



Distracted Driving Awareness Patch Program

	Discover	Connect	Take Action	Any Activity under any key	Total number of activities*
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

* Required Activity

Discover: Explore the root causes distracted driving

- *Cadettes, Seniors and Ambassadors only: Complete the pre-knowledge check crossword puzzle first.
- Daisies, Brownies and Juniors may complete the word search and / or easier crossword puzzle.
- *View the Distracted Driving PowerPoint Presentation at <https://tinyurl.com/DD-Awareness>
- Do one of the Distracted Driving word searches or crossword puzzle
- Visit these websites to do some research (or others you may find) to find the main causes of distracted driving
 - <https://www.drivingdynamics.com/driver-safety-news/the-root-cause-of-distracted-driving>
 - <https://www.endurancewarranty.com/learning-center/how-to/surprising-causes-of-distracted-driving/>
 - <https://www.nhtsa.gov/campaign/distracted-driving>
 - https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html
- Recognize the causes may vary by age group and gender
- Understand the four types of driver distractions
- Research the various types of apps available to download to a phone to assist in preventing being distracted by it
- Investigate what Virginia Department of Motor Vehicles has to say about distracted driving <https://www.dmv.virginia.gov/safety/#programs/drinking/distract.asp>
- Learn about Virginia's Distracted Driving laws; compare and contrast to other states and countries
- Find out how the causes of distracted driving have changed in the past 10 and 20 years; discuss why you think this has happened
- Similar discover activities of your own choosing

Connect: Explore the impacts of distracted driving and how it affects everyday life

- *Sign (or have your guardian sign) the distracted driving awareness safety pledge at <https://www.change.org/distracteddrivingawareness>



- If over 13 years old and you have a Facebook account, visit the Facebook page “Distracted Driving Awareness (Girl Scout Gold Award Project)”. If under 13 years old and/or do not have a Facebook account, ask leader or parent/guardian to visit the site with you.
<https://www.facebook.com/groups/1218175415244832>
- Invite a highway patrol officer or other traffic officer to your Girl Scout meeting to talk about distracted driving
- (Recommended viewing for Cadettes, Seniors and Ambassadors only **and** leader / adult preview first): Watch YouTube Videos to understand better the potential impacts
 - Distracted Driving Presentation, <https://www.youtube.com/watch?v=zfkB9CZiA8>
 - It Starts with You: Zero Tolerance for Distracted Driving, <https://www.youtube.com/watch?v=Hxt9SUHQnQA>
 - "Driving Distractions" (NEW Driver Education VIDEO), <https://www.youtube.com/watch?v=uu2nrYow-KU>
 - What police officers wish you knew about distracted driving, <https://www.youtube.com/watch?v=fHPQOWqwV88>
 - Why hands-free tech doesn't necessarily make driving safer, <https://www.youtube.com/watch?v=XnhbXkNMM5c>
- Contact different insurance companies (or find information online); learn about the financial implications of distracted driving incidents and accidents
- Contact law firms prosecuting within the local legal system (or find information online) to learn about the legal liabilities associated with distracted driving
- Similar connect activities of your own choosing

Take Action:

Become an Advocate by:

- *Post or have your leader or guardian post what you did to take action on the Distracted Driving Awareness (Girl Scout Gold Award Project) Facebook page.
<https://www.facebook.com/groups/1218175415244832>
- *Cadettes, Seniors and Ambassadors only: Complete the post-knowledge check crossword puzzle first. Compare your results with the first puzzle.
- Helping others by making a collage of all the causes + prevention tips / techniques; present it to your troopmates, Service Unit, school, library or other community location
- Create a song or jingle which can be shared with others to promote awareness
- Write a letter to your school newspaper or community newspaper addressing the topic, i.e., a public service announcement
- Write a letter to an elected official, a newspaper editor, your school newspaper expressing your opinion / concern about this issue
- Write a play, skit, or story, or produce a video (like Tik Tok) dramatizing what could happen to drivers, passengers, and innocent bystanders as a result of distracted driving
- Make Distracted Driving Awareness bookmarks and distribute to schools' and public libraries
- If you're the driver, download and use one of the free safe driving apps (most available both for Android and iPhones): DriveMode, EverDrive, LifeSaver, TrueMotion Family, TextDrive (Android only), AT&TDriveMode, Encourage your parents, friends and families to also use these apps.
- Similar take action activities of your own choosing

This patch program was developed by Ambassador Francesca Verdura, Girl Scout Council of Colonial Coast, as part of her Gold Award project in 2020.

