

# PLAN MY RIDE®



## Program Content and Learning Objectives

Lesson #	Lesson title	Approximate lesson length (minutes)	Mode of delivery	Learning objectives
1	<b>Driving skills</b>	15	Online training	Describe the three key types of skills needed to drive: Cognitive, perceptual, and physical skills.
2	<b>Avoiding distractions while driving</b>	30	Online training	<ul style="list-style-type: none"> <li>• Explain how cell phone use affects your cognitive, perceptual, and physical skills.</li> <li>• Identify 3 or more strategies you can use to avoid being tempted to use your cell phone while driving.</li> <li>• Describe your plan to incorporate strategies into your day-to-day- life to build skills and healthy habits.</li> </ul>
3	<b>Avoiding substance-impaired driving</b>	20	Online training	<ul style="list-style-type: none"> <li>• Explain how substance use affects your cognitive, perceptual, and physical skills</li> <li>• Describe the laws related to substance impaired driving.</li> <li>• Identify the strategies you can use to avoid driving impaired due to substances.</li> </ul>
4	<b>Practice avoiding distracted driving</b>	10	360-degree interactive video scenario	<ul style="list-style-type: none"> <li>• Practice using proactive strategies to avoid cell phone use and driving</li> <li>• Practice using in the moment strategies to avoid using a cell phone while driving</li> </ul>
5	<b>Practice avoiding substance-impaired driving</b>	10	360-degree interactive video scenario	<ul style="list-style-type: none"> <li>• Practice using proactive strategies to avoid driving impaired due to substance use</li> <li>• Practice refusal skills to avoid using substances</li> <li>• Practice using proactive strategies to avoid driving impaired due to substance use</li> </ul>
Test	<b>Knowledge test</b>	10	Online test	Test knowledge about impaired driving
Total		<b>90</b>		