

Recognizing Distracted Driving and Using the SAM Strategy

Read each question and write your answers on the lines. Questions 3 and 4 ask about feelings. They have no wrong answer.

1. You are riding in the car and notice that your aunt, who is driving, is looking at her phone to text. You have **seen** a problem—the first step in the **SAM** strategy. How will you complete the next two steps

Address the problem using an “I” statement:

I feel _____

Make an action plan together:

Can I _____

2. Carlos is riding in the car and sees his dad, who is driving, pick up his phone and make a call. Underline the best statement Carlos could say.

Dad, I feel nervous when you talk on the phone and drive.

Dad, get off the phone or we’ll get in a crash!

Explain the difference between the two statements. _____

3. Imagine that you are driving a car, and a passenger in the back seat is telling you how to drive. Describe how you think you would feel and explain why.

4. Imagine that you are riding in the car. You notice that your older brother, who is driving, is scrolling in his phone for music. You tell him that you feel a little scared when he is not watching the road carefully. Then you offer to take the phone and find the music he wants. He says, "Oh, sorry!" and gives you the phone. Describe how you think you would feel.