To obtain patches for \$1.50 send an email to teendistracteddrivingawareness@gmail.com.

Directions for Leaders

Beginning with a word of caution -- Should any of your girls bring up specific cases of people they know being in an accident and being seriously injured or killed, you should table the discussion as this would require guardians sign the Sensitive Issues form. If you like to plan ahead of time, Girl Scout Council of the Colonial Coast form is available at https://www.gsccc.org/content/dam/girlscouts-gsccc/documents/health-safety/Caregiver_Permission_for_Sensitive_Issue_Program_Activities.pdf

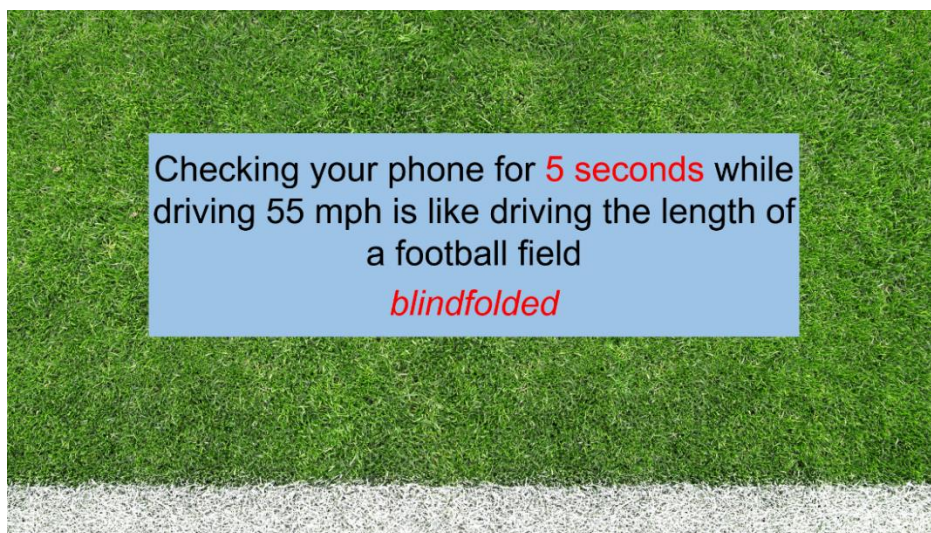
Using the Discover, Connect, Take Action concept, Girl Scouts of all ages can learn, share and have an huge impact in local community and reach beyond friends and immediate family to get the message out by being a strong advocate of this important issue.

If a Cadette, Senior or Ambassador is earning this patch, prior to doing any other activity, give them **five minutes** to complete the “Pre-Knowledge Check Crossword Puzzle”. **Do not go over the answers.** Just set it aside until the end to compare with the “Post-Knowledge Check Crossword Puzzle” – again, giving them five minutes to complete it.

There are other puzzles for Daisies, Brownies and Juniors to have fun with, but no knowledge check is necessary for these levels.

For the Discover part of the patch program: Guide your Girl Scouts through discussion (asking questions about what they believe causes a driver to lose focus on driving) and if the Girl Scouts have access to the internet (via cell phone, tablet or computer) have them research this topic. This portion can be done in person, virtually or as a do-ahead (pre-meeting activity).

- Explain when someone gets behind the wheel, they are taking on a lot of responsibility. Keeping everyone safe is a top priority and avoiding distractions while driving is one way to help ensure safety for drivers, passengers and others on the road.
- Inform them distracted driving is an all-too-common problem on today’s roadways. While texting and driving is one of the most talked about distractions she may see, any activity that takes the driver’s hands off the wheel, eyes and even mind off the road can be dangerous. Did you know sending or reading a text takes your eyes off the road for 5 seconds? When traveling at 55 mph, that’s long enough to drive the full length of a football field with your eyes shut. Yikes!



- Have your Girl Scout(s) take a closer look at other distractions she/they might not even know it. Here are some that could be easily overlooked. You can do this by viewing the Distracted Driving PowerPoint Presentation at <https://tinyurl.com/Distracted-Driving-Awareness> and stopping for discussion along the way.

1. **Passengers:** A car is designed to haul more than just the driver and her (or his) belongings. There's space for friends and family as well. While having people in the car with you is often unavoidable, it's important to not let them distract you. Keep conversations limited in high traffic areas. Kids can be especially distracting (especially from the backseat). Before you take off, be sure everyone has what they need for the trip so you can avoid needing to pass things to the back or vice-versa.
2. **Eating:** It may not seem like a big deal to eat or drink a beverage while driving, but it can easily take your hands and focus off the road.
3. **Pets:** Bringing Fido with you in the car is fun for you and your four-legged friend. But from hopping up to the front seat (or even sitting on your lap) to hanging out the window, your pet can become a distraction if not properly restrained.
4. **Hands-Free Tech:** Think hands-free means distraction-free? Not so fast. Using voice commands to send a text or talking through your car speakers or speaker phone can still take your focus and eyes off the road. Researchers found that it can take up to 27 seconds to refocus after using voice commands. If you need to use navigation tools like a standard GPS or an app on your smart phone like Waze or Google Maps, be sure to set your destination prior to hitting the road. Familiarize yourself with the directions and be sure to safely pull off the road when unsure.
5. **Your Mind:** When your mind is thinking about something else, it's easy to be distracted. If you're feeling angry, sad or overwhelmed, take a moment to collect your thoughts before getting behind the wheel. One study found that drivers who are noticeably angry or sad increase their crash risk by 10 times.
6. **Surroundings:** If the driver's eyes are focused ahead but if it's not on the road, s/he likely isn't devoting all of her/his attention on driving. The scenery and landscape are nice to look at while you're driving but they too, can take your attention off the road. For road trips, plan pit stops to take in the scenery. There may even be designated look out points and landmarks along the way.

Sum up the causes section by categories. The four types of driver distractions fall into these areas:

- **Visual - looking at something other than the road**
- **Auditory - hearing something not related to driving**
- **Manual manipulating something other than the steering wheel**
- **Cognitive thinking about something other than driving.**

Distractions are everywhere but there are things you can do to practice safe driving habits. Your safe driving may also help you save on your auto insurance.

-Visit these websites listed on the first page with your troop (or they can do so as a pre-meeting activity) of have them do some basic research and provide their troopmates with the information they discovered.

Your Girl Scouts can also explore the use of Safe Driving Apps. Why the we use Safe Driving Apps?

According to the Centers for Disease Control and Prevention, about 9 deaths and 1,000 injuries happen in the U.S. every day due to distracted driving. While phone use isn't the only cause of distracted driving, texts and calls are big contributors. If the lifesaving benefits of safe driving don't make you want to download these free apps now (like right now), consider this: driving safely could get you a discount on car insurance. By staying violation- and accident-free for a certain amount of time, you could save up to 10% on your auto insurance. There are quite a few Apps. Some of them are listed below. If your Cadettes, Seniors or Ambassadors have access, each can look at a different one and compare / contrast / share what they discovered.

1. DriveMode: Once your car hits 15 mph, DriveMode silences alerts, phone calls and texts — and can send out autoreplies. Parents can sign up to receive alerts when this safe driving app is turned off or disabled by their teenage children. While the app is triggered, users can still listen to music and use navigation tools. Drivemode simplifies your phone's display screen while you drive. The basic interface makes it easier to access your favorite functions without taking your eyes or mind off the road. You can customize which apps, contacts, and widgets show up on the Drivemode dash. It's designed to integrate seamlessly with other top apps like Waze, Spotify, Google Play, and even Google Voice Assistant. Plus, Drivemode gives you live speed limit alerts so you can better avoid speeding tickets!
2. EverDrive: Compete with your friends, family and even drivers in your neighborhood to see who can drive the safest with this app. EverDrive rates you on acceleration, braking, cornering, speed and phone use. It then gives you a trip grade to compare with your pals' scores.
3. LifeSaver: LifeSaver runs silently in the background, then activates when you start driving. Employers can use this safe driving app to see fleet driver performance and send daily or weekly email reports that detail distracted driving violations. LifeSaver also has a special portal for parents, which includes a rewards system for drivers. Does push notification temptation get the best of you? Likes and texts can wait. The stop sign in front of you can't—and the developers of the LifeSaver app know it! Once you start driving, the app unnoticeably kicks in. If you try to activate your phone display from behind the wheel, it'll show a lock screen, preventing you from checking your notifications. Even while your display is locked, LifeSaver allows you to take calls via a Bluetooth-enabled device. If you're a passenger, it has a passenger-unlock function that you can use to override the app.
4. TrueMotion Family: This app provides an overall picture of your family's driving. Each car trip gets graded on a 100-point scale, allowing you to measure improvement over time and see how family members compare (and which need to drive more safely). One of the factors taken into account is distracted driving. Using this app, you'll be able to see if your teen engaged in behavior like text messaging while behind the wheel.
5. TextDrive: This highly rated safe driving app is simply an auto-responder. It sends messages to those who try to call or text you while you're behind the wheel. You can set up an auto-text and phone call reply with a custom message, or reply using voice commands. You can also opt to install an auto-reply for people in your contacts only.
6. AT&T DriveMode: This app was developed by AT&T but is available for both Android and iOS phones, regardless of the carrier. AT&T DriveMode detects when your vehicle starts moving and

