Grade 10 Sample Lesson Plan:
Unit 2 – Safe Driving and DUI Prevention

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.

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

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
Health Smart Virginia Sample Lesson Plan

- *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](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**

- 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)
  - [https://safeteendriving.org/teens/basics.php](https://safeteendriving.org/teens/basics.php)
  - [https://safeteendriving.org/parents/distracted.php](https://safeteendriving.org/parents/distracted.php)
- YouTube Videos
  - Underage Drinking What a Waste [https://www.youtube.com/watch?v=4Gi3x5a-qxE](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](https://www.youtube.com/watch?v=WGQ8F05C5gk)
  - Prom-Drunk Driving [https://www.youtube.com/watch?v=LigPLJP6x3U](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.