Unit 12

The Effects of Fatigue and Emotions on Driving
Unit 12 The Effects of Fatigue and Emotions on Driving

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# Unit 12 The Effects of Fatigue and Emotions on Driving

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### Unit 12 The Effects of Fatigue and Emotions on Driving

#### Overview

Unit 12 will have the new driver explore the effects of fatigue, drowsy driving and the impact of emotions on one’s driving ability. The consequences of drowsy driving and prevention techniques will be discussed. Students will learn actions to take to control emotional responses that occur when driving and learn the characteristics of aggressive driving and road rage and the different types and degrees of aggression.

#### Objectives

The student will:

1. Describe the causes of fatigue and how it affects a driver’s abilities.
2. Describe the kinds of emotions that can affect driving behavior and examine the effects of emotions on driving.
3. Describe aggressive driving and road rage characteristics and the different types and degrees of aggression.
4. Develop strategies for anger management and for responding to aggressive driving and road rage.
5. Define key words associated with the unit objectives.

#### Words to Know

- Aggressive driving
- Epic aggression
- Fatigue
- Quiet aggression
- Road rage
- “Rush-in” area
- “Total aggression” area
- Verbal aggression
- “Violence” area
## Unit 12 The Effects of Fatigue and Emotions on Driving

### Unit 12 Introduction

### Lesson Overview

**Time Frame – 3 hours**

### Teacher Information and Resources

<table>
<thead>
<tr>
<th>Slides</th>
<th>Slides 12.1 – 12.30</th>
</tr>
</thead>
</table>
| Videos | 12.1  Breakin Nite (7 minutes 36 seconds)  
         | 12.3  Cage the Rage (4 minutes 33 seconds) |
| Video Review | 12.1  Video Review: Breakin Nite  
           | 12.3  Video Review: Cage the Rage |
| Fact Sheets | 12.1  The Causes and Effects of Fatigue  
            | 12.2  Emotions that Can Affect Driving Behavior  
            | 12.3  Aggressive Driving and Road Rage  
            | 12.4  Strategies for Anger Management and Responding to Aggressive Driving and Road Rage  
            | 12.5  Words to Know Definitions Page |
| Worksheets | 12.1  How Sleepy Are You? Questionnaire  
            | 12.3  How Aggressive Are You? Questionnaire  
            | 12.6  Words to Know Matchup |
| Learning Activities | 12.0  Key Words – Word Wall |
| Textbooks | Preferred Textbook: [HOW to DRIVE](#) Chapter 13  
            | Other Textbooks: [Drive Right](#): Chapter 6  
            | [Responsible Driving](#): Chapters 2, 16 and 17  
            | Other Textbook: ________________ |
| Unit 12 Test | Unit 12 Test – The Effects of Fatigue and Emotions on Driving – 10 questions |
### Unit 12 The Effects of Fatigue and Emotions on Driving

<table>
<thead>
<tr>
<th>Key Words</th>
<th>Unit 12 Activity</th>
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</thead>
<tbody>
<tr>
<td><strong>Unit Objectives:</strong></td>
<td><strong>Lesson Content</strong></td>
</tr>
<tr>
<td>Student will define the meaning of the key words in Unit 12.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
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<tbody>
<tr>
<td><strong>Key Words</strong></td>
<td><strong>Learning Activity 12.0:</strong> Learning Activity 12.0: Key Words – Word Wall</td>
</tr>
<tr>
<td>➢ Learning Activity 12.0</td>
<td>Throughout the instruction of Unit 12, conduct learning activity to help students with vocabulary and spelling of key words.</td>
</tr>
</tbody>
</table>
### Learning Activity 12.0

<table>
<thead>
<tr>
<th>Topic</th>
<th>Word Wall</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Key Words – Word Wall

#### Information

Students begin to assimilate a new language in driver and traffic safety education. Some words are familiar, but others are new. The use of a word wall helps students with vocabulary and spelling as well as provides students with a tool for reference without “giving away” answers.

#### Materials Needed

1. Make word cards out of paper, poster board, or card stock cut in strips.
2. Markers in various colors.
3. A space to post words (i.e., bulletin board).
4. Tape or stapler and staples to affix cards on the word wall.

#### Learning Activity

1. As the instructor introduces new words in a unit, the instructor should post these words on the word wall.
   a. The instructor should remind students to use the words on the wall for recall and correct spelling.
   b. When an instructor poses a question and a student correctly answers the question, the instructor should allow that student to make a word strip and post the strip in the designated location on the word wall. Because this is new learning, recalling words are part of the learning process.
   c. Students often enjoy decorating their word with a particular flair, color, or design.

2. Words may remain posted for just the unit or remain posted throughout the course.
### Lesson Objective:
Student will describe the causes of fatigue and how it affects a driver’s abilities.

### Lesson Content

#### Unit Objectives

- **Slides 12.1 and 12.2**
  
  Give an overview of what students should know and be able to do by the end of this unit.

#### Fatigue

- **Video Review 12.1**
  
  Duplicate and distribute Video Review 12.1. Students should complete the worksheet as they watch the video.

- **Slides 12.3 and 12.4 - Video 12.1**
  
  Discuss the topics covered in Video 12.1. Play Video 12.1.

