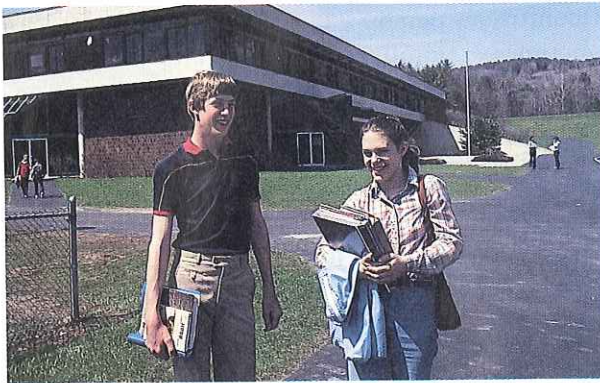


## CHAPTER 3 OBJECTIVES

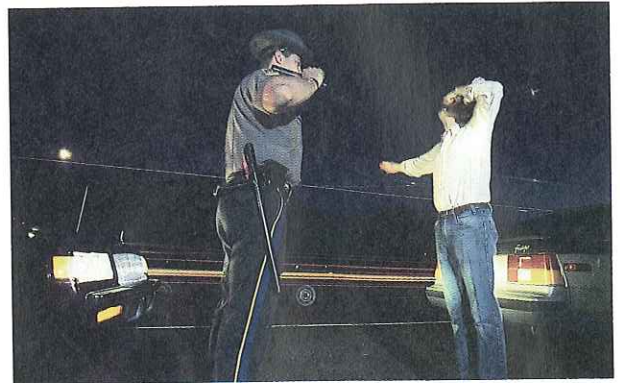
### LESSON ONE



#### Alcohol's Effect on One's Health and One's Future

1. Describe the effects of alcohol.
2. Name some responsibilities regarding drinking.
3. Explain how to identify a problem drinker.

### LESSON TWO



#### Alcohol and Its Effects on Driving

4. Explain how alcohol affects driving ability.
5. Name the laws about and penalties for driving while intoxicated.

### LESSON THREE



#### How Other Drugs Affect Driving Ability

6. Describe other kinds of drugs that affect driving ability.

### LESSON FOUR



#### Distractions Can Increase Driving Risk

7. Describe how distractions can hinder your driving ability.

You are at an exciting, yet confusing, time in your life. Sometimes people treat you as an adult, other times as a child. Learning to cope with this partial independence is a natural stage of growing up. It is the time when you are very vulnerable to *peer pressure*, or the influence of friends who are in your age group.

Peer pressure can influence the way you dress, your taste in music, and even the way you walk and talk. This is usually harmless.

However, peer pressure can also influence you in ways that can damage you and your future; one of the ways is if that pressure causes you to experiment with drinking alcohol. Understanding how alcohol has the potential to destroy your hopes, dreams, and ambitions can help you to resist destructive peer pressure.

### What Are the Effects of Alcohol?

Alcohol is a powerful drug—it can change the way people act, the way they think, and the way they feel. Many people experiment with alcohol to overcome feelings of shyness, inhibition, unhappiness, or because it makes them feel like part of the group. However, alcohol is a dangerous drug. A person can begin drinking to be part of the “in” crowd, but can become a problem drinker, addicted to alcohol, and all alone.

Alcohol addiction can creep up slowly and take complete control of a

person's life. School, work, friends, family, plans for the future become meaningless to the problem drinker. In the end, problem drinkers need increasing amounts of alcohol to get the same effect. They become psychologically and physically dependent on it.

Many people feel secure. “That won't happen to me,” they say. “I'll be able to control my drinking.” However, people can't know beforehand how drinking will affect them. The only way to be sure of not becoming a problem drinker is not to pick up that first drink. Two things are certain: choosing not to drink guarantees *not* becoming addicted to alcohol; choosing to drink guarantees the chance of becoming addicted to alcohol.

### What Are a Person's Responsibilities Regarding Drinking?

There is no such thing as responsible drinking. There are, however, responsibilities that everyone has regarding alcohol drinking and drinkers.

◆ What responsibilities do people have to themselves? They have a responsibility to protect themselves from the hazards that drinking poses to their health and well-being. They also have a responsibility to protect themselves and others from the threat of people who drink and drive.



**No one is alone. If a person or someone he or she knows has a drinking problem, he or she can contact:**

**Alcoholics Anonymous**  
P.O. Box 459  
Grand Central Station  
New York, NY 10163

**Alateen**  
P.O. Box 862  
Midtown Station  
New York, NY 10018

◆ What is your responsibility to a friend who has been drinking? If you are with someone who has been drinking, don't let that person drive. You can help by taking the car keys, driving yourself, calling your parents for a ride, calling a taxi, or making other arrangements.

◆ What can people do if they or someone they know is a problem drinker or is afraid they may be at risk of becoming one? There are support groups to help problem drinkers and their relatives, friends, and loved ones. These groups promise to keep any information confidential. Two such groups are Alcoholics Anonymous, or AA, and Alateen.

Alcoholics Anonymous is listed in your local phone book. AA is an organization for people who feel that they might have a problem with alcohol or know that they have a problem and need help. Alateen is a support group for young people who have an alcoholic parent, sibling, or friend.

