to send it to someone. (Note: They do *not* have to really send it).
- Once they type the message to the point of sending, they should stand up. With a stopwatch record the time of the first and last person to stand. When ready to start the clock tell participants to text "I'm almost there." Once everyone is standing, explain that traveling at 55 miles per hour, their vehicle would travel approximately 81 feet per second. Tell them the fastest and showiest times. (Normally the fastest time will be between 3-4 seconds and the slowest around 10 seconds.)



## Sources

- National Highway Traffic Safety Administration
- The AAA Foundation for Traffic Safety
- The Ohio Highway Patrol Trooper Shield

## Additional Links

- [www.textinganddrivingsafely.com](http://www.textinganddrivingsafely.com)
- [www.statepatrol.ohio.gov](http://www.statepatrol.ohio.gov)
- [www.aaafoundation.org](http://www.aaafoundation.org)
- <https://www.youtube.com/watch?v=AZVc9XSH7pA>

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- Using your iPad, iPhone, or laptop with camera, move your presentation outside or to the large space where you marked the measure lengths that represent three seconds driving at 55 mph.
- Have someone hold the camera at the starting spot, then you or a helper, move to the first stop which represents the 1st second, then have them move to the next stop which represents the 2<sup>nd</sup> second and finally move to the last stop for the 3<sup>rd</sup> second.
- Challenge the viewers to go outside and measure for themselves the distance they traveled while sending their text.

## Additional Activities:

- Show participant the Distraction slide show with pictures of possible distractions and road hazards. Discuss what could happen within the distance traveled of sending a text by having participants do a chat explosion in chat box: a child could run out into the road, the car in front of you could stop suddenly, you could hit a pothole in the road, you could come up on a slow-moving vehicle such as an Amish buggy, and so on.
- **Show and discuss the YouTube video “The Last Text”**  
<https://www.youtube.com/watch?v=AZVc9XSH7pA> or read a personal account story of someone who has lost a loved one in a crash due to distracted driving. Personal testimonies from guest speakers are also an option.

## TALK IT OVER

### Reflect:

- Is texting and driving ever the right thing to do?
- Have you been in a car with someone who was texting and driving? How did that make you feel?

### Apply:

- Will you ever text while driving?
- If you are a passenger in a car with someone who is texting while driving, what, if any, action will you take?

## EVALUATION

Place the following link in the chat for attendees to use to complete the evaluation for the session  
[go.osu.edu/bestbettvirtual](http://go.osu.edu/bestbettvirtual) .