automatically replies to texts you receive while driving. What does the app say? It alerts those texting you that you're behind the wheel, letting them know you will reply when it's safe to do so. Additionally, if you're a parent, AT&T DriveMode can send you text alerts if your kid turns the app off, disables auto-mode, or adds a new speed-dial contact. If you or your contacts prefer speaking in Spanish, change your language preferences—the app, its automated texts, and parental notifications can easily be set to español!

For the **Connect** part of the patch program:

The main goal is to have all current and future (13 years old and up) review, understand and sign the Distracted Driving pledge.

The other activities are options and self-explanatory, but would recommend the leader (adult) watching each YouTube video prior to showing it to their troop (since you know them best) as there are a variety of options available.

For the **Take Action** part of the patch program:

All self-explanatory.

Thank you for sharing this important topic with your troop. If you'd like to provide me with feedback, please send me an email at teendistracteddrivingawareness@gmail.com.

Word Search Puzzle for Daisies and Brownies

Distracted Driving Awareness

U P O L I C E F F M
D I S T R A C T E D
T M F O O D L B Z F
R U O T I C K E T R
U S Z C Q P H Z I I
C I E A R B U D S E
K C X R C V I F S N
D R I V I N G Z J D
C E L L P H O N E S
B W L P E T S Y I O

DISTRACTED

CELLPHONE

DRIVING

FRIENDS

TICKET

EARBUDS

POLICE

PETS

MUSIC

TRUCK

FOOD

CAR

Solution to Word Search Puzzle for Daisies and Brownies

Distracted Driving Awareness

U P O L I C E F F M
D I S T R A C T E D
T M F O O D L B Z F
R U O T I C K E T R
U S Z C Q P H Z I I
C I E A R B U D S E
K C X R C V I F S N
D R I V I N G Z J D
C E L L P H O N E S
B W L P E T S Y I O

DISTRACTED

TICKET

MUSIC

CELLPHONE

EARBUDS

TRUCK

DRIVING

POLICE

FOOD

FRIENDS

PETS

CAR

Word Search Puzzle for Juniors, Cadettes, Seniors and Ambassadors

Distracted Driving Awareness

E A R B U D S F Q F K S G R Q
D B Q Y W X R P O C F L C E Y
Y S O Z E O O I U O Z E A S U
K N A L I L Q R V D D E R U Z
K O J G I E T A G I S P C C Q
K I S C F Y N U C D N Y B O B
X T E L T I L O N I E G Q F L
X O P J Q N L I H Y S V H I T
B M X V O B E A M P Y U A U J
D E T C A R T S I D L B M U Q
T H A G F T E K C I T L C R X
P E T S Y G Z Z Y V Q C E L Z
M X K J W H W I D H O H G C D
P O Q R L G I R G K L B J N R
P D I J N T P L X T J B Q J M

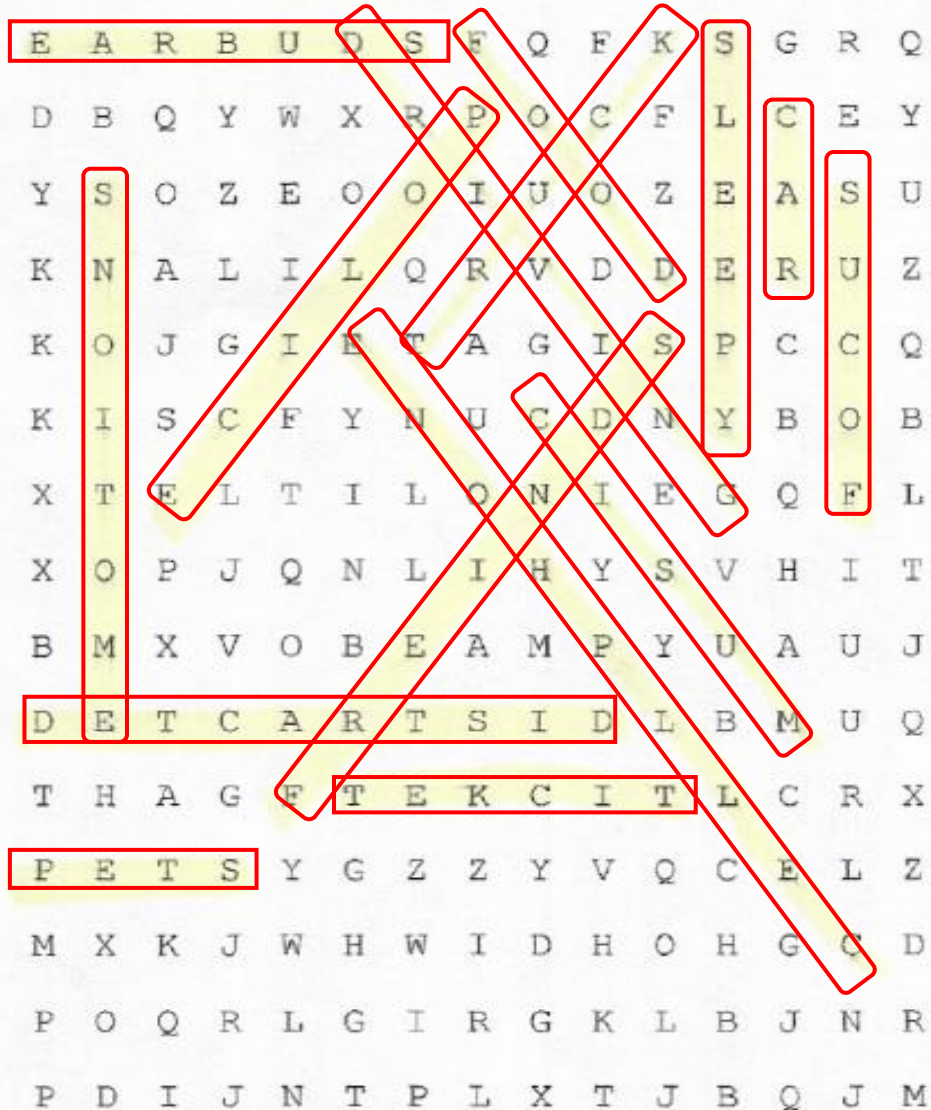
CAR
DRIVING
FOCUS
MUSIC
SLEEPY

CELLPHONE
EARBUDS
FOOD
PETS
TICKET

DISTRACTED
EMOTIONS
FREINDS
POLICE
TRUCK

Solution to Word Search Puzzle for Juniors, Cadettes, Seniors and Ambassadors

Distracted Driving Awareness



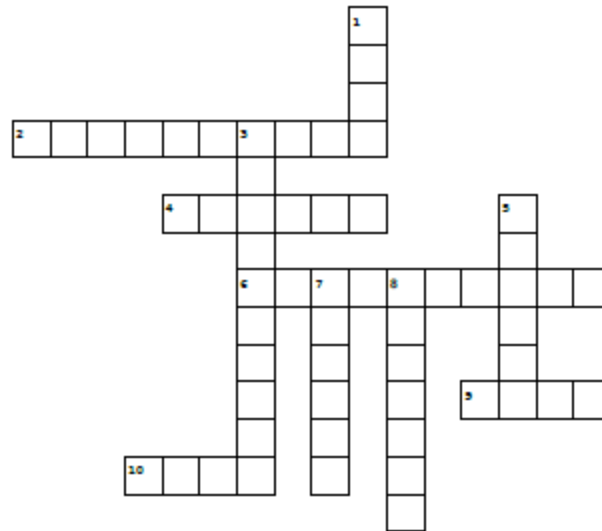
CAR
DRIVING
FOCUS
MUSIC
SLEEPY

CELLPHONE
EARBUDS
FOOD
PETS
TICKET

DISTRACTED
EMOTIONS
FREINDS
POLICE
TRUCK

Crossword Puzzle for Brownies and Juniors

Distracted Driving Crossword



Down:

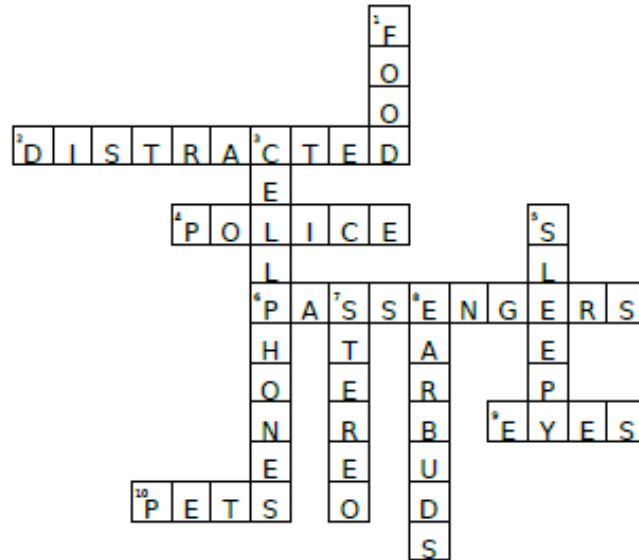
1. Fills your stomach up but also distracts you from driving
3. #1 contributor to distracted driving
5. Driving _____ can cause accidents
7. Object that plays music in the car
8. A way you can listen to music but they are illegal to use while driving

Across:

2. Not fully focused on driving
4. Enforce driving and safety laws
6. Often cause distractions while riding in vehicle
9. Your _____ should always be on the road
10. Furry friends that often distracts drivers inside the car

Solution to Crossword Puzzle for Brownies and Juniors

Distracted Driving Crossword



Down:

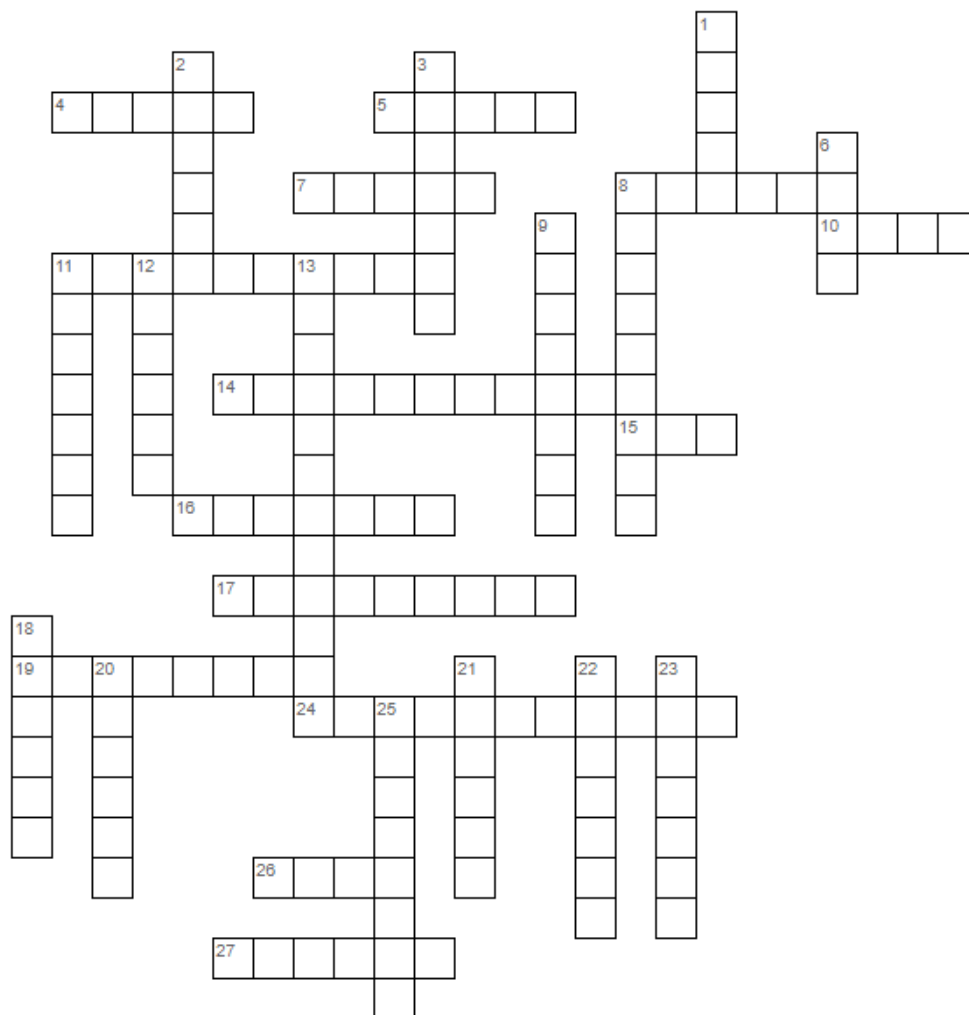
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Across:

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Crossword Puzzle for Cadettes, Seniors and Ambassadors

Pre-Knowledge Check – Try solving before starting the Patch Program



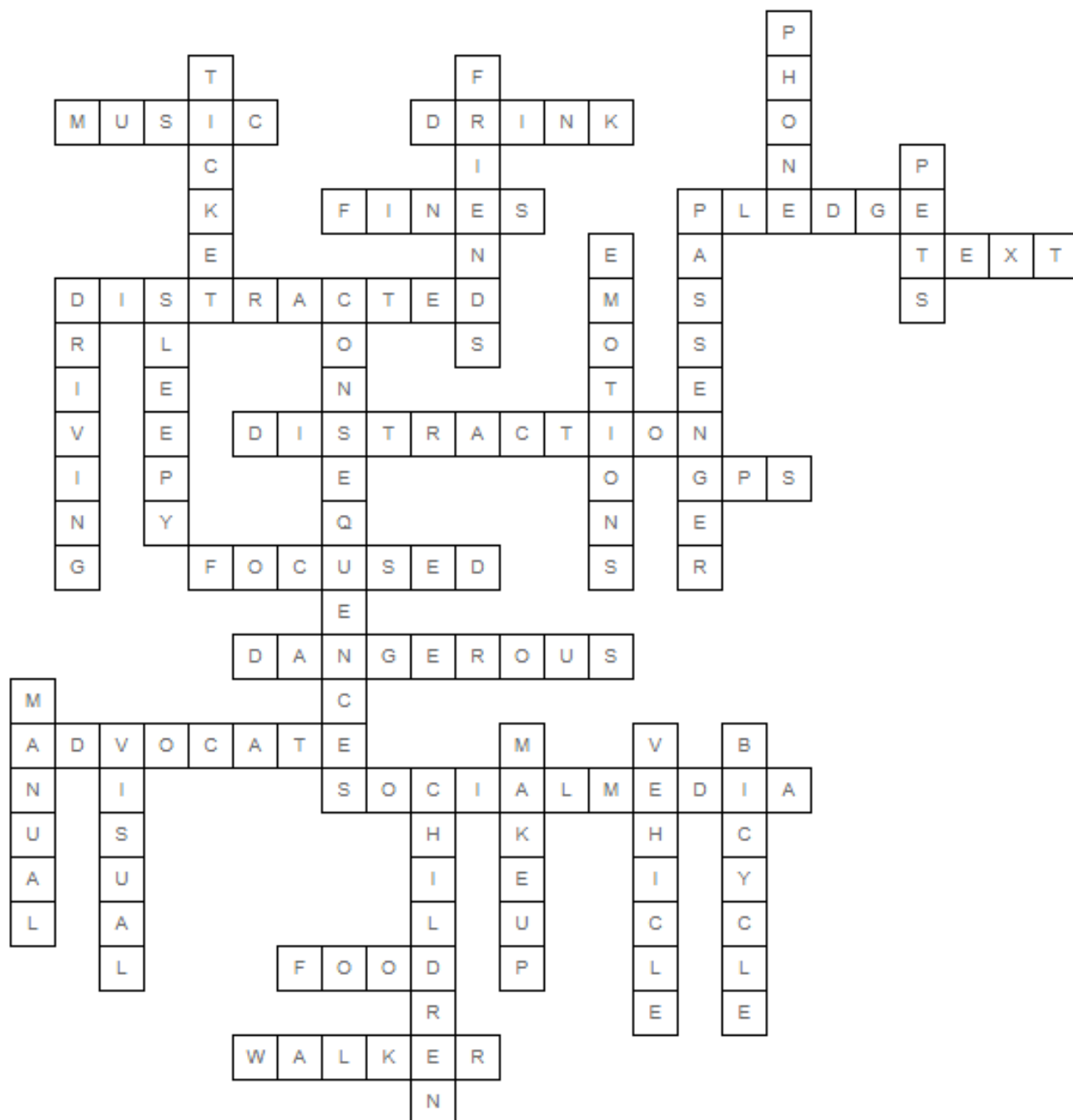
Across

- 4 Tunes
- 5 Beverage
- 7 Legal, financial punishment (plural)
- 8 Promise
- 10 Don't ____ and Drive
- 11 When you're _____, who's driving?
- 14 Diversion
- 15 Direction finder (acronym)
- 16 Opposite of distracted
- 17 Using a cell phone while driving is _____
- 19 Champion
- 24 Instagram, SnapChat, Tik Tok, Facebook, etc. (two words)
- 26 Edibles
- 27 Pedestrian

