

# 4D MONTH AWARENESS RESOURCES

## Activities



### Drunk & Dangerous

Put your group members in the driver's seat as they attempt to steer this remote control car while wearing our DUI Goggles. Your group will quickly learn that left seems like right and even keeping the car straight is nearly impossible—exactly like trying to drive a real car while intoxicated. Comes with five plastic Champagne-glass traffic cones to create a road course. Perfect for raising awareness about the dangers of drinking and driving. There are two cars available, create a race between students: 1 with DUI goggles and 1 without.

### Drinking Display

Shot Glass, Glass of Wine, and Glass of Beer showing what is a standard drink size. Create discussion around what is a standard drink, how bars/restaurants do not typically serve in the standard drink rate (doubles, tall beers), and how our bodies are effected by each drink that you have.

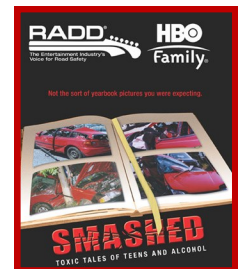
## NEPRC Videos

### Another Smash Hit, DVD, 12 Minutes, Grades 7-12

This video portrays the dangers and probable consequences of texting while driving and in other situations. Using dramatic reenactments, scientific evidence and expert testimony from leaders in the field of Distracted Driving Awareness, this educational video is suitable for all audiences, with emphasis on younger drivers and people in driving classes.

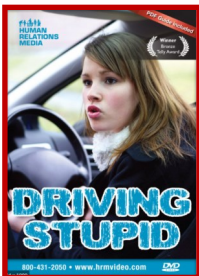
### Smashed: Toxic Tales of Teens and Alcohol, DVD, 52 Minutes, Grades 9-12

This documentary uses personal interviews with teens, their grief-stricken families and graphic hospital footage to detail the sudden devastation that a drinking & driving accident can bring-and how difficult the road to recovery (which is often only partial, at best).



### Danger Behind the Wheel: The Facts about Distracted Driving, DVD, 25 Minutes, Grades 7-12

This video reveals the truth about distracted driving risks through scientific research and unforgettable real-life stories. Armed with these facts, teens will be better prepared to identify the risks, make smart choices and perhaps even save lives.



### Driving Stupid, DVD, 19 Minutes, Grades 7-12

This program dramatizes that most teens overestimate their driving skills and underestimate the risks involved in texting while driving, driving drowsy and driving under the influence. True life stories accentuate these very real dangers. A young woman describes how a driver who was texting caused a crash that killed her parents and left her with severe injuries. Another teen describes falling asleep while driving resulting in a crash that left him wheelchair bound for life. The film also shows teens participating in a driving skills program that safely exposes them to a variety of hazards and teaches them the importance of safe driving skills.

### DUI: The Hard Truth, DVD, 29 minutes, Grades 7-12

This video drives home the deadly consequences of driving while under the influence of alcohol or other drugs, using hard-hitting stories to portray drugged driving as the danger it is. Viewers will hear from a career EMT who tells tragic stories, including a burn survivor and those who have lost loved ones.

## Online Videos

**Caught On Tape: Teen Drivers Moments Before A Crash:** from ABC's Nightline shows dashcam footage from the AAA Foundation for Traffic Safety's study. Teenage drivers are talking, using their phones, putting on makeup, and generally not paying attention to the road before they crash. This is every parent's nightmare.

[https://www.youtube.com/watch?v=r3MIUA0gkiQ&feature=emb\\_logo](https://www.youtube.com/watch?v=r3MIUA0gkiQ&feature=emb_logo)

**The Last Text**—AT&T: it shares the real stories of people and families who have been impacted by texting and driving.

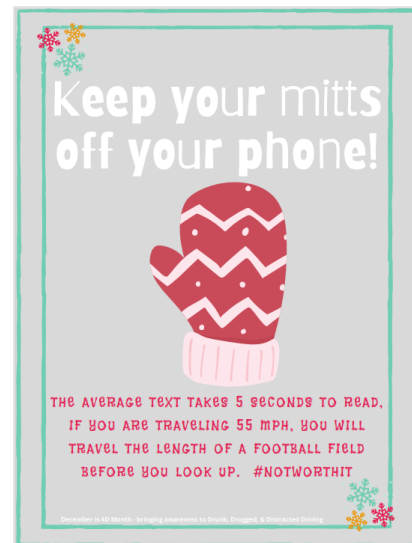
[https://www.youtube.com/watch?v=u4xXnsorfms&feature=emb\\_logo](https://www.youtube.com/watch?v=u4xXnsorfms&feature=emb_logo)

**"I'm A Textpert"** - Rhett & Link: The satirical rap music video drives home the message that if you're texting, you're not driving well. This video was created for the Department of Transportation's National Highway Traffic Safety Administration.

[https://www.youtube.com/watch?v=FWj42BxDXCU&feature=emb\\_logo](https://www.youtube.com/watch?v=FWj42BxDXCU&feature=emb_logo)

## General List of Activities for 4D Month (December)

- Moment of silence at basketball games—before the National Anthem
- Signs at businesses
- Message on electronic display boards: banks, sport boards, malls
- Red ribbons on gas pumps
- Drug free dances/activities
- Churches: prayers, ribbons on pews, bulletins
- Have elementary students decorate grocery bags
- Replace some of the "THINK" signs that are faded
- Put red ribbons on the "THINK" signs for those killed by drunk drivers (Talk to families first)
- Have organizations (4-H, MADD, SADD, FFA, law enforcement)
- "march" down Main Street. Ghost-out faces to represent number of people killed by drunk drivers
- Have organizations sponsor ghost-out faces during basketball games to represent number of people killed by drunk drivers last year
- Defensive driving/skills classes
- Red ribbons on sports uniforms
- Grocery bag stuffers
- Put red ribbons on cars in parking lots
- Radio spot recorded by high school students
- Social media messages <https://www.trafficsafetymarketing.gov/get-materials/distracted-driving/u-drive-u-text-u-pay>
- Hang posters and NHTSA campaign materials
- Share facts during school announcements (draw for prizes to those who know the answers at the end of the week)



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