

# DRINKING AND DRIVING

## PSHE 14 - 16 WORKSHEET 4

### ACTIVITY ONE

1. In the table below, write down some of the skills you think people need to drive a moped, motorbike or car well. There are some prompt words which might help you think about different aspects of driving. An example has been added to start you off.

Prompt words:

- Pedestrians
- Other drivers
- Eyesight
- Darkness
- Speed
- Road signs
- Experience of driving
- Coordination
- Judging distances
- Hearing

Skills needed to drive a vehicle or motorbike well
1. You need to judge distances so you keep a safe distance from other vehicles
2.
3.
4.
5.
6.
7.
8.

2. Now fill in the table overleaf to show the main effects of drinking alcohol on the body. There are two columns - you don't have to fill all the spaces - just write down those you think are most important. In the first, add the main physical effects of drinking alcohol on your body (what happens in the short term, not the effects of long-term drinking). In the second column, write down how drinking alcohol can change people's behaviour.

# DRINKING AND DRIVING

## PSHE 14 - 16 WORKSHEET 4

To complete this table, you may want to look at the Fact Zone of our Online Learning Zone, [talkaboutalcohol.com](http://talkaboutalcohol.com). An example of each has been added to start you off.

Effects of alcohol on the body	Possible effects of alcohol on behaviour
1. Slows down your speed of reaction	1. Can make you more aggressive
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

- Now compare your two tables from questions 1 and 2. For each driving skill, decide which effect of alcohol on the body or on behaviour would affect that driving skill.
- In about 50 words, summarise the main reasons why alcohol affects a person's ability to drive safely.

### ACTIVITY TWO

If there are some people who can drive among a group of friends it is a good idea to choose (designate) one person from the group who will not drink and will drive the others, ensuring they get home safely. It is important to designate a driver before going out. Information on schemes can be found via [dft.gov.uk/think/](http://dft.gov.uk/think/)

Write a script of a short video or a create a poster to convince a group of friends to always designate a driver or to go in a car of a designated driver. Some important things to consider for your post or video script are:

- it should not always be the same person i.e. everyone has a turn
- your message should appeal to everyone
- the designated driver is the hero of the evening, bringing everyone home safely.