### What Are the Symptoms of a Problem Drinker?

Before people can offer help to a problem drinker or know if they need that help themselves, they must be able to recognize the signs of problem drinking. Look for changes in a person's behavior or life situation such as loss of initiative, frequent lateness and absences from school, loss of friends, and trouble with the law. In addition, a person with a drinking problem often drinks alone, becomes secretive, has trouble sleeping, drinks more than was originally planned, and suffers from memory loss or blackouts.

Other symptoms can be seen in the serious health problems that can afflict the problem drinker or alcoholic. Alcohol abuse can result in liver failure, heart disease, inflammation of the pancreas, cancer, brain damage, convulsions, and malnutrition.

Alcoholism is a disease. Its consequences are devastating, and include loss of self-esteem, loss of friends and family, and even loss of life. The best defense against this disease is to say "No" when you are offered that first drink.

### CHECKPOINT

1. What can be the consequences of alcohol use?
2. What responsibilities do people have to themselves and to their friends regarding drinking?
3. How would you recognize the signs of a problem drinker and what might you do to help that person?



### WHAT WOULD YOU DO?

*You and a friend are offered a drink. You say, "No," but your friend wants to try one. What will you say to your friend?*



When you are behind the wheel of a car, all of your senses must be on red alert. You must be able to react quickly to potentially threatening conditions and then make split-second decisions. Being a good driver takes skill and judgment. No matter how good a driver you are, however, alcohol *will* decrease your skill and *will* damage your judgment.

### How Does Alcohol Affect Driving Ability?

Even one drink might be enough to impair your ability to drive safely. From the moment alcohol enters your bloodstream, you begin to lose your ability to think clearly. Even a small amount of alcohol causes changes in your coordination. It should not come as a surprise that at least half of all highway deaths are alcohol-related.

#### EFFECTS OF ALCOHOL

Amount of beverage	Concentration of alcohol in bloodstream	Typical effects
1 cocktail (1½ oz. whiskey) 1 glass (5½ oz.) wine 1 bottle (12 oz.) beer	0.03%	Slight changes in feeling, may affect judgment or physical coordination.
2 cocktails 2 glasses (11 oz.) wine 2 bottles beer	0.06%	Reaction time slowed, slight decrease of fine skills, less concern with minor irritations and restraints.
3 cocktails 3 glasses (16½ oz.) wine 3 bottles beer	0.09%	Diminishment of fine coordination skills, exaggerated emotion and behavior, talkative, noisy, or morose.
4 cocktails 4 glasses (22 oz.) wine 4 bottles beer	0.12%	Impairment of fine coordination, clumsiness, slight to moderate unsteadiness in standing or walking.
5 cocktails 5 glasses (27½ oz.) wine 5 bottles beer	0.15%	Intoxication—unmistakable abnormality of bodily functions and mental faculties.

### Facts About Alcohol and Driving

These facts tell you why drinking and driving is a recipe for disaster.

- ◆ In 1994, 41 percent of fatal crashes involved alcohol.
- ◆ In 1993, 7,245 16- to 20-year-old drivers were involved in alcohol-related fatal crashes.
- ◆ Nearly half of the teenagers killed in alcohol-related crashes had not themselves been drinking.
- ◆ Six out of every 10 highway deaths of people from 16 to 20 years old are alcohol-related.
- ◆ In fatal crashes involving only one car, two-thirds of the drivers are legally intoxicated.

In spite of these terrible statistics, alcohol is the most widely used and abused drug in the world. Yes, it is a drug, and it is deadly.

Even one drink of alcohol causes changes in the body. That is because alcohol is not digested, as food is.



**THE**  
**SOCIAL**  
**STUDIES**  
**CONNECTION**

Candy Lightner has said, "If you care enough, you can accomplish anything." On May 3, 1980, her daughter, 13-year old Cari Lightner, was struck and killed by a car driven by a drunk driver. From that tragedy arose an organization, Mothers Against Drunk Driving (MADD), that has saved thousands of lives that might otherwise have been lost. Candy Lightner founded MADD. In the years since Cari's death, Ms. Lightner and MADD have labored to convince the public that drunk driving is a criminal act. She calls drunk driving "the only socially accepted form of homicide."

MADD has convinced Congress to standardize the drinking laws so that it is illegal in all states to sell alcoholic drinks to anyone under the age of 21. Today, MADD has some 3.5 million members and over 500 chapters, state offices, and community action teams.

Rather, it is absorbed into the bloodstream through the walls of the stomach and small intestine. Once in the bloodstream, the alcohol displaces oxygen and is quickly carried to all parts of the body. Alcohol has the greatest effect on the brain because the brain requires huge quantities of blood. A drinker's mental and physical abilities become diminished.

### Myths and Facts About Alcohol

Alcohol is one of the most misunderstood and widely-used drugs. The truth about alcohol is the best weapon against it.

There are plenty of myths about alcohol. Let's look at the facts.

**MYTH:** Wine and beer are not the same as hard liquor.

**FACT:** Not true! Sure, there's more alcohol in an ounce of liquor than in an ounce of beer. However, a 12-ounce bottle of beer or a 12-ounce wine cooler has more alcohol than a one-ounce shot of 80 proof liquor.

**MYTH:** You can't get drunk on a full stomach.

**FACT:** A full stomach just means that alcohol is absorbed into the bloodstream a little more slowly. *All* of that alcohol will still get into the bloodstream and travel to the brain and other parts of your body.

**MYTH:** Drinking and driving is fun.

**FACT:** Drinking and driving is the single largest health risk for people under 30 and the number-one killer of teenagers.

**MYTH:** You must drink because friends want you to even though you are the driver.

**FACT:** Real friends wouldn't want you to hurt yourself or others. Tell them the facts about alcohol.

**MYTH:** Black coffee, a cold shower, lots of exercise, or all three together can quickly sober up a drinker.

**FACT:** No way! The body can't burn up much more than  $\frac{1}{2}$  ounce of alcohol in an hour. Nothing can speed up the process. So if someone has two glasses of wine, it will take about three to four hours before the wine is out of his or her body.

**MYTH:** Alcohol makes you feel better when you're down in the dumps.

**FACT:** Not really. Alcohol is a depressant, or “downer.” It can make a person feel worse than before.

**MYTH:** Sometimes, because of peer pressure at a party, there is no other choice but to drink.

**FACT:** You do have a choice. Don’t Drink. Abstinence is the only responsible action for anyone under 21.

### The Physical Effects of Alcohol

After a person has had one to three drinks, the chances of getting into a car crash are about seven times greater than they would be if that person were sober. Why is that?

The answer is that alcohol slows down the part of the brain that controls muscle movement and reflexes.

**Reaction time** After two or more drinks, a driver becomes physically slower and less alert. In fact, for some people, reaction time may be

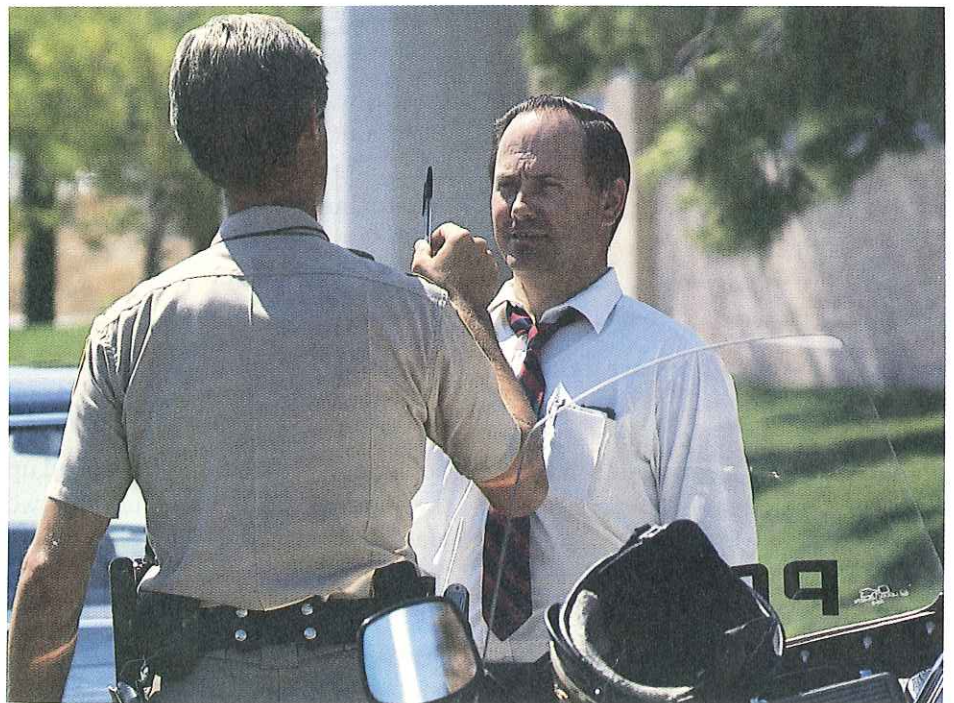
impaired after only one drink.

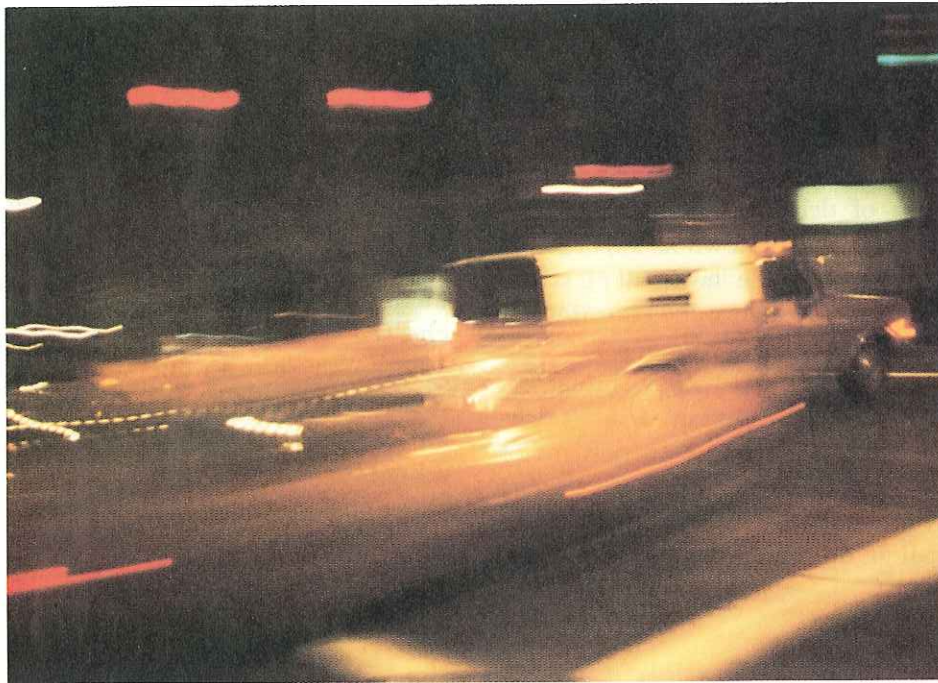
**Coordination** Movement gets sloppy and uncoordinated. Drivers who have been drinking cannot make split-second decisions. They have trouble steering and may step on the brakes too late or miss them entirely.

**Depth and distance perception** Alcohol affects the ability to judge depth and distance. Drinking drivers perceive something as far away when it is really very close. They cannot tell where the cars around them really are or how far away road signs or signals are.

**Speed perception** Drinking drivers often cannot tell how fast another car is approaching or how far away an oncoming car is. Drinking drivers also have a distorted sense of how fast they are going, which is not surprising when you consider that alcohol can severely dull the senses.

*An intoxicated driver will have difficulty focusing on the pen as the officer moves it. ▶*





◀ Blurred or double vision is often the result of a driver's having had too much to drink.

**Vision** Alcohol affects the eyes' reflex action that controls the size of the pupils. The reflex causes the pupils to become smaller in bright light and larger as the light diminishes. Drinkers' eyes are not protected against headlight glare, because their pupils do not return to normal size quickly enough once the headlights have passed. Temporary blindness results. Alcohol also impairs side vision and color vision and may cause double vision.

### The Mental Effects of Alcohol

Alcohol doesn't just affect the part of your brain that controls your physical reactions. It also affects the part of the brain that controls the ability to reason.

As if that isn't bad enough, alcohol affects your judgment and, consequently, can make you feel as if you are thinking more clearly than usual.

This false message makes drinking drivers even more dangerous, because they don't have the judgment to realize that something is wrong. A driver in this condition is apt to make poor decisions—even fatal ones.

Alcohol affects your *inhibitions*, the elements of your personality that stop you from behaving without regard to possible consequences. In drivers, the loss of inhibition can be very dangerous.

### What Are the Laws About and the Tests and Penalties for Drinking and Driving?

Drinking and driving cause countless tragedies. All states have laws regulating the minimum drinking age and laws against drinking and driving. In all states, it is illegal for persons under age 21 to buy, possess, or drink alcoholic beverages.



In 38 states and the District of Columbia, a driver's license can be suspended if a person refuses to take a test for blood alcohol concentration or if a person fails the test. This is in addition to any fines or penalties connected with conviction for driving while intoxicated or driving under the influence.



As of July 1995, 33 states and the District of Columbia had established lower BACs for young drivers. Twenty-six states had established BACs of 0.00, 0.01, or 0.02 percent for drivers under 21.



### WHAT WOULD YOU DO?

*The driver has been drinking steadily. How can his companions get home? What is their responsibility to the driver?*



## Implied Consent Laws

When you use public roads, you agree to give law enforcement officials permission to test you for alcohol use if you are arrested on suspicion of driving and drinking. This permission is known as *implied consent*, and it is the law in all 50 states. The test will determine your BAC, or *blood-alcohol concentration*.

Drinking and driving is stupid, and it's illegal. In most states, adult drivers with a BAC of 0.10 percent or higher can be charged with driving while intoxicated (DWI). Some states call it driving under the influence (DUI).

## Tests for Intoxication

Chemical analysis of blood or urine can measure a person's BAC, or a breath-testing device can measure the percentage of alcohol in the breath. In an increasing number of

states, a reading of 0.08 percent or higher is enough to convict adult drivers of DWI or DUI and to take away their license. For teenage drivers, a BAC of 0.01 percent or higher is enough for conviction in many states.

Even if a driver's BAC is lower than the legal limit, he or she can still be charged with DWI or DUI. A police officer can stop anyone whose car appears to be out of control. The officer can give a field sobriety test by asking the driver to perform simple tasks, such as closing the eyes and touching the nose with the index finger.

If you are ever stopped for suspicion of DWI or DUI, be courteous and cooperate with the police officer. Drivers who refuse to submit to a chemical test for BAC can have their licenses suspended whether they are convicted or not.

## Penalties

The penalties for DWI or DUI are different from state to state. A driver's license can be suspended, a fine can be assessed, or a jail term can be assigned. If a death results from a collision while drinking, the driver could be prosecuted for vehicular manslaughter. Drivers convicted of DWI or DUI also have to pay higher insurance premiums once their licenses are restored.

### CHECKPOINT

4. How does alcohol affect a driver?
5. What should you know about the laws, tests, and penalties for driving while intoxicated?

**LESSON**    **How Other Drugs**  
**THREE**     **Affect Driving Ability**

Alcohol is not the only drug that can impair your ability to drive. Almost any drug can have a harmful effect on your driving skill.

There are many different kinds of drugs. Some can be bought only by prescription. Others can be bought over the counter without a prescription. Some drugs are against the law but can be bought illegally.

**What Drugs Affect Driving Ability?**

How a drug affects you depends on the drug itself. Some drugs can decrease your ability to make sound decisions and respond well to situations. Other drugs can change the way you think. It's important that you know about these drugs and their

effects on driving. Once you understand the danger of combining drugs and driving, you can take steps to avoid putting yourself and others at risk.

**Over-the-Counter Drugs**

Over-the-counter drugs are drugs that can be purchased legally without a doctor's prescription. You may not even think of them as drugs. They are used for colds, headaches, allergies, and the like. It's important to read the package label of these drugs, which may warn that use will "cause drowsiness or dizziness," or "Do not drive after using." Pay attention to these warnings! It's your responsibility as a driver to know what side effects any medications you are taking might cause.



◀ Many of the capsules, tablets, and syrups commonly found in medicine cabinets are over-the-counter drugs.

## Tips for New Drivers

### Under the Influence

Be aware of signs that other drivers on the road may be under the influence of alcohol or other drugs. Various signs indicate possible problems.

**Traveling at erratic speeds—either too fast or too slow** Alcohol-impaired drivers often have trouble driving at a steady speed.

**Running over curbs or turning into the wrong lane** Alcohol-impaired drivers are often unable to turn smoothly.

**Weaving from side to side** Alcohol-impaired drivers suffer from loss of coordination, which affects their ability to steer smoothly.

**Ignoring or overshooting traffic signs** Alcohol-impaired drivers suffer impaired reflexes and vision loss.

If you find yourself on the same roadway as a driver who shows any of these signs, increase the amount of space between your cars. Be alert to the fact that there is an impaired driver sharing the roadway with you. If possible, inform a police officer of what you have noticed.



**Marijuana masks the feeling of nausea that accompanies intoxication. Drinkers who mix marijuana and alcohol may not realize how much alcohol they have consumed. They may continue drinking until they suffer alcohol poisoning, which can result in coma, or even death.**

### Prescription Drugs

You can buy prescription drugs at a pharmacy if your doctor orders them for you. A prescription is required by law because these drugs can have powerful effects on your body. If your doctor orders a prescription drug for you, be sure to ask your doctor or pharmacist if you can drive safely while taking it.

Many prescription drugs have warnings on the bottle. Look careful-

ly. It's your responsibility as a driver to know what drugs you are taking and what effects they can have.

### Depressants

Depressants slow down, or depress, the central nervous system. Doctors order depressants for patients who are experiencing a lot of tension, who are very anxious, or who are being treated for high blood pressure.

Narcotics	Depressants	Stimulants	Hallucinogens
heroin	alcohol	amphetamines (speed)	marijuana
cocaine (including crack or rock)	barbiturates		LSD
codeine	methadone		PCP (angel dust)
morphine	sleeping pills		hashish
	tranquilizers		

While depressants can help with these symptoms, they also slow down the patient's mental and physical activity. Like alcohol, which is also a depressant, these drugs slow down reflexes and have a harmful effect on coordination. A driver who takes depressants can act like a driver who drinks alcohol.

## Stimulants

Stimulants speed up, or stimulate, the central nervous system. Some drivers misuse these drugs and take them to keep awake when driving long distances.

Stimulants can give users a false feeling of well-being and make them think that they are superalert. These drugs often cause drivers to take foolish and life-threatening risks. When the effect of stimulants wears off, which can happen very suddenly, users can become very tired quickly. Many stimulants are illegal.

## Hallucinogens

Hallucinogens are so dangerous that selling or using them is against the law. They are called mind-altering drugs for a good reason. Hallucinogens change the way a person thinks, sees, and acts.

**Marijuana** Marijuana may make a user drowsy. It can affect people's awareness of how fast they are driving and their ability to judge time and space. People who use marijuana may just sit and stare at something for a long time and be completely unaware of anything else that is going on around them.

No one really knows when the effects of marijuana wear off. The

chemicals in this drug can stay in the body for as long as four to six weeks. Drivers may think that the effects have worn off when they are still under the influence of marijuana.

**LSD and PCP** The strongest hallucinogens are LSD and PCP (angel dust). While using LSD or PCP, people can forget who they are, where they are, and what they are doing. These drugs can cause drivers to lose the ability to judge space and the speed at which they are driving.

## Narcotics

Narcotics have a strong depressant effect. They can cause stupor, coma, and even death. *It is illegal for you to buy or possess narcotics.*

### CHECKPOINT

6. What kinds of drugs affect driving ability?



### WHAT WOULD YOU DO?

*You are taking a prescription medicine. Can you drive your sister to the movies? How will you decide if it is safe for you to drive?*





▲ *Wearing headphones while you drive prevents you from hearing the sirens of emergency vehicles and police cars. Also, sitting too low in the seat and too close to the steering wheel—as is the driver in the photo—impairs your vision and restricts your ability to respond to an emergency.*

There's so much to pay attention to when you drive. You have to see what is going on around you. You need to be sure that other drivers know where you are and what you plan to do. You have to keep adjusting your speed and vehicle position to driving conditions. You have to be alert to any surprises that might turn into emergencies.

With all this going on, you need to be sure that no distractions inside your car will take your attention away from your driving and increase your risk.

### **How Can Distractions Hinder Your Driving Ability?**

Imagine that you are driving along on a busy highway. Suddenly you see an old-fashioned car driving beside

you. You have never seen a car like this before, so you take your eyes off the road ahead for just a second to get a closer look. Just then another car pulls ahead of you, and you have to brake hard. You have let yourself become distracted from your driving responsibilities. You almost crashed into another car.

Lots of events can distract you as you drive. It's important to be aware of these distractions so that you can be a safe and responsible driver.

### **A Car Radio Can Distract You**

Most cars have radios and tape decks, but don't let yourself become so interested in the music that you forget to pay attention to your driving. Don't forget, too, that loud music can mask useful information.

A radio can be distracting if it is too loud or there is static on the station you choose. Keep volume at a reasonable level. If static is a problem, change stations or turn off the radio. Your concentration must be focused on driving. Looking for and changing tapes or CDs is also distracting—and very dangerous. Risk is increased any time you take your eyes off the road or drive with only one hand on the wheel.

### **Headphones Can Be Dangerous**

In most states, it's against the law to wear stereo headphones while you

drive. This is a good law because you need as much information as possible when you drive—and that includes what you may hear.

If you're wearing headphones, you may not be able to hear another car honking its horn at you. You might lose your concentration if you're too absorbed in what you're hearing on your headphones. Put them away—you can listen to your personal stereo at another time. Your job now is to pay attention to your driving.

### Passengers Can Distract You

Sometimes the people in your car want you to pay more attention to them than to your driving. They might ask you to turn around and look at what they're doing. Sometimes they can be talking so loudly that you can't even hear yourself think. At other times, passengers may try to roughhouse in the car or hang out the windows.

You are responsible for the safety of your passengers, and it's your responsibility to tell them to sit still or be quiet. You can explain that you'll pay attention to them when you get where you're going. You're not being rude—you're being a safe, responsible driver.

Little children can become restless on long trips. They can start fighting with each other or try to take off their safety belts. You can make sure that children behave by telling them the rules before you start driving and by keeping them quietly occupied.

You also have to think about children's needs. To avoid boredom, children need to have something to do. Make sure you have some tape cassettes for them to listen to in the car

or quiet games for them to play. You can also stop more often than you normally would and let the children get out and stretch their legs.

### Other Distractions

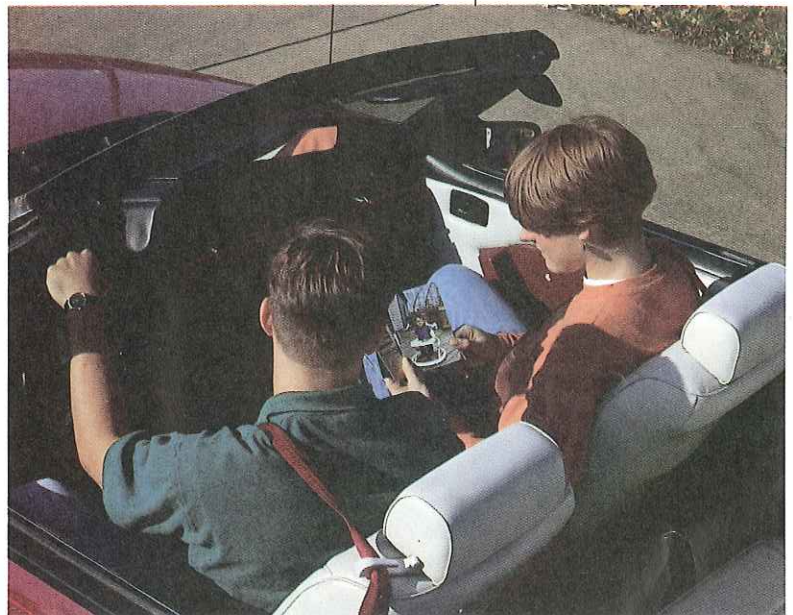
Driving with animals in the car can be dangerous. A dog can suddenly jump on your lap, or a cat can crawl under your feet and land on the gas pedal. You have to plan ahead if you are going to take an animal in your car. Think about putting the animal in a carrying case, or ask a friend to come with you and hold the animal by its leash. If you travel with pets frequently, you should be aware that pet safety belts are available at specialty shops.

Many drivers become distracted in traffic jams. They get stuck for a long time and lose their concentration. Remember, even when you are stopped, it is important to pay attention to everything that is going on around you.

## SAFETY TIPS

**When driving with infants and small children, be sure they are in safety seats and that the seats are securely fastened in place in the back seat. Do not allow small children to ride in the front seat of vehicles equipped with passenger-side air bags. The powerful force of an inflating air bag can injure or kill small children.**

*Don't let passengers distract you. Tell them how you expect them to behave before they enter your car.*



## Advice From the Experts

William F. Cullinane, Executive Director, Students Against Driving Drunk



William F. Cullinane

Most young people have rejected the social pressure to drink and drive. Next, they must reject the pressures to use alcohol and other drugs. They must realize that to solve this problem, they first have to see themselves as part of it.

For young people to recognize their involvement in the problem, it is important that they receive honest feedback from others who care. SADD students across the country are providing alcohol-free and drug-free alternatives for their peers. They are offering a caring hand, not an enabling one.



### WHAT WOULD YOU DO?

*What steps can the driver take to avoid distractions on a long trip?*

When you are driving on a toll road, you will need change to pay the toll. Make sure you know how much change you will need, and look for change *before* you start out on your trip. Plan ahead. Have a container with plenty of change in it within reach so that you don't have to

search through your pockets when you should be concentrating on driving. You could also put a passenger in charge of finding the correct change.

Drivers who smoke can be distracted when they are searching for and lighting cigars, cigarettes, or pipes. A lighted cigarette falling to the seat or in the driver's lap is dangerous as well. Don't smoke while you drive—especially in a closed car where passengers can inhale the fumes.

Remember, your job is to concentrate on your driving. Being prepared to handle distractions is part of that job.