  *Breakin’ Nite*

  *(Time: 7 minutes 36 seconds)*

  After viewing, review Video Review 12.1 to gauge student understanding of the video.
## The Causes and Effects of Fatigue

<table>
<thead>
<tr>
<th>Video Overview 12.1: Breakin’ Nite</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Title</strong></td>
</tr>
<tr>
<td>Breakin’ Nite</td>
</tr>
<tr>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>7 minutes 36 seconds</td>
</tr>
<tr>
<td><strong>Topics Covered</strong></td>
</tr>
<tr>
<td>1. How much sleep a person needs to be alert.</td>
</tr>
<tr>
<td>2. Real stories of drivers who were in a crash because they fell asleep while driving.</td>
</tr>
<tr>
<td>3. Ways to prevent fatigue and delay fatigue symptoms.</td>
</tr>
<tr>
<td><strong>Video Review</strong></td>
</tr>
<tr>
<td>1. Have students complete a video review worksheet as they watch the video.</td>
</tr>
<tr>
<td>2. After viewing the video, review the worksheet to gauge students’ understanding of the video.</td>
</tr>
<tr>
<td><strong>Instructor Notes</strong></td>
</tr>
</tbody>
</table>
## The Causes and Effects of Fatigue

### Video Review 12.1

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

1. Who is portrayed as being sleep deprived in the video? ______________________

_____________________________________________________________________

2. How many crashes each year are caused by driver fatigue? ___________________

_____________________________________________________________________

3. What should a driver do if s/he notices any sign of fatigue while driving?

_____________________________________________________________________

_____________________________________________________________________

4. What can increase alertness for a few hours, but drivers should not rely on it for long periods of time?

_____________________________________________________________________

5. How many hours of sleep should teens and young adults get each night?

_____________________________________________________________________
## Unit 12 The Effects of Fatigue and Emotions on Driving

<table>
<thead>
<tr>
<th>The Causes and Effects of Fatigue</th>
<th>Video Review 12.1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ANSWER KEY</td>
</tr>
</tbody>
</table>

To see the Answer Key you must purchase the 3.0 Curriculum.
# Unit 12 The Effects of Fatigue and Emotions on Driving

## The Causes and Effects of Fatigue

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fatigue</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Fact Sheet 12.1</td>
<td>➢ Fact Sheet 12.1: The Causes and Effects of Fatigue</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 12.1 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.5</td>
<td>➢ Slide 12.5: Causes of Fatigue</td>
</tr>
<tr>
<td>Discuss the definition and causes of fatigue.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.6</td>
<td>➢ Slide 12.6: Effects of Fatigue</td>
</tr>
<tr>
<td>Discuss the effects of fatigue and how drowsiness can affect every process involved in safe driving.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.7</td>
<td>➢ Slide 12.7: Risks of Drowsy Driving</td>
</tr>
<tr>
<td>Discuss the risks of drowsy driving and how driving while drowsy increases the chance of a collision dramatically.</td>
<td></td>
</tr>
</tbody>
</table>
Fatigue - Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep

Causes of fatigue
- Physical strain (hard work)
- Mental strain (stress) Monotonous tasks (long driving trips)
- Illness
- Lack of sleep
- Sun glare
- Overeating
- Riding in a warm passenger compartment

Effects of fatigue
- Impairs reaction time, judgment and vision
- Impairs the senses and abilities
- May not see objects clearly or in a timely manner
- May miss critical information – signs, lights and sounds
- Takes longer to process information or make decisions

Risks of drowsy driving
Drowsy driving is one of the leading causes of traffic collisions. The NHTSA estimates that 100,000 police-reported crashes year are the result of drowsy driving. According to the National Sleep Foundation’s *Sleep in America* poll, more than one third (36 percent or 103 million people) admit to having actually fallen asleep at the wheel. Drivers may experience short bursts of sleep lasting only a few seconds or fall asleep for longer periods of time. Either way, the chance of a collision increases dramatically.
## Lesson Content

<table>
<thead>
<tr>
<th>Fatigue</th>
<th>Materials and Resources</th>
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</thead>
<tbody>
<tr>
<td>Slide 12.8</td>
<td>Slide 12.8: Who is Most at Risk for Drowsy Driving?</td>
</tr>
<tr>
<td>Discuss who is most at risk for drowsy driving.</td>
<td></td>
</tr>
<tr>
<td>Slide 12.9</td>
<td>Slide 12.9: Fatigue Warning Signs</td>
</tr>
<tr>
<td>Discuss the warning signs of fatigue and what to do at the first sign of fatigue.</td>
<td></td>
</tr>
</tbody>
</table>

### Slide 12.8: Who is Most at Risk for Drowsy Driving?

- Heavy eyelids
- Yawning repeatedly or rubbing eyes
- Daydreaming
- Trouble remembering miles driven
- Trouble keeping head up
- Drifting from lane, following too closely or hitting a shoulder rumble strip
- Restless and irritable
Who is Most at Risk for Drowsy Driving and Warning Signs of Fatigue

