

NAME:

DATE:

LEARN

Watch the following videos:

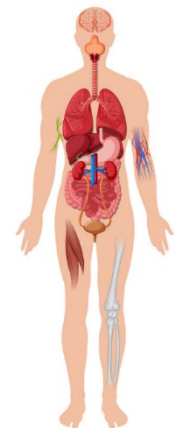
- ["Driving Sleep Deprived"](#)
- [Drowsy Driving](#)

Read information on [sleep for teens](#) from the National Sleep Foundation.

ANSWER

Answer the following questions in one or two sentences:

List 6 physical effects of sleep deprivation on the human body:



Using the information learned what are three ways you can avoid drowsy driving?

Why do you think teens could be prone to sleep deprivation? What steps could a teenager take to avoid drowsy driving? Describe in detail.

Summarize the research findings from the “Sleep in America” poll presented in the article from the National Sleep Foundation. What was the most important finding and why do you think it is important? The poll was conducted in 2006 – what positive or negative changes regarding teen sleep issues may have happened since then?

What are the most important things you think teens should know about sleep and why do you think they are important? What would be the best way to communicate this information to teens (i.e. PSAs, education, ads, etc.) and why?

EXPAND YOUR IMPACT Project

You are the Public Health Director for your state. Recently, you received data revealing that your state's numbers for drowsy driving crashes have slightly increased for the teenage age group. Create a campaign to impact teen drowsy driving. Pick one activity from the promotion category and one from the education category.

PROMOTION:

- Create 10 different social media posts about the dangers of sleep-deprived driving from the perspective of a Department of Public Health.
- Compile 3 Public Service Announcements (PSAs) about the dangers of sleep-deprived driving that you think could be shared with your citizens. Create an email to the mayor including the links of the PSAs you selected, and then describe why you think they should be used to influence your citizens and what elements of each PSA are persuasive.

EDUCATION:

- