

Answers

1. True
2. Visual, auditory, physical and cognitive.
3. Stress/overthinking or engaging in deep conversations.
4. Research suggests that our brains are trying to cope with a lot of stimulation, with mobile phone use playing a part. Known as Busy Brain Syndrome.
5. Busy Brain Syndrome
6. Yes, if they were caught being distracted by their phone they could gain up to 4 demerit points. 4 demerit points would be an automatic loss of license for an L or P plater.
7. So the driver will not get distracted to change the song or the settings of the car while driving.
8. \$1000 fine and 4 demerit points.
9. Ideas may include - turn your phone off, choose music settings before driving, check GPS or map to know what's ahead, etc.



RAC Community Education
communityeducation@rac.com.au