### CHECKPOINT

7. What distractions can hinder your driving ability?

# CHAPTER 3 REVIEW

## KEY POINTS

### LESSON ONE

1. Drinking alcohol can change people's actions, thoughts, and feelings. It can become addictive so that the need for alcohol becomes more important than friends, family, and future plans.
2. People's responsibilities include protecting themselves from the hazards that drinking poses to their health and well-being, as well as protecting themselves and others from the threat of people who drink and drive. They also include knowing about support groups such as Alcoholics Anonymous and Alateen.
3. Some symptoms that indicate a problem-drinker are loss of initiative, frequent lateness and absence from school, loss of friends, trouble with the law, secretiveness, sleeplessness, and memory loss.

### LESSON TWO

4. Some ways alcohol affects driving ability are that it removes inhibitions, reduces ability to react quickly, impairs coordination and has a bad effect on a driver's judgment.
5. When people use public roads, they agree to give law enforcement officials the right to test them for alcohol use if they suspect the drivers of

drinking and driving. This is the law of implied consent. In many states, a driver is considered intoxicated if his or her blood alcohol concentration is 0.08 percent or greater. Penalties for DWI or DUI may include driver's license suspension, assessment of a fine, or a term in jail.

### LESSON THREE

6. Over-the-counter drugs, prescription drugs, depressants, stimulants, hallucinogens, and narcotics can affect driving ability. Over-the-counter drugs can be purchased without a doctor's order. Prescription drugs must be ordered by a doctor. Depressants slow down the central nervous system; stimulants speed it up. Hallucinogens are illegal mind-altering drugs. Narcotics are illegal drugs that have a strong depressant effect.

### LESSON FOUR

7. Distractions can hinder your driving ability by drawing your attention away from the roadway. Distractions include car radios and tape decks, stereo headphones, noisy passengers, disruptive children, animals, traffic jams, toll payments, and smoking.

## PROJECTS

1. Many organizations work to educate drivers about the dangers of drinking and driving. Two of the best known are Mothers Against Drunk Driving (MADD) and Students Against Driving Drunk (SADD). You have read about MADD. Find out about SADD. Learn how you can start a chapter in your community.
2. Use your state driver's manual or interview a police officer. Discover the circumstances under which a teenage driver can be convicted of DUI or DWI in your state. Find out about the penalties for conviction as well.

# CHAPTER 3 REVIEW

## BUILDING MAP SKILLS

### Using the Mileage Chart

Suppose you are planning to drive from Abilene to El Paso. How many miles would you be traveling? One way to find out would be to use a mileage chart like the one on this page. Using a mileage chart is easy.

First look at the names of cities down the left side of the chart. Find Abilene, and put your left finger over it.

Then look at the cities across the top of the chart. Put your right finger on El Paso.

Now move your left finger across the chart until it reaches the box below El Paso. The number in the box is the distance in miles between Abilene and El Paso. The distance is 450 miles. That's quite a trip.

To estimate how long it will take you if you drive at an average of 55 miles per hour, divide 450 by 55. The trip will take between 8 and 9 hours. But don't forget to add in some time for rest stops. So you can figure on about a 10-hour trip.

### Try It Yourself

1. How many miles is it between San Angelo and Eagle Pass?
2. If you are traveling at 55 miles an hour, about how long will it take you to drive from El Paso to Pecos?
3. Which trip would be longer—from Odessa to Houston, or from Lubbock to San Antonio?

MILEAGE CHART

	Abilene	Amarillo	Dallas	Eagle Pass	El Paso	Houston	Lubbock	Midland	Odessa	Pecos	San Angelo	San Antonio
Abilene		273	180	302	450	355	171	148	180	245	92	250
Amarillo	273		351	517	421	597	134	237	258	330	310	513
El Paso	450	421	646	479		751	345	312	289	210	415	555
Lubbock	171	134	318	394	345	530		121	142	219	202	406
Odessa	180	258	352	301	289	507	142	20		75	132	345
San Angelo	92	310	262	215	415	374	202	113	132	210		215

# CHAPTER 3 REVIEW

## CHAPTER TEST

Write the letter of the answer that best completes each sentence.

- Distractions can
  - slow reflexes.
  - decrease risk.
  - increase risk.
- Drinking alcohol
  - does not affect your mental abilities.
  - often helps you think more clearly.
  - slows down the part of your brain that controls muscles and reflexes.
- Over-the-counter drugs
  - may be used when driving short distances.
  - may impair driving ability.
  - must be ordered for you by a doctor.
- You can reduce the effects of alcohol if you
  - take a very cold shower.
  - exercise.
  - allow several hours to pass.
- Implied consent* means that you
  - agree to be tested if you are suspected of drinking and driving.
  - agree to obey the rules of the road.
  - have the right to refuse a test if you are stopped by police.
- You can reduce distractions while driving by
  - putting on a set of personal stereo headphones.
  - looking at the scenery.
  - keeping radio volume low and asking passengers to speak quietly.
- To get help with a drinking problem
  - just drink once a week.

- just drink beer.
  - join a support group.
- Alcohol is
    - a harmless substance.
    - a powerful drug.
    - non-addictive.
  - In most states, adults are considered intoxicated if their BAC is greater than
    - 0.10 percent.
    - 0.04 percent.
    - 0.07 percent.
  - Even a small amount of alcohol can affect your
    - long-term memory.
    - ability to judge depth, distance, and speed.
    - hearing.

Write the word or phrase that best completes each sentence.

