





CHAPTER 4

Handling Social Pressures

As a driver, you will be responsible for your safety as well as that of your passengers and other roadway users. It is important to learn how to base your decisions on good judgment and not on a desire to “go along” with the crowd.

LESSON ONE

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

LESSON TWO

Alcohol and Its Effects on Driving Ability

LESSON THREE

How Other Drugs Affect Driving Ability

LESSON FOUR

Distractions Can Increase Driving Risk

OBJECTIVES

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

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

You are at an exciting, yet confusing, time in your life. Sometimes people treat you as an adult and at 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.

Peer pressure can influence the way you dress, your taste in music, and even the way you talk. This is usually harmless. However, peer pressure can also influence you in ways that can damage you and your future, such as influencing you to experiment with drinking alcohol. Understanding how alcohol can destroy your hopes, dreams, and ambitions can help you resist destructive peer pressure.

What Are the Effects of Alcohol?

Alcohol is a powerful and dangerous drug—it can change the way people act, think, and feel. Many people experiment with alcohol to overcome feelings of shyness, inhibition, or unhappiness or because it makes them feel like part of the group. Alcohol addiction can creep up slowly and take control of a person's life. School, work, friends, family, plans for the future become meaningless to the problem drinker. He or she becomes psychologically and physically dependent on alcohol.

Annually, fatalities associated with alcohol use claim five times more people than heroin, cocaine, marijuana, and all other illegal drugs combined. The high number of traffic fatalities involving young people is the reason why every state has passed laws to make it illegal for people under age 21 to buy, possess, or consume alcohol. In 1997, more than 16,000 people died in alcohol-related crashes in the United States.

For people age 21 or over, excessive drinking is no longer tolerated. Recently enacted laws that prohibit open containers of alcoholic beverages in vehicles, lower permissible blood alcohol levels, and increase fines and penalties encourage responsible drinking for people 21 and older.

What Are a Person's Responsibilities Regarding Drinking?

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

FYI

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

Both of these organizations have listings in local phone directories.

- People have a responsibility to protect themselves from the threat that drinking poses to their health and well-being. They also have a responsibility to protect themselves and others from the risk posed by people who drink and drive.
- 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.
- There are support groups to help problem drinkers and their relatives and friends. These groups keep any information confidential. Two such groups are Alcoholics Anonymous, or AA, and Alateen.

AA is an organization for people who feel or know that they may have a problem with alcohol 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?

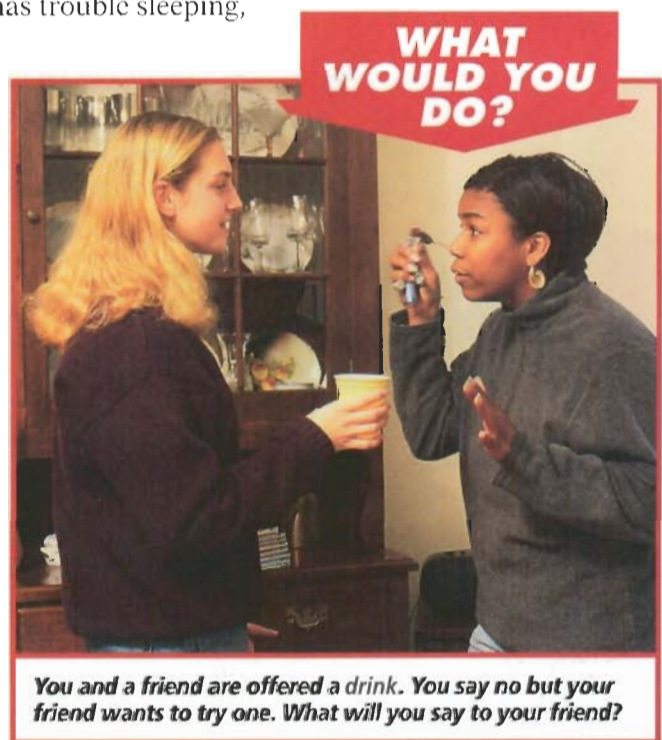
People must be able to recognize the signs of problem drinking. Look for changes in a person's behavior or life situation such as loss of initiative, frequent lateness and absences from school, behavior problems at school, a decline in grades, a change of friends, leisure activities that focus on alcohol, and trouble with the law. A person with a drinking problem often denies having a problem, drinks alone, has trouble sleeping, and may suffer from memory loss or blackouts.

Other symptoms can be seen in health problems that can afflict the problem drinker, such as liver failure, heart disease, 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.

Lesson 1 Review

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



OBJECTIVES

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

KEY TERMS

blood-alcohol concentration (BAC)
 inhibitions
 implied consent
 driving while intoxicated (DWI)
 driving under the influence (DUI)

Alcohol and Its Effects on Driving Ability

When you are behind the wheel of a motor vehicle, all of your senses must be on alert. You need 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 approximately 40 percent of all highway deaths are alcohol related.

Facts About Alcohol and Driving

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

- The 16,189 fatalities in alcohol-related crashes during 1997 represent an average of one alcohol-related fatality every 32 minutes.
- In 1997, 14 percent (7,670) of the 56,602 drivers who were involved in fatal crashes who had a 0.10 percent or greater **blood-alcohol**

CONNECTIONS

Social Studies



In 1981 a high school in Wayland, Massachusetts, lost two of its students in alcohol-related crashes in one week. From these needless deaths began a movement by Robert Anastas, the high school's health director, that resulted in the formation of **Students Against Driving Drunk (SADD)**. Mr. Anastas wanted to find a way to help his students confront the dangers of drinking and

driving. By the end of 1982, SADD had become a national organization.

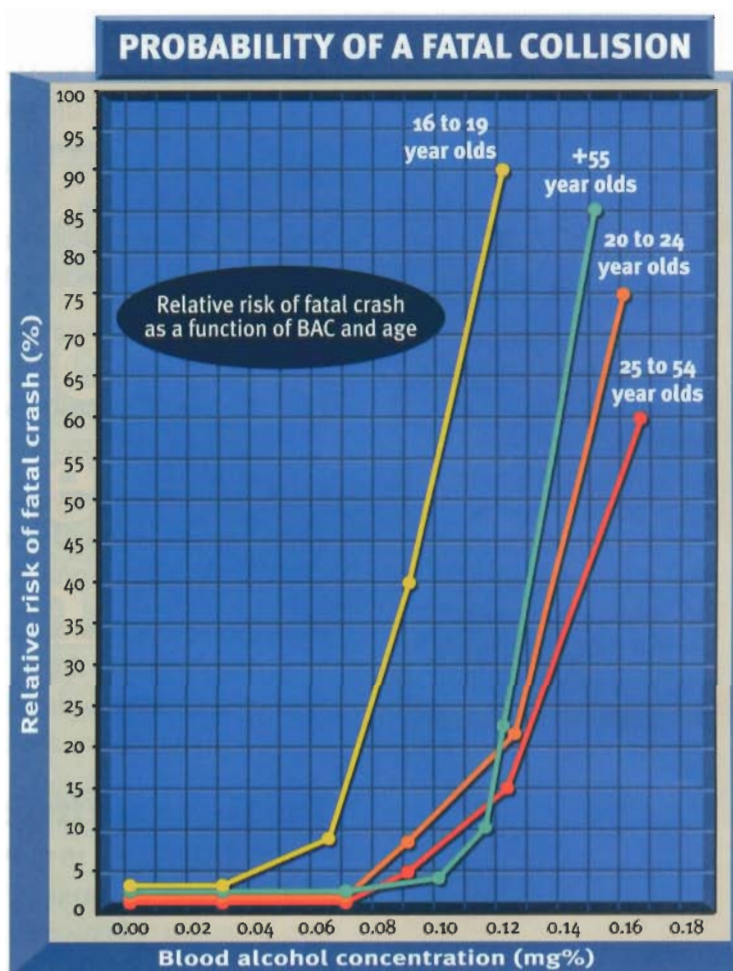
Recently, SADD changed its name to **Students Against Destructive Decisions**. Why? SADD's message now includes viewpoints on issues affecting the health and safety of youth. While its **biggest** message is still about drinking and driving, SADD is also concerned with drugs and drug prevention, seat-belt use, teen pregnancy, suicide, and gangs. The new name better reflects all the issues SADD is now dedicated to helping.

concentration (BAC), or percentage of alcohol in the blood, were young drivers 15 to 20 years old.

- In 1997, 21 percent of young drivers 15 to 20 years old who were killed in crashes were intoxicated.
- More than 327,000 people were injured in crashes where police reported that alcohol was present—an average of one person injured about every 2 minutes.
- About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives.

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



◆ This graph shows how age, blood alcohol concentration (BAC), and the probability of being in a crash are related.

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 Beer is not as intoxicating as hard liquor.

Fact Not true! Sure, there is more alcohol in an ounce of liquor than in an ounce of beer. However, each of these standard drinks—a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1½ ounce shot of 80 proof liquor—contains about the same amount of alcohol.

Myth You can't get drunk on a full stomach.

Fact A full stomach just means the 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.

FYI

The body can't eliminate much more than ½ ounce of alcohol in an hour. It will take about 2 hours for the body to get rid of a standard-sized drink. This figure will vary, however, depending on the gender, weight, and size of the person.

Myth Drinking and driving is not dangerous.

Fact Motor vehicle crashes are the single largest health risk for people under 28 and the number 1 killer of teenagers.

Myth You must drink because friends want you to even though you are the driver.

Fact Real friends would not 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 cannot burn up much more than ½ ounce of alcohol in an hour. Nothing can speed up the process.

Myth Alcohol makes you feel better when you're down in the dumps.

Fact Not really. Alcohol is a depressant, or "downer." It may 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

Drinking drivers 16 to 19 years old have a higher fatal crash probability than any other age group. For instance, young drivers with a blood-alcohol concentration of between 0.08 and 0.10 percent are 40 times more likely to be involved in a fatal crash than a sober driver. Why does this occur?

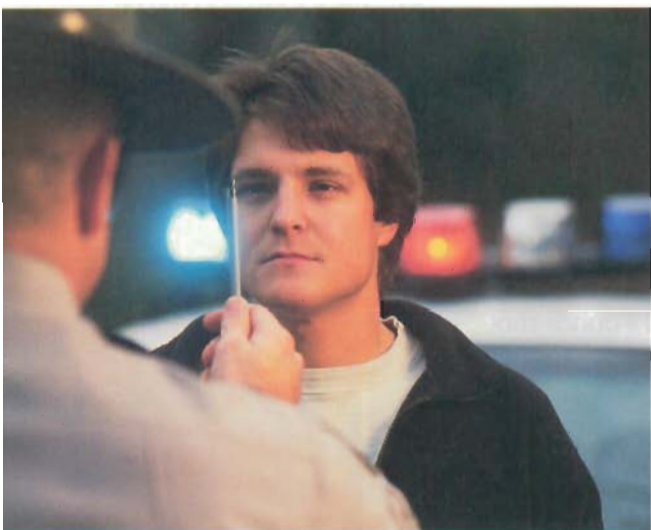
The answer is that people who have little or no driving experience have a higher risk of being involved in a fatal crash.

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 are less able than others to make critical decisions. They have trouble steering and may step on the brake pedal too late or miss it entirely.

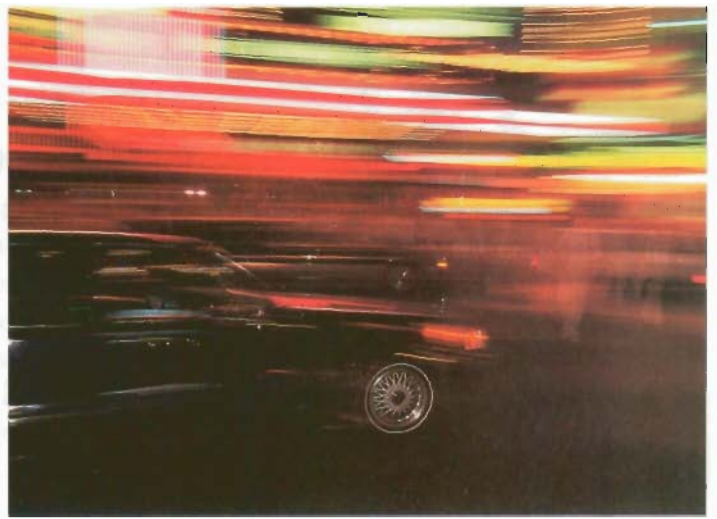
Distance (depth) perception Alcohol affects the ability to judge distance, or depth. Drinking drivers may perceive something as farther away than it really is. They cannot tell where the vehicles around them really are or how far away road signs or signals are.

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



Speed perception Drinking drivers often cannot tell how fast another vehicle is approaching. Such drivers also have a distorted sense of how fast they are going, which is not surprising when you consider that alcohol severely dulls the senses.

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



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

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 do not 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 and can cause them to take chances they would normally avoid.

What Are the Laws, Tests, and Penalties for Drinking and Driving?

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

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 drinking and driving. This permission is known as **implied consent**, and it is the law in all 50 states. The test will determine your blood-alcohol concentration (BAC).

FYI

Most states and the District of Columbia have enacted administrative license suspension (ALS) laws. 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 **fin**es or penalties connected with conviction for **driving while intoxicated or under the influence**.

FYI

As of January 1997, 47 states and the District of Columbia had established lower BACs for young drivers. Federal legislation passed in 1995 encourages states to adopt and enforce “zero tolerance” (0.00 percent to 0.02 percent BAC maximum) for drivers under 21.

In many states, adult drivers with a BAC of 0.10 percent or higher can be charged with **driving while intoxicated (DWI)**. Some states call this **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. In most states, teenage drivers with any BAC over 0.00 up to 0.02 percent violate 21-year-old minimum drinking age laws—sometimes referred to as zero tolerance laws.

Even if a driver’s BAC is lower than the legal limit, he or she can still be charged with DWI or DUI. The police can stop anyone whose driving appears to be impaired. They can give a **field sobriety test** by asking the driver to perform simple tasks, such as **standing on one leg** or **walking a line**.

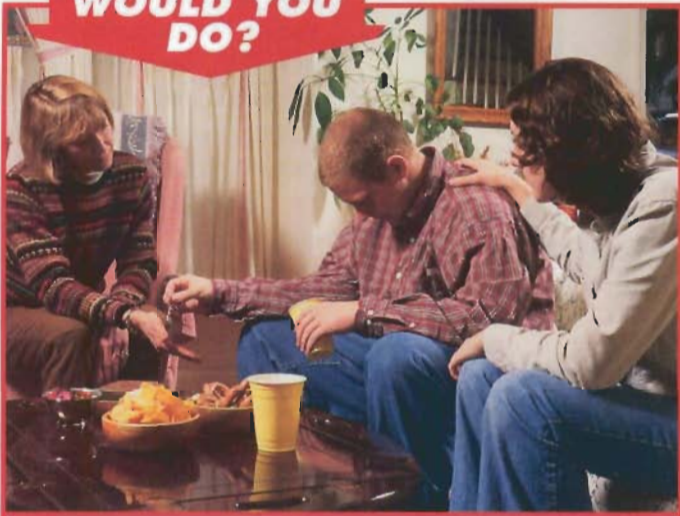
If you are ever stopped for suspicion of DWI or DUI, be courteous and cooperate with the police officer. Drivers who refuse to submit to a chemical test for BAC can have their licenses suspended whether they are convicted or not.

Penalties and Consequences

The penalties for DWI or DUI differ in each state. A license can be suspended, a fine can be assessed, and a jail term can be imposed. If injury or death results from a collision in which the driver has been drinking, the driver can be prosecuted for more serious offenses, such as vehicular homicide. Drivers convicted of DWI or DUI pay higher insurance premiums once their licenses are restored, and may have to attend education and counseling programs.

In addition to legal penalties, there may be other consequences. Drunk drivers involved in crashes have to live with the emotional consequences of having caused injury or death. Civil suits, permanent physical disabilities and long-term health problems to both the driver and passengers may also result.

WHAT WOULD YOU DO?



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

Lesson 2 Review

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

How Other Drugs Affect Driving Ability

OBJECTIVES

1. Describe some kinds of drugs other than alcohol.
2. Explain how these drugs 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 is 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.

Synergism

Synergism is the interaction of one drug with another to enhance the effect of one or both. For example, if a person drinks alcohol and takes a depressant, the combination could produce an effect on the person greater than the individual effects of either substance when taken alone. Even a nonprescription drug such as an antihistamine can be dangerous when mixed with alcohol. It is very important, therefore, to avoid combining alcohol and other drugs or combining any drugs unless prescribed by a physician.

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 Slowly

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 and attention, 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 vehicles. 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.



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

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, flu, headaches, allergies, and other everyday ailments. It's important to read the package label of these drugs, which may warn that their use may "cause drowsiness or dizziness," or "Do not drive after using." Pay attention to these warnings! It is your responsibility as a driver to know what side effects any medications you are taking might cause.

Prescription Drugs

You can buy prescription drugs at a pharmacy if your doctor prescribes them for you. Remember to ask your doctor or the pharmacist if you can drive safely while you are taking any prescription medication.

Many prescription drugs have warnings on the package or the bottle. Look carefully. It is 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 great deal of tension, who are very anxious, or who are being treated for high blood pressure.

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.

DRUGS THAT AFFECT DRIVING ABILITY

Narcotics	Depressants	Stimulants	Hallucinogens
Heroin	Alcohol	Amphetamines (speed)	Marijuana
Codeine	Barbiturates	Cocaine (crack or rock)	LSD
Morphine	Methadone		PCP (angel dust)
	Sleeping pills		Hashish
	Tranquilizers		

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 or slow they are driving and their ability to judge time and space. **People who** use marijuana may just sit and stare and be completely unaware of anything **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.