Drowsy driving - who is most at risk?
- Drivers who are:
  - Sleep deprived
  - Driving long distances without rest breaks
  - Driving through the night or at other times when they are normally asleep
  - Taking medicine that increases sleepiness
  - Driving alone
  - Driving on long, rural, boring roads
  - Frequent travelers, e.g. business travelers
- Drivers with undiagnosed or untreated sleep disorders
- Young drivers
- Shift workers
- Commercial drivers

Fatigue warning signs:
- Difficulty focusing, frequent blinking or heavy eyelids
- Yawning repeatedly or rubbing eyes
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven; missing exits or traffic signs
- Trouble keeping head up
- Drifting from your lane, following too closely or hitting a shoulder rumble strip
- Feeling restless and irritable

If you notice any signs of fatigue, stop driving and go to sleep for the night or take a 15 – 20 minute nap
# Unit 12 The Effects of Fatigue and Emotions on Driving

## The Causes and Effects of Fatigue

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<th>Lesson Content</th>
<th>Materials and Resources</th>
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</thead>
<tbody>
<tr>
<td><strong>Fatigue</strong></td>
<td></td>
</tr>
<tr>
<td>✚ Slide 12.10</td>
<td>✚ Slide 12.10: Preventing Drowsiness Before a Trip</td>
</tr>
<tr>
<td>Discuss ways to prevent drowsiness before a trip.</td>
<td></td>
</tr>
<tr>
<td>✚ Slide 12.11</td>
<td>✚ Slide 12.11: Maintaining Alertness While Driving</td>
</tr>
<tr>
<td>Discuss how to maintain alertness while driving.</td>
<td></td>
</tr>
<tr>
<td>✚ Slide 12.12</td>
<td>✚ Slide 12.12: Ineffective Actions</td>
</tr>
<tr>
<td>Discuss ineffective actions to prevent drowsy driving.</td>
<td></td>
</tr>
<tr>
<td>✚ Slide 12.13</td>
<td>✚ Slide 12.13: Rest is the Key</td>
</tr>
<tr>
<td>Emphasize that rest is the key to preventing drowsy driving and explain how to safely stop and rest from driving.</td>
<td></td>
</tr>
</tbody>
</table>

**Lesson Content Materials and Resources**

**Slide 12.10: Preventing Drowsiness Before a Trip**
- Get adequate sleep – 8 to 9 hours
- Prepare route to identify total distance, stopping points and other logistics
- Drive with a passenger
- Avoid medications that cause drowsiness

**Slide 12.11: Maintaining Alertness While Driving**
- Wear sunglasses
- Avoid heavy foods
- Be aware of dawn time during the day
- Drive with a passenger and take turns
- Take periodic breaks
- Take a nap if needed
- Consume caffeine – do not rely on it

**Slide 12.12: Ineffective Actions**
- “Toughing it out”
- Playing the radio loudly
- Driving at a faster or slower speed
- Chewing gum
- Opening the windows

**Slide 12.13: Rest is the Key**
- Find a populated, lighted area
- Stop where security is present or as far off the highway as possible
- Open windows slightly
- Lock all doors and turn off engine
- Turn on parking lights
- After resting, get out and walk a few minutes before driving
The Causes and Effects of Fatigue

Preventing Drowsiness and Maintaining Alertness

Preventing drowsiness before a trip:
- Get adequate sleep – adults need 8 to 9 hours to maintain alertness
- Prepare route carefully to identify total distance, stopping points and other logistic considerations
- Drive with a passenger
- Avoid medications that cause drowsiness

Maintaining alertness while driving:
- Protect yourself from glare and eyestrain with sunglasses
- Avoid heavy foods
- Be aware of down time during the day
- Have another person ride with you, and take turns driving
- Take periodic breaks – about every 100 miles or 2 hours during long trips
- Stop driving and get some rest or take a nap
- Consume caffeine – can increase awareness for a few hours, but do not drink too much. It will eventually wear off. Do not rely on caffeine to prevent fatigue.

Ineffective actions:
- “Toughing it out”
- Playing the radio loudly
- Driving at a faster or slower speed
- Chewing gum
- Opening the windows

Rest is the key:
It is usually not a good idea to sleep in a vehicle at the side of the road, but there may be times when it is safer than continuing to drive. If you must stop along the side of the road:
- Find a populated, lighted area
- Stop where security is present or make sure you are as far off the highway as possible
- Open windows slightly, but not enough to allow entry from outside
- Lock all doors and turn off the engine
- Turn on parking lights and turn off other electrical equipment
- After you rest, if safe, get out of the vehicle and walk a few minutes before driving, sleeping for more than 20 minutes can make you groggy for at least 5 minutes after awakening
### Fatigue

#### Worksheet 12.1

Duplicate and distribute Worksheet 12.1. Have students complete the questionnaire to measure their general level of daytime sleepiness.

After completion, tell the students, if their total is 10 or higher, they should consider discussing these results with their physical or other health care provider.

#### Worksheet 12.1: How Sleepy Are You?
<table>
<thead>
<tr>
<th>Activity</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting &amp; reading</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>Watching television</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>Sitting inactive in a public place, for example, a theater or meeting</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>As a passenger in a car for an hour without a break</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>Lying down to rest in the afternoon</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>Sitting &amp; talking to someone</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>In a car, while stopped in traffic</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
<tr>
<td>Sitting quietly after lunch (when you’ve had no alcohol)</td>
<td></td>
<td>Slight chance of</td>
<td>Moderate chance of dozing</td>
<td>High chance of dozing</td>
</tr>
</tbody>
</table>

If your total is 10 or higher, consider discussing these results with your physician or other health care provider. Keeping a sleep diary for two weeks or longer can help you identify behaviors that might contribute to your fatigue. 

Source: The National Road Safety Foundation
### The Causes and Effects of Fatigue

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<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
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</thead>
<tbody>
<tr>
<td><strong>Fatigue</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Class Discussion</td>
<td>➢ Fact Sheet 12.1: The Causes and Effects of Fatigue</td>
</tr>
</tbody>
</table>

Discuss how to determine if you are at risk for drowsy driving before you drive.
## The Causes and Effects of Fatigue

### Fact Sheet 12.1 continued

### Are You at Risk?

Before you drive, consider whether you are:

- Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)
- Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt
- Driving long distances without proper rest breaks
- Driving through the night, mid-afternoon or when you would normally be asleep
- Taking sedating medications (antidepressants, cold tablets, antihistamines)
- Working more than 60 hours a week (increases your risk by 40%)
- Working more than one job, and your main job involves shift work
- Driving alone or on a long, rural, dark or boring road
- Flying, changing time zone?
### Emotions that Can Affect Driving Behavior

#### Lesson Objective:
Student will describe the kinds of emotions that can affect driving behavior and examine the effects of emotions on driving.

#### Lesson Content

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ <strong>Fact Sheet 12.2</strong></td>
<td>➢ <strong>Fact Sheet 12.2</strong>: Emotions that Can Affect Driving Behavior</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 12.2 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Class Discussion</strong></td>
<td>➢ Chalkboard / dry-erase board</td>
</tr>
<tr>
<td>Ask the class to create a list of emotions that affect driving and discuss how those do affect driving. Use chalkboard or dry-erase board to create list.</td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Slide 12.14</strong></td>
<td>➢ <strong>Slide 12.14</strong>: Effects of Emotions</td>
</tr>
<tr>
<td>Discuss the effects that emotions have on the body.</td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Slide 12.15</strong></td>
<td>➢ <strong>Slide 12.15</strong>: Controlling Emotions</td>
</tr>
<tr>
<td>Discuss how to control emotions before getting behind the wheel.</td>
<td></td>
</tr>
</tbody>
</table>
Emotions that Can Affect Driving Behavior

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Fact Sheet 12.2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Content Information</td>
</tr>
<tr>
<td>Emotions</td>
<td></td>
</tr>
</tbody>
</table>

**Emotions that affect driving:**
- Anger
- Anxiety
- Joy, happiness
- Fear
- Hate
- Grief
- Love

**General effects of emotions:**
- Interfere with your ability to think
- Create mental distractions
- Create inattentiveness
- Can cause you to act out your emotions
- Increase risk taking
- Create a lack of concentration
- Interrupts ability to process information

**Physical effects of emotions:**
- Heartbeat increases
- Breathing quickens
- Digestion slows
- Palms sweat
- Feeling of exhaustion
- Physical stress

**Controlling emotions:**
- Understand one’s emotional makeup
- Identify situations that cause emotional stress
- Expect other drivers to make mistakes
- Understand that emotions are contagious
- Direct emotions toward actions, not individuals
- Delay driving when upset
- If upset, ask someone else to drive
### Emotions that Can Affect Driving Behavior

<table>
<thead>
<tr>
<th>Lesson Content</th>
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<tr>
<td><strong>Emotions</strong></td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Class Discussion</strong></td>
<td>➢ Chalkboard / dry-erase board</td>
</tr>
</tbody>
</table>

Have the class generate a list of ways that passengers can affect a driver. Use chalkboard or dry-erase board to generate list.

➢ **Slide 12.16**

Discuss how passengers can influence the way a driver thinks and what the driver can do to not let passengers affect the driver.

Discuss how passengers can help the driver maintain control while driving by taking actions to prevent aggressive driving or speeding.

➢ **Slide 12.16: Passengers and Emotions**
Passengers and Emotions

In a vehicle, passengers can influence the way a driver thinks, feels and drives.

- When you are the driver, you need to take responsibility for the safety of your passengers
- Do not let peer pressure or group pressure allow you to take more risk
- Do not get into an argument or discussion with other passengers while driving, which may cause you to become upset

Passengers can help the driver maintain control while driving by taking actions to prevent aggressive driving or speeding.

- Avoid distracting or upsetting the driver
- Discourage the driver from driving recklessly
- Do not encourage the driver to speed or drive in a reckless manner
- Praise the driver for doing a good job in a difficult situation
## Lesson Objective:
Student will describe aggressive driving and road rage characteristics and the different types and degrees of aggression.

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aggressive Driving</strong></td>
<td><strong>Video Review 12.3</strong></td>
</tr>
<tr>
<td></td>
<td>Duplicate and distribute Video Review 12.3. Students should complete the worksheet as they watch the video.</td>
</tr>
<tr>
<td></td>
<td><strong>Slides 12.17 and 12.18 – Video 12.3</strong></td>
</tr>
<tr>
<td></td>
<td>Discuss the topics covered in Video 12.3. Play Video 12.3.</td>
</tr>
<tr>
<td></td>
<td><em>Cage the Rage</em></td>
</tr>
<tr>
<td></td>
<td>(Time: 4 minutes 33 seconds)</td>
</tr>
<tr>
<td></td>
<td>After viewing, review Video Review 12.3, using Answer Key to gauge student understanding of the video. Ask students if they have ever been in a situation involving aggressive driving or road rage.</td>
</tr>
<tr>
<td></td>
<td><strong>Video Review 12.3 and Answer Key: Cage the Rage</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Slide 12.17 and 12.18: Video 12.3 Cage the Rage</strong></td>
</tr>
</tbody>
</table>
## Video Overview 12.3: Cage the Rage

<table>
<thead>
<tr>
<th><strong>Title</strong></th>
<th>Cage the Rage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>4 minutes 33 seconds</td>
</tr>
</tbody>
</table>

### Topics Covered

1. Who is an aggressive driver?
2. The consequences of aggressive driving.
3. Real stories about aggressive driving situations.
4. How to avoid aggressive driving.

### Video Review

1. Have students complete a video review worksheet as they watch the video.
2. After viewing the video, review the worksheet to gauge students’ understanding of the video.

### Instructor Notes
### Video Review 12.3: Cage the Rage

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

1. How many accidents nationwide involve some type of aggressive driving?

____________________________________________________________________

2. List some of the consequences of aggressive driving discussed in the video.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. Describe some situations discussed in the video that led to aggressive driving?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. What are some things you can do to prevent aggressive driving?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
## Aggressive Driving and Road Rage

To see the Answer Key you must purchase the 3.0 Curriculum.
## Unit 12 The Effects of Fatigue and Emotions on Driving

### Aggressive Driving and Road Rage

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
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</thead>
<tbody>
<tr>
<td><strong>Aggressive Driving</strong></td>
<td><strong>Fact Sheet 12.3: Aggressive Driving and Road Rage</strong></td>
</tr>
<tr>
<td>➢ Fact Sheet 12.3</td>
<td>➢ Slide 12.19: Aggressive Driving</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 12.3 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.19</td>
<td></td>
</tr>
<tr>
<td>Discuss the definition and examples of aggressive driving.</td>
<td></td>
</tr>
<tr>
<td>Ask if anyone knows someone or has driven with someone who has been an aggressive driver.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.20</td>
<td>➢ Slide 12.20: Road Rage</td>
</tr>
<tr>
<td>Discuss the definition and examples of road rage.</td>
<td></td>
</tr>
<tr>
<td>➢ Class Discussion</td>
<td>➢ Slide 12.21: Types of Aggression</td>
</tr>
<tr>
<td>Discuss the formula for road rage and how our society has normalized this behavior.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.21</td>
<td></td>
</tr>
<tr>
<td>Describe the three types of aggression.</td>
<td></td>
</tr>
</tbody>
</table>
### Aggressive Driving and Road Rage

**Aggressive driving** – occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others’ safety. Examples of aggressive driving include:

- Exceeding the speed limit
- Following too closely
- Failing to obey traffic controls
- Making improper turns and maneuvers

**Road rage** – occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others. Road rage is an escalation of emotions generally ignited by aggressive driving behaviors. Examples of road rage include:

- Throwing objects at a vehicle
- Yelling at a specific roadway user
- Attempting to ram another vehicle

**Formula for road rage:**
This formula comes into play when we look at how our society has normalized disrespectful and hostile behavior. When these elements are added to our roadways that contain more cars, less space and more driver interactions, the result is a social normalization of behaviors that are more aggressive and violent in nature.

**Types of aggression:**

- **Verbal aggression:** yelling, cussing, gesturing, honking, insulting *(aggressive driving)*
- **Quiet aggression:** complaining, rushing, competing, resisting by not letting others in *(aggressive driving)*
- **Epic aggression:** cutting off, blocking, chasing, physically fighting, shooting *(road rage)*
### Lesson Content

**Road Rage**

- **Slides 12.22 through 12.24**

  Discuss different degrees of aggressive driving behaviors and characteristics of each.

### Materials and Resources

- **Slides 12.22 through 12.24: Do You Drive Aggressively?**

  - **Do You Drive Aggressively?**
    - The "rush-in" area
    - Constant tailgating and cutting off other drivers
    - Road rage and incidents
    - Speeding past other car, revving engine
    - "Targeting"
    - Yelling through the window, honking

  - **Do You Drive Aggressively?**
    - The "total aggression" area
    - Constantly ridiculing and criticizing other drivers
    - Speeding past other car, revving engine
    - "Targeting"
    - Yelling through the window, honking

  - **Do You Drive Aggressively?**
    - The "violence" area
    - Carrying a weapon just in case
    - Block drivers, bumper or running
    - Trying to run a car off the road
    - Getting out of the car and hitting someone
    - Trying to run someone else down

### Aggressive Driving and Road Rage

#### Degrees of aggression

1. **The “rush-in” area (aggressive driving)**
   - Constant rushing and lane jumping is your style.
   - Others are just in your way. Get ahead.
   - Ignore road signs and regulations. They are for other drivers.
   - Driving with distraction, low alertness, inattention.