- |               |             |             |
|---------------|-------------|-------------|
| prescription  | stimulants  | concentrate |
| peer pressure | inhibitions | depressants |
- \_\_\_\_\_ stop you from behaving without regard to possible consequences.
  - Drugs that slow down the central nervous system are called \_\_\_\_\_.
  - \_\_\_\_\_ drugs must be ordered by a doctor.
  - \_\_\_\_\_ often give drivers a false sense of self-confidence and cause them to take foolish and life-threatening risks.
  - The influence of your friends is called \_\_\_\_\_.

## DRIVER'S LOG

In this chapter, you have learned about how social pressures can cause you to behave in ways that will put you and others at risk. Imagine that a friend has been drinking and wants to drive you

home. Your friend says, "Don't worry, I'm just fine." What would you say? How might your friend respond? Write a dialogue showing what might happen.

# CUMULATIVE REVIEW

## UNIT 1

This review tests your knowledge of the material in Chapters 1–3. Use the review to help you study for your state driving test. Choose the answer that best suits the question.

- The best way to fight fatigue is to
  - use a stimulant.
  - rest.
  - look at the scenery.
  - drink coffee.
- BAC stands for
  - brain alcohol content.
  - blood alcohol concentration.
  - basic automobile collision.
  - body alcohol content.
- In one hour the adult human body can burn about
  - $\frac{1}{2}$  ounce of alcohol.
  - 1 ounce of alcohol.
  - 3 ounces of alcohol.
  - 0.08 ounce of alcohol.
- Traffic laws are enforced by
  - the CIA.
  - state and local police.
  - the department of motor vehicles.
  - United States marshals.
- Almost half of all occupant fatalities
  - involve more than one car.
  - involve only one car.
  - are “fender-benders.”
  - involve pedestrians.
- Marijuana remains in the body
  - up to 24 hours.
  - up to six hours.
  - up to six weeks.
  - up to one week.
- A visual acuity test measures
  - how well you can see.
  - pupil dilation.
  - convex vision.
  - headlight power.
- Over-the-counter medications
  - never affect driving ability.
  - sometimes produce side effects.
  - improve concentration.
  - must be prescribed by a doctor.
- The area of vision directly ahead of a person is called
  - side vision.
  - convex vision.
  - the area of central vision.
  - peripheral vision.
- The chance of injury to oneself or others is called
  - risk.
  - carelessness.
  - luck.
  - responsibility.
- A driver can compensate for color blindness by
  - wearing tinted contact lenses.
  - learning the shapes and meanings of signs, signals, and markings.
  - only driving at night.
  - using stereo headphones.
- Each year, a driver’s chance of being involved in a collision is
  - 1 in 5.
  - 1 in 10.
  - 1 in 3.
  - 1 in 2.
- The influence of one’s friends is called
  - maturity.
  - peer pressure.
  - HTS.
  - SIPDE.
- One way to reduce driving risk is to
  - anticipate the actions of others.
  - always use high-beam headlights.
  - join a support group.
  - close the windows.

# CUMULATIVE REVIEW

15. Through driver education students learn
  - a. how to maneuver and control a car.
  - b. the traffic laws of all 50 states.
  - c. how to drive without paying attention.
  - d. how to join a support group.
16. If you are temporarily blinded by headlight glare, you should
  - a. look down.
  - b. see a doctor.
  - c. reduce your speed.
  - d. close your eyes.
17. Some physically disabled people are able to drive by using
  - a. prosthetic devices.
  - b. breathylizers.
  - c. peripheral vision.
  - d. narcotics.
18. A person traveling by foot is a
  - a. cyclist
  - b. pedestrian.
  - c. jaywalker.
  - d. driver.
19. Alcohol affects
  - a. your judgment.
  - b. traffic laws.
  - c. the HTS.
  - d. the automobile industry.
20. A person who is feeling angry or upset should
  - a. let someone else drive.
  - b. turn on the radio.
  - c. talk to passengers.
  - d. sing.
21. You can gain insight into how drugs and alcohol impair driving through
  - a. the Smith System.
  - b. the SIPDE process.
  - c. driver education.
  - d. the Uniform Vehicle Code.
22. Prescription drugs
  - a. can be purchased by anyone.
  - b. can be ordered only by a doctor.
  - c. are illegal.
  - d. are always safe to use before driving.
23. Stereo headphones
  - a. can distract your attention.
  - b. can help you to concentrate.
  - c. are built into many new cars.
  - d. help some drivers hear better.
24. A driving strategy that requires you to look at the "big picture" is
  - a. the SIPDE process.
  - b. the Smith System.
  - c. the HTS.
  - d. visual acuity.
25. As of 1995, maximum speed limits on highways are set by
  - a. local police.
  - b. the federal government.
  - c. the individual states.
  - d. the Uniform Vehicle Code.
26. Roads are part of the
  - a. Highway Transportation System.
  - b. Smith System.
  - c. Administrative System.
  - d. Uniform Vehicle Network.
27. Stimulants
  - a. improve concentration.
  - b. impair judgment.
  - c. depress the central nervous system.
  - d. improve reflexes.
28. One problem common to night driving is
  - a. moon blindness.
  - b. pedestrians.
  - c. headlight glare.
  - d. color blindness.
29. A collision is another term for
  - a. momentum.
  - b. an injury.
  - c. vehicle failure.
  - d. a crash.
30. To make wise driving decisions, use
  - a. the SIPDE process.
  - b. uniform vehicle code.
  - c. an HTS.
  - d. risk.