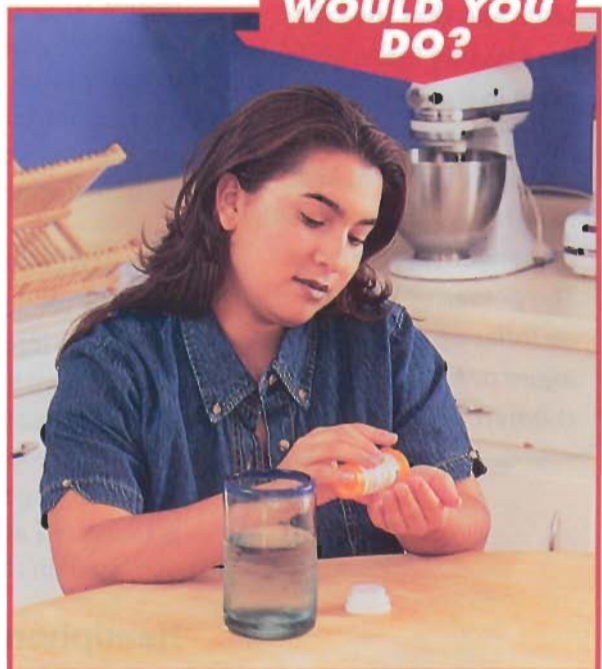
Lesson 3 Review

1. What are some other kinds of drugs besides alcohol?
2. How do these drugs affect your ability to drive?

FYI

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.

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?

OBJECTIVES

1. Name some distractions that increase driving risk.
2. Describe how these distractions can hinder your driving ability.

Distractions Can Increase Driving Risk

There is 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 of this going on, you need to be sure that no distractions inside your vehicle will take your attention away from your driving and increase your risk.

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 backseat. 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.

How Can Distractions Hinder Your Driving Ability?

Imagine that you are driving along a busy highway. Suddenly you see an antique car driving beside you. You have never seen a vehicle like this before, so you take your eyes off the road ahead for just a second to get a closer look. **Just** then another vehicle 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 vehicle.

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

A Vehicle Audio System Can Distract You

Most vehicles have radios, cassette players, or CD players, but do not become so interested in the music that you forget to pay attention to your driving. Remember, too, that loud music can mask useful information.

A radio can be distracting if it is too loud. Keep volume at a reasonable level. Your concentration must be focused on driving. Looking for and changing tapes or CDs is also distracting—and very dangerous. Risk is **increased** anytime you take your eyes off the road or drive with only one hand on the wheel.

Headphones Can Be Dangerous

In most states, it is against the law to wear stereo headphones while you drive. You need information when you drive—and that includes roadway sounds.

If you're wearing headphones, you may not be able to hear another vehicle honking its horn at you. You may lose your concentration if you're too absorbed in what you're hearing. Put them away. Your job now is to pay attention to your driving.

Cellular Phones Can Distract You

Using a cellular phone while driving is not recommended. Statistics show that cell phones are distracting and increase the risk of a crash. Dialing and talking divert a driver's attention away from controlling the vehicle and watching the road.

Cellular phones *can provide some safety* benefits for a motorist. You can, for instance, use a cell phone to get help if your vehicle malfunctions or to report a crash.

Keep your phone in the glove compartment with the ringer off. If you must place or receive a phone call, even in an emergency, do so only when stopped, preferably in an off-road location. Never try to talk while driving. Remember that you need to give driving your full attention.



◆ *If you talk on a cellular phone while you are driving, you increase your chances of having an accident, because your full attention is not on driving.*

Passengers Can Distract You

Sometimes the people in your vehicle want you to pay more attention to them than to your driving. They may ask you to turn around and look at what they're doing. Sometimes they can be talking loudly. They may try to roughhouse in the vehicle or hang out the windows.

You are responsible for the safety of your passengers, and it is your responsibility to tell them to sit still or be quiet. You're not being rude—you're being a safe, responsible driver.

Little children can become bored or restless on long trips. They may 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.

Make sure you have some tape cassettes for them to listen to or quiet games for them to play in the vehicle. You can also stop more often than you normally would and let the children get out and stretch their legs.

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

Other Distractions

Driving with animals in your vehicle can be dangerous. A dog may suddenly jump on your lap, or a cat may crawl under your feet and land on the gas pedal. You have to plan ahead if you are going to take an animal in



ADVICE FROM THE EXPERTS



William F. Cullinane

Executive Director, Students Against Destructive Decisions (SADD)

Most young people have rejected the social pressure to drink and drive. Next, they must reject the pressure 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, they need to 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.

your vehicle. 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**, that it is important to pay attention to **everything that is going on** around you.

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.

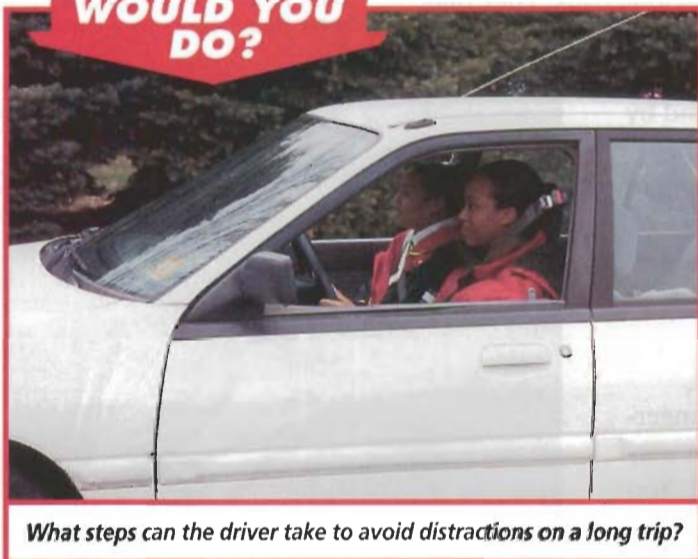
Drivers who **smoke** are distracted when they search for or **light cigars, cigarettes, or pipes**. A lit cigarette **falling on the seat or in the driver's lap** is **dangerous**. **Don't smoke and drive**—especially in a **closed** vehicle, where passengers can **inhale the smoke**.

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

Lesson 4 Review

1. What **distractions** can **increase** your driving risk?
2. How **can these** distractions hinder your **driving ability**?

WHAT WOULD YOU DO?



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

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 such as 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 speed 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. Therefore, 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, how long will it take you to drive from **El Paso** to **Pecos**?
3. Which trip would be longer—one from **Odessa** to **Houston** or one 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 4 REVIEW

KEY POINTS

Lesson One

1. Drinking alcohol can change a person'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.
3. Some symptoms that indicate a problem drinker are loss of initiative, frequent lateness and absence from school, trouble with the law, sleeplessness, and memory loss.

Lesson Two

1. Some ways that alcohol affects driving ability are that it reduces inhibitions, reduces ability to react quickly, impairs coordination, and has a negative effect on a driver's judgment.
2. 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 over age 21 is considered intoxicated if his or her blood-alcohol concentration is 0.08 percent or greater. Most states have enacted lower BAC limits (0.00 percent to 0.02 percent) for people under age 21. Penalties for DWI or DUI may include driver's license suspension, assessment of a fine, and a term in jail.

Lesson Three

1. Over-the-counter drugs, prescription drugs, depressants, stimulants, hallucinogens, and narcotics can affect driving ability.
2. 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

1. Distractions can hinder your driving ability by drawing your attention away from the road.
2. Distractions include radios, tape decks, CD players, stereo headphones, cell phones, 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. Besides SADD, Mothers Against Drunk Driving (MADD) is probably the best known. Find information about MADD.
2. Refer to 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.

interNET
CONNECTION



Explore the Web for other statistics on drinking and driving.
drivedred.glencoe.com

CHAPTER 4 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 be uncooperative if you are stopped by **police**.
- You can **reduce distractions** while driving by
 - putting on a set of stereo headphones.
 - looking at the scenery.
 - keeping radio volume low and asking **passengers to speak quietly**.
- To **get help with a drinking problem**
 - drink just once a week**.
 - drink only beer.
 - join a support group.
- Alcohol is
 - a harmless substance.
 - a powerful drug.
 - nonaddictive.
- In most states, drivers over age 21 are considered intoxicated if their BAC is greater than
 - 0.10 percent.
 - 0.07 percent.
 - 0.04 percent.
- Even a small amount of alcohol can affect your
 - long-term memory.
 - ability to judge distance and speed.
 - hearing.

Write the word or phrase that best completes each sentence.

prescription stimulants concentration
depressants inhibitions peer pressure

- _____ 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 will you say? How might your friend respond? Write a dialogue showing what might happen.