2. **The “total aggression” area (aggressive driving)**
   - Constantly ridiculing and criticizing other drivers to self or passengers.
   - Closing gap to deny entry into lane.
   - Giving the “look” to show disapproval.
   - Speeding past another car, revving engine.
   - Prevent others from passing you.
   - Tailgating to pressure a driver to go faster or get out of your way.
   - Fantasizing physical violence.
   - Honking, yelling through the window.
   - Making visible insulting gestures.

3. **The “violence” area (road rage)**
   - Carrying a weapon, just in case.
   - Deliberately bumping or ramming another vehicle.
   - Trying to run a car off the road to punish.
   - Getting out of the car, beating or battering someone.
   - Trying to run someone down.
   - Shooting at another car.
   - Thoughts of killing someone.
### Aggressive Driving and Road Rage

#### Part 3 continued

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aggressive Driving</strong></td>
<td><strong>Worksheet 12.3: How Aggressive Are You?</strong></td>
</tr>
<tr>
<td>➢ <strong>Worksheet 12.3</strong></td>
<td>➢ <strong>Worksheet 12.3: How Aggressive Are You?</strong></td>
</tr>
<tr>
<td>Duplicate and distribute Worksheet 12.3. Have students complete the questionnaire to see how aggressive they or someone they know is while driving.</td>
<td></td>
</tr>
<tr>
<td>After completion, have the students tally their score and determine how aggressive they are while driving.</td>
<td></td>
</tr>
</tbody>
</table>
## How Aggressive Are You? Questionnaire

Name | Date
--- | ---

Use this questionnaire from the *National Road Safety Foundation* to measure how aggressive you or someone you know is while driving. For each behavior or possible violation check the current action.

<table>
<thead>
<tr>
<th></th>
<th>A’s</th>
<th>B’s</th>
<th>C’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seatbelts</td>
<td>□ always</td>
<td>□ sometimes</td>
<td>□ never</td>
</tr>
<tr>
<td>Obeying Speed Limits</td>
<td>□ drives at limit</td>
<td>□ drives 10 mph over limit</td>
<td>□ drives 20 mph over limit</td>
</tr>
<tr>
<td>At Stop Signs</td>
<td>□ comes to a complete stop</td>
<td>□ slowly rolls through</td>
<td>□ does not stop</td>
</tr>
<tr>
<td>Frequent Lane Changes</td>
<td>□ never</td>
<td>□ rarely</td>
<td>□ very often</td>
</tr>
<tr>
<td>Yellow Signal</td>
<td>□ slows/stops as appropriate</td>
<td>□ rolls through</td>
<td>□ speeds up and goes through</td>
</tr>
<tr>
<td>Slow Driver in Front</td>
<td>□ changes lanes/ passes safely</td>
<td>□ changes lanes/ passes dangerously</td>
<td>□ tailgates</td>
</tr>
<tr>
<td>Bad Weather Conditions</td>
<td>□ adjusts as necessary</td>
<td>□ drives at normal speed</td>
<td>□ drives too fast</td>
</tr>
<tr>
<td>Mood While Driving</td>
<td>□ calm and patient</td>
<td>□ a little frustrated</td>
<td>□ screaming at others</td>
</tr>
<tr>
<td>Lane Changing</td>
<td>□ always signals</td>
<td>□ sometimes signals</td>
<td>□ never signals</td>
</tr>
<tr>
<td>Attention Span</td>
<td>□ maintains attention</td>
<td>□ generally good</td>
<td>□ distracted with other things</td>
</tr>
<tr>
<td>Use of Headlights</td>
<td>□ at all times</td>
<td>□ for bad weather and darkness only</td>
<td>□ never</td>
</tr>
<tr>
<td>Stopping at Red Lights</td>
<td>□ always</td>
<td>□ only when there is traffic</td>
<td>□ never</td>
</tr>
<tr>
<td>Allowing Pedestrians to Cross</td>
<td>□ always</td>
<td>□ sometimes</td>
<td>□ never</td>
</tr>
<tr>
<td>Faced with an Aggressive Driver</td>
<td>□ move out of way</td>
<td>□ proceed with caution</td>
<td>□ compete with driver</td>
</tr>
<tr>
<td>When Parking</td>
<td>□ take up one spot</td>
<td>□ take up two spots</td>
<td>□ park horizontally</td>
</tr>
<tr>
<td>Stopping to Talk to Other Road Users</td>
<td>□ never</td>
<td>□ sometimes, if they’re cute</td>
<td>□ always (when they cut me off or get in the way)</td>
</tr>
</tbody>
</table>

Your score is □

- Mostly A’s – You are a Duke Bugsky and you are OK…
- Mostly B’s – You are a Big Sid which is unsafe and unacceptable
- Mostly C’s – You are a Law Violator and will get pulled over by Trooper Dale, you are a GOTCHA!! *Source: National Road Safety Foundation*
### Lesson Objective:
Student will develop strategies for anger management and for responding to aggressive driving and road rage.

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strategies for Anger Management</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Fact Sheet 12.4</td>
<td>➢ Fact Sheet 12.4: Strategies for Anger Management</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 12.4 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.25</td>
<td>➢ Slide 12.25: Self-Imposed Anxieties</td>
</tr>
<tr>
<td>Discuss how self-imposed anxieties can affect driving behaviors.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.26</td>
<td>➢ Slide 12.26: Dangerous Maneuvering</td>
</tr>
<tr>
<td>Discuss how driver actions precipitate anger.</td>
<td></td>
</tr>
</tbody>
</table>
**Unit 12 The Effects of Fatigue and Emotions on Driving**

### Strategies for Anger Management and Responding to Aggressive Driving and Road Rage

#### Content Information

<table>
<thead>
<tr>
<th>Strategies for Anger Management</th>
<th>Fact Sheet 12.4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anger is the basis for rage</strong></td>
<td>Content Information</td>
</tr>
</tbody>
</table>

The irrational actions of others create anger. There is potential for rage if a driver feels he/she has been violated or his/her safety has been threatened.

#### Self-imposed anxieties and dangerous reactions/maneuvers

Anyone can enter a driving situation with varying amounts of anxiety which can negatively influence driving behavior. The idea is to recognize these thoughts and not allow them to influence his/her driving.

Examples include:

- “I am going to be late if I don’t hurry up.”
- “Why are these cars going so slow?”
- “We will never make it.”
- “If only I had gone a little faster I could have made it.”
- “Oh no. Red light!”

#### Dangerous maneuvering includes:

- “All of these cars are trying to squeeze in!”
- “I have a lead foot!”
- “Ha! I will speed up and show him a lesson!”
- “Everyone else is speeding!”
- “Let’s tailgate this car in front of me.”
- “He’s driving too slowly!”

---

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## Strategies for Anger Management and Responding to Aggressive Driving and Road Rage

<table>
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<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strategies for Anger Management</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Slide 12.27</td>
<td>➢ Slide 12.27: Reduce Stress</td>
</tr>
<tr>
<td>Discuss how to reduce stress when driving.</td>
<td><img src="image" alt="Reduce Stress" /></td>
</tr>
<tr>
<td>➢ Slide 12.28</td>
<td>➢ Slide 12.28: Don’t Trigger Aggression in Others</td>
</tr>
<tr>
<td>Discuss how not to trigger aggression in others.</td>
<td><img src="image" alt="Don't Trigger Aggression in Others" /></td>
</tr>
</tbody>
</table>
## Strategies for Anger Management

### Reduce your stress

- Leave plenty of time
- Drive the posted speed limit
- Minimize distractions: take out glasses, put purse/briefcase, phone away
- Don’t drive when angry, upset or overly tired
- Alter your schedule to avoid peak drive times
- Monitor your physical / emotional condition. Loosen your grip on the wheel. Sit back.
- Know where you are going – keep directions out. Know alternate routes.
- Relax and concentrate on driving
- Be polite

### Don’t trigger aggression in others

- Keep a safe following distance from the car ahead. You will need the room if something unexpected happens.
- Don’t cut off other drivers
- Leave plenty of room when merging
- Give others the space they need to merge safely. Don’t “close the gap.”
- Keep right except to pass
- Move right to let others pass
- Always use your turn signals before changing lanes
- Avoid gestures that might anger another driver
- Use your horn sparingly
- Do not park across multiple parking spaces or touch adjacent vehicles while parking or entering or exiting the vehicle
- When using high-beam headlights, return to using low-beam headlights as soon as you detect an oncoming vehicle
<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Responding to Aggressive Driving and Road Rage</strong></td>
<td></td>
</tr>
</tbody>
</table>
| ➢ Slide 12.29 | ➢ Slide 12.29: Responding to Aggressive Driving and Road Rage  
| Discuss how to deal with a driver who is angry and is driving aggressively. |  
| ![Image](Responding_to_Agressive_Drivers.png) |  
| - Get out of their way  
| - Don't respond  
| - Avoid eye contact  
| - Ignore gestures and name-calling  
| - Do not get out of your vehicle  
| - Drive away from the area, if possible, drive to a public space, not home – report serious aggressive driving. |
Dealing with anger:

Just like all other driving skills, containing or managing your anger on the roadway requires training and thought prior to engaging in the driving task. One should realize that responding to another driver’s negative behavior can lead to a dangerous situation. Keep in mind that everyone makes errors in his/her driving.

To deal with anger:

- Get out of his/her way
- Don’t respond – do not challenge him/her by speeding up or attempting to hold-your-own in your path of travel
- Don’t engage – avoid eye contact, which can sometimes anger an aggressive driver
- Ignore gestures and name calling – refuse to return them
- Be tolerant and forgiving – the other driver may be having a bad day and looking for a way to vent anger
- Be polite and courteous – your behavior may help reduce the other driver’s anger
- Do not get out of your vehicle
- Drive away from the area, if possible, drive to a public space, not home – report serious road rage
<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Review Questions</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Review Questions</td>
<td>➢ Unit 12 Review Questions</td>
</tr>
</tbody>
</table>

Ask review questions to summarize discussion on Unit 12.
Unit 12 Review Questions

1. Name two causes of fatigue.

2. Name two effects of fatigue.

3. What can you do to prevent drowsiness before a trip?

4. What are two general effects of emotions?

5. What is the formula for road rage?

6. What is the difference between aggressive driving and road rage?

7. What are some ways to reduce stress when driving?

8. What should you do when confronted by an aggressive driver?

To see the Answer Key you must purchase the 3.0 Curriculum.
## Unit 12 The Effects of Fatigue and Emotions on Driving

### Lesson Content

#### Words to Know Review

- **Fact Sheet 12.5**
  
  Duplicate and distribute Fact Sheet 12.6. Use the definitions page as a resource for teaching and for the students as a resource and study guide.

- **Worksheet 12.5**
  
  Duplicate and distribute. Have students complete the worksheet.

  Review the answers.

### Materials and Resources

- **Fact Sheet 12.5: Unit 12 Words to Know Definitions Page**

- **Worksheet 12.5 and Answer Key: Unit 12 Words to Know Matchup**
## Unit 12 Words to Know Definitions Page

<table>
<thead>
<tr>
<th>Fact Sheet 12.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content Information</td>
</tr>
</tbody>
</table>

### Aggressive driving
- occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety

### Epic aggression
- a type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver

### Fatigue
- physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep

### Quiet aggression
- a type of aggressive driving in which the driver complains, rushes, competes or resists with another driver

### Road rage
- occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others

### “Rush-in” area
- a degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction

### “Total aggression” area
- a degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, closes a gap to deny entry into lane, gives a “look” to show disapproval, speeds past another car, tailgates, fantasizes about physical violence, honks, yells or makes visible insulting gestures

### Verbal aggression
- a type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver

### “Violence” area
- a degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, gets out of the car and hits someone, tries to run someone done, shoots at another car or thoughts of killing someone
## Unit 12 Words to Know Matchup

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<thead>
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</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
<td><strong>Date</strong></td>
<td></td>
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</tbody>
</table>

**Directions:** Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>______ 1. A type of aggressive driving in which the driver complains, rushes, competes or resists with another driver</td>
<td>A. Aggressive driving</td>
<td></td>
</tr>
<tr>
<td>______ 2. A degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction</td>
<td>B. Epic aggression</td>
<td></td>
</tr>
<tr>
<td>______ 3. A type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver</td>
<td>C. Fatigue</td>
<td></td>
</tr>
<tr>
<td>______ 4. A type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver</td>
<td>D. Quiet aggression</td>
<td></td>
</tr>
<tr>
<td>______ 5. A degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, or uses a weapon</td>
<td>E. Road rage</td>
<td></td>
</tr>
<tr>
<td>______ 6. Occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others</td>
<td>F. “Rush-in” area</td>
<td></td>
</tr>
<tr>
<td>______ 7. Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep</td>
<td>G. “Total aggression” area</td>
<td></td>
</tr>
<tr>
<td>______ 8. A degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, speeds past another car, tailgates, honks, yells or makes visible insulting gestures</td>
<td>H. Verbal aggression</td>
<td></td>
</tr>
<tr>
<td>______ 9. Occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety</td>
<td>I. “Violence” area</td>
<td></td>
</tr>
<tr>
<td>Unit 12 Words to Know Matchup</td>
<td>Worksheet 12.5 ANSWER KEY</td>
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</table>

To see the Answer Key you must purchase the 3.0 Curriculum.
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<th>Unit Review and Test</th>
<th>Materials and Resources</th>
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<td><strong>Lesson Content</strong></td>
<td><strong>Slide 12.30:</strong> Unit Review</td>
</tr>
<tr>
<td>Slide 12.30</td>
<td>Discuss what the students have learned by the end of this unit.</td>
</tr>
<tr>
<td>Reading Assignment</td>
<td>Assign students the reading material for the next unit. Students might begin reading after they have completed the Unit 12 Test.</td>
</tr>
<tr>
<td>Unit 12 Test</td>
<td>Duplicate and distribute the Unit 12 Test. Collect and grade the test. After returning tests to the students, review the answers and clarify any confusion.</td>
</tr>
<tr>
<td>Reading Assignment</td>
<td>Preferred Textbook: HOW to DRIVE Chapter 17</td>
</tr>
<tr>
<td>Other Textbooks:</td>
<td>Drive Right: Chapter 18</td>
</tr>
<tr>
<td>Unit 12 Test, page 12-50</td>
<td>Other Textbook: ___________________</td>
</tr>
</tbody>
</table>

Other Textbooks:
- Drive Right: Chapter 18
- Other Textbook: _______________
In this unit, you learned:

- The causes of fatigue and how it affects a driver’s abilities.
- The kinds of emotions that can affect driving behavior and the effects of emotions on driving.
- Aggressive driving and road rage characteristics and the different types and degrees of aggression.
- Strategies for anger management and how to respond to aggressive driving and road rage.
- Key words associated with the unit objectives.
To see the Unit Test you must purchase the 3.0 Curriculum.
To see the Unit Test you must purchase the 3.0 Curriculum.
To see the Answer Key you must purchase the 3.0 Curriculum.