Down

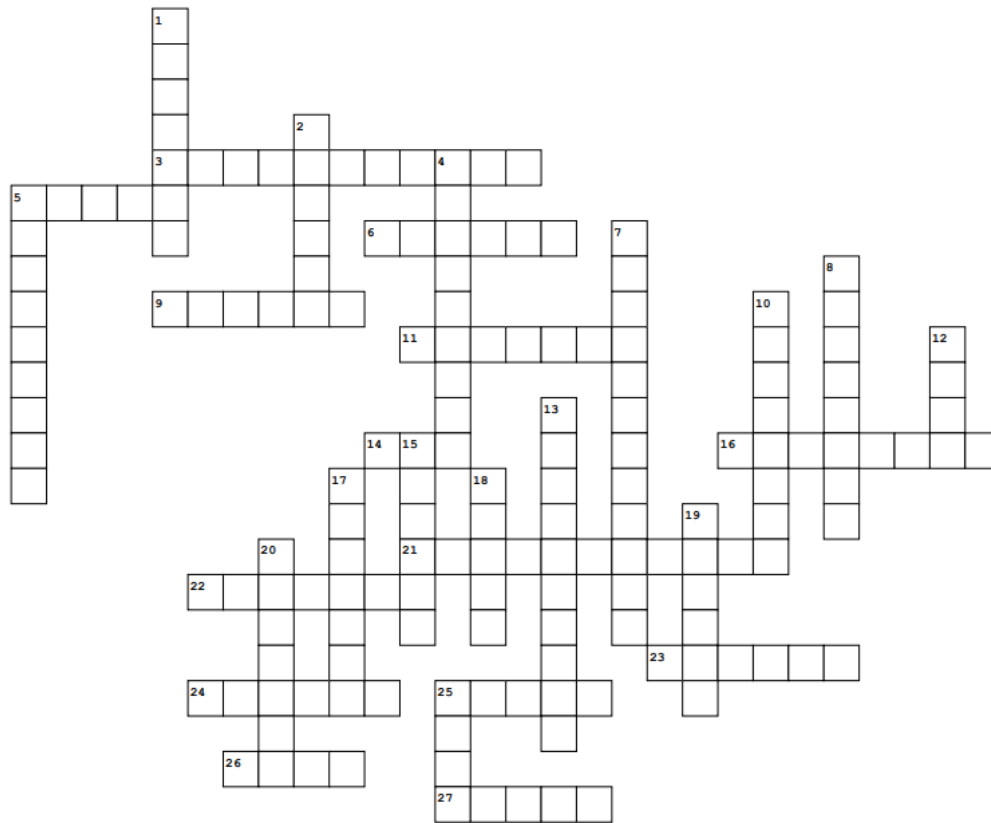
- 1 Make your car a no ____ zone (rhyming word)
- 2 Citation
- 3 Television show
- 6 Furry Friends
- 8 Rider
- 9 Angry, sad, excited are examples
- 11 Texting and _____ don't mix
- 12 Drowsy
- 13 Ramifications
- 18 Category of Distracted Driving caused by taking your hands off the wheel
- 20 Category of Distracted Driving caused by taking your eyes off the road
- 21 Cosmetics
- 22 Automobile
- 23 Two-wheeled vehicle
- 25 Juveniles

Answer Key for the Pre-Knowledge Check (for Leaders)



Crossword Puzzle for Cadettes, Seniors and Ambassadors

Post-Knowledge Check – Try solving at the end of the program



Across

3. Instagram, SnapChat, Tik Tok, Facebook, etc. (two words)
5. Make your car a no _____ zone (rhyming word)
6. Category of Distracted Driving caused by taking your hands off the wheel
9. Drowsy
11. Television Show
14. Direction finder (acronym)
16. Champion
21. Diversion
22. Texting and _____ don't mix
23. Pedestrian
24. citation
25. Legal, financial punishment (plural)
26. Furry Friends
27. Beverage

Down

1. Opposite of distracted
2. Cosmetics
4. Using a cell phone while driving is _____
5. Rider
7. Ramifications
8. Angry, sad, excited are examples
10. Juveniles
12. Don't _____ and Drive
13. When you're _____, who's driving?
15. Promise
17. Automobile
18. Tunes
19. Category of Distracted Driving caused by taking your eyes off the road
20. Two-wheeled vehicle
25. Edibles

Answer Key for the Post-Knowledge Check (for Leaders)

