



Driving the day after a night out

Activity 1:

- » As a Learner and Provisional driver it is required by law to have 0.00% BAC (Blood Alcohol Concentration or Blood Alcohol Content) in your system when you are driving. i.e. no alcohol
- » You have just turned 18 and you're on your green P plates. You have done the right thing and stayed at your friends' house after a party where you had a few drinks of alcohol. You get up the next morning to drive to Saturday morning sport. Are you safe and legally allowed to be driving? Might you still have alcohol in your blood stream? Let's check how safe you really are, driving the day after a night out.
- » Watch the following video, note that this is an American video. **Beware that in Australia a person who is on their full licence must have a BAC under 0.05% :**

<https://www.youtube.com/watch?v=dZUPBn4rLFo>

Activity 2:

- » The video demonstrates the significant impact of driving the next day while still under the influence of alcohol. Trying to mathematically calculate your BAC the next day can be extremely difficult. Using the link below, calculate when you would be safe to drive again; some of you may be extremely surprised with the outcome. Be mindful that this this is a rough guide.

<http://ruoverit.com.au/home/>

- » In groups, come up with a strategy to ensure you or your friends do not drive while still under the influence of alcohol (the next day).

Activity 3:

- » Alcohol and drugs can affect our body, mind and driving ability differently. Using the following link <http://yourroom.com.au/> Students are to select 5 different drugs from the A – Z of Drugs section of the website.

Students are to record the name of the drug, which part/s of the body the drug affects and how it impacts on your capacity to drive. If it does not state how it impacts your driving ability, you will have to do further research on other sites