

Healthy Lifestyles Contest
Class #3
Passenger Safety

In 2022 44% of motor vehicle crash deaths among teens ages 13-19 occurred between 9:00 pm and 6:00 am. Due to many teens participating in extracurricular activities or jobs during this time frame, which option should they practice to ensure maximum safety while driving at night?

Option 1	Option 2	Option 3	Option 4
1. Drive at or below the mandated speed limit. 2. If an oncoming vehicle doesn't dim its lights, flash your lights at them to encourage them to dim them. 3. Turn on your headlights at 5:00 pm to observe night driving safety. 4. To avoid drowsy driving, teens should have at least 6-7 hours of sleep at night. 5. Consume water because hydration will keep you more alert.	1. Drive at or below the mandated speed limit. 2. If an oncoming vehicle doesn't dim its lights, avoid glare by watching the right edge of the road and use it as your steering guide. 3. Turn headlights on at dusk and observe night driving safety as soon as the sun goes down. 4. To avoid drowsy driving, teens should have at least 8-10 hours of sleep at night. 5. Consume caffeine. The equivalent of two cups of coffee can increase alertness for several hours.	1. Since it is nighttime and there is typically less traffic on the road, it is okay to drive a little above the speed limit. 2. If an oncoming vehicle doesn't dim its lights, avoid glare by watching the center stripe of the road and use it as your steering guide. 3. Turn on headlights when it becomes difficult to see the road. 4. To avoid drowsy driving, teens should have at least 6 hours of sleep at night. 5. Consume an energy drink, they are a healthy way to increase your caffeine level.	1. Drive at or below the mandated speed limit. 2. If an oncoming vehicle doesn't dim its lights, avoid glare by watching the center of the lane you are driving in and using it as your steering guide. 3. Turn headlights on at dusk and observe night driving safety as soon as the sun goes down. 4. To avoid drowsy driving, teens should have at least 7 hours of sleep at night. 5. Consume a cup of coffee, which will increase alertness.

Placing: 2-4-1-3 Cuts: 3-4-5

