



# Let's Talk...Impaired Driving – Discussion Guide

**Best Time to Conduct:** During club meetings or as a classroom discussion in science, health, or leadership classes

**How Many People:** 3-5 people to lead the discussion

**Planning Time:** 1 hour

**Event Time:** 30 minutes

**BRIEF DESCRIPTION OF EVENT** –This activity will help you facilitate a guided discussion with your peers to address their attitudes and behaviors around impaired driving and starts a conversation about the negative effect impairment has on car crashes and how teens can speak up for their safety.

## Items Needed

- Let's Talk...Impaired Driving – Discussion Guide
- *Not Everyone is Doing It* video (available to download on the TDS website)

## Steps

1. Before your group discussion, research the topic to ensure you are knowledgeable on the subject.  
The References noted in this document are a good place to start.
2. Plan out your discussion using these suggested conversation starters and talking points:
  - Suggested conversation starters:
    - In your opinion, why do people drive impaired?
    - Have you ever knowingly ridden with someone who was impaired?
    - Show the *Not Everyone is Doing It* video
  - Suggested talking points:
    - Share impaired driving statistics related to young drivers and talk about their effect on your community.
    - Does your state have a Zero Tolerance Law? If so, talk about what that means.
    - Talk about how alcohol and other drugs, such as marijuana, affect the brain and how that could impact driving ability.
    - What are some common misconceptions about impaired driving?
    - Having a plan – what to do if you find yourself needing a safe ride home.
    - Discuss changes you can make as young drivers to break the deadly cycle of impaired driving crashes.
    - Challenge your peers to pledge to never drive impaired and to speak up when they see others driving impaired or riding with someone who is. Remember – not everyone is doing it.
    - Ask why they may think impaired driving car crashes go up after 18 years of age to age 25.
3. References:
  - [https://www.cdc.gov/transportationsafety/teen\\_drivers/teendrivers\\_factsheet.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmotorvehiclesafety%2Fteen\\_drivers%2Fteendrivers\\_factsheet.html](https://www.cdc.gov/transportationsafety/teen_drivers/teendrivers_factsheet.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmotorvehiclesafety%2Fteen_drivers%2Fteendrivers_factsheet.html)

- <https://tti.tamu.edu/researcher/changing-our-mindset-tti-research-reveals-a-disconnect-between-belief-and-behavior-in-teen-drivers/>
- <https://www.responsibility.org/alcohol-statistics/underage-drinking-statistics>
- <https://asklistenlearn.org/>
- <https://www.madd.org/the-solution/teen-drinking-prevention>
- <https://txsdy.org/>
- <https://nida.nih.gov/publications/research-reports/marijuana/does-marijuana-use-affect-driving>
- <https://www.teendriversource.org/teen-crash-risks-prevention/rules-of-the-road/impaired-driving>

4. Post photos of your group discussion on your social media channels to further promote the message of safe driving and tag **@teensdriverseat** so we can see your great work, too.
5. Submit an online activity form at [t-driver.com](http://t-driver.com) to get credit for your efforts.

### Don't Forget

The goal of this activity is to have an easy-to-manage but educational conversation to help you and your peers learn more about the impact impairment has on car crashes and to begin a dialogue on ways to speak up for your safety.

Create a safe and welcoming space for this dialogue. Some ideas to do this are: sit in a circle so everyone can see everybody; take a minute to allow everyone to be present in the room and ask that people respect that what is shared won't leave this room; and remind people there is no judgement.

### Make it GREAT

- Not everyone likes to speak up in groups, so ask people to write down their thoughts as well to reflect on later.
- Check out the *Speak (C)up! Not Everyone is Doing It* activity at [www.t-driver.com](http://www.t-driver.com) or contact your regional representative for details.
- Post the *Not Everyone is Doing It* video on your school or group's social media pages or consider creating your own version to share.
- Challenge your peers to pledge to never drive impaired using our *Promise ZERO.O* resources.
- Ask other organizations/clubs on your campus if your TDS team can come to a meeting and use this discussion guide to talk to their members about impaired driving, too.
- Utilize your TDS kit and resources, such as posters, yard signs, etc. to reinforce messaging.