

Distracted Driving & Speeding Prevention



**Someone is
Waiting for You.**

SLOW DOWN. PAY ATTENTION.



FACILITATOR GUIDE



Someone is Waiting for You.

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Facilitator Script

This script provides educators with detailed speaking notes, discussion prompts, and timing guidance for leading a 45–60 minute interactive teen driver safety session focused on distracted driving and speeding prevention.

Section 1: Opening Activity

10
min

Facilitator Script:

“Today we’re going to talk about something that affects every single one of you – the choices you make behind the wheel. Before we begin, I want you to write down the name of someone who would be deeply impacted if you were seriously injured in a crash.”

After students write their name, continue:

“Keep that name visible. Everything we talk about today connects back to that person. Because when you drive, you’re not driving alone. Someone is waiting for you.”

Discussion Prompts:

- Who did you write down?
- Have you ever thought about how your driving choices affect them?
- What would they say about speeding or texting while driving?



See Page 7 for the **Teen Driver Activity Sheet** to use with the Facilitator Script.



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Section 2: Speeding

15
min

Facilitator Script:

“Let’s talk about speed. Many teens don’t see themselves as reckless drivers. But even small increases in speed dramatically change stopping distance and crash severity.”

Explain Reaction Time:

“On average, it takes about **1 to 1.5 seconds** to react to a hazard. At **30 mph**, you travel about **44 feet per second**. At **60 mph**, that doubles to **88 feet per second**. Your reaction time does not improve just because you are driving faster.”



Discussion Prompts:

- Why do you think teens speed?
- Is arriving a few minutes earlier worth the increased risk?
- How would the person you wrote down feel about speeding?

Travel Distance: 30 mph vs. 60 mph

SPEED
LIMIT
30



44 ft/sec

SPEED
LIMIT
60



88 ft/sec



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Section 3: Distracted Driving

15
min

Facilitator Script:

“Your brain cannot fully focus on two demanding tasks at once. Driving requires constant scanning, decision-making, and reaction.”

Conduct Distraction Activity:

Have students recite the alphabet. Then ask them to do it again while pretending to text. Ask what changed and whether it felt harder or slower.

Teach the Three Types of Distraction:



1. VISUAL

Taking eyes off the road.



2. MANUAL

Taking hands off the wheel.



3. COGNITIVE

Taking mind off driving.



TEXTING

INVOLVES ALL THREE!



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Section 4: Real Consequences

10
min

Facilitator Script:

“When we talk about crashes, we often focus on statistics. But behind every crash is a family, a friend group, a community.”



Discuss Consequences:



LEGAL

Fines, license suspension, lawsuits, criminal charges.



FINANCIAL

Increased insurance rates, long-term costs.



EMOTIONAL

Guilt, trauma, impacting someone’s future permanently.



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Section 5: Commitment/Closing

10
min

Facilitator Script:

“Look again at the name you wrote down. I want you to complete these sentences:

I will slow down by _____.

I will avoid distractions by _____.

Because someone is waiting for me.”

Close With:

**“Speeding saves seconds.
Distractions steal lives.
Slow down. Pay attention.
Someone is waiting for you.”**



TEEN DRIVER ACTIVITY SHEET

1. Who Is Waiting for You?

Write the name of someone who would be deeply impacted if you were seriously injured in a crash:

NAME: _____

Reflection: Have you ever thought about how your driving choices affect this person? What would they say about speeding or texting while driving?



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2. Speeding



Your reaction time does **NOT** improve just because you drive faster!

SPEED LIMIT
30



44 ft/sec

TRAVEL DISTANCE
30 mph vs. 60 mph

SPEED LIMIT
60



88 ft/sec

Discussion: Why do teens speed? Is arriving a few minutes earlier to your destination worth the risk?

3. Distracted Driving



Driving requires full attention. Your brain can't fully focus on two demanding tasks at once.



Three Types of Distraction:

VISUAL: Eyes off the road.



MANUAL: Hands off the wheel.

COGNITIVE: Mind off driving.



Texting involves **ALL THREE.**

4. Consequences

Crashes impact more than just drivers.



Consequences Include:

LEGAL: Fines, lawsuits, license suspension, criminal charges.



FINANCIAL: Long-term costs, increased insurance rates.



EMOTIONAL: Guilt, trauma, impacting someone's future permanently.

5. My Commitment



I will slow down by:

I will avoid distractions by:

Because someone is waiting for me.

Find campaign materials and
more distracted driving and
speeding prevention tools at:

drivesafemn.org

