



WELLNESS WORKSHEET 53

Drinking and Driving

Protecting Yourself on the Road

List signs of an impaired driver.

List strategies for the following situations in which you encounter an impaired driver.

1. The driver is ahead of you.
2. The driver is behind you.
3. The driver is approaching you.

Being a Responsible Guest

List three strategies for drinking less in a social situation or for avoiding driving while impaired.

1. _____
2. _____
3. _____

Create a schedule or plan below for sharing designated driver responsibilities.

Being a Responsible Host

List three strategies for seeing that your guests do not leave your home or residence while impaired.

1. _____
2. _____
3. _____

(over)

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List three things you might say or do for someone who is leaving your residence impaired and insists on driving home.

1. _____
2. _____
3. _____

INTERNET ACTIVITY

Part I. Drunk Driving Laws in Your State

Visit the site for the Insurance Institute for Highway Safety (http://www.hwysafety.org/safety_facts/state_laws/dui.htm) and find out about the drunk driving laws in your state. What is the BAC limit? What are the penalties?

Part II. Drinks to Reach Legal Limit

Visit one of the following sites, and determine the approximate number of drinks you would have to consume in an hour to be legally drunk in your state.

Facts on Tap: Blood Alcohol Level: <http://www.factsontap.org/yourbody/Yourbody.htm>

Intoximeters Drink Wheel Blood Alcohol Test: <http://www.intox.com/wheel/drinkwheel.asp>

Number of drinks:

Part III. Preventing Drunk Driving

Research strategies for preventing drunk driving—for drinking moderately, if at all, in social situations; for using designated drivers; and/or for being a responsible party host. Visit the sites listed below or those listed in your text, or use a search engine to locate other useful sites.

Facts on Tap: <http://www.factsontap.org>

Get the Keys: <http://www.nhtsa.dot.gov/people/injury/alcohol/innocent/index.html>

Go Ask Alice: <http://www.goaskalice.columbia.edu>

Higher Education Center for Alcohol and Other Drug Prevention: <http://www.edc.org/hec>

What's Driving You? <http://www.whatsdrivingyou.org>

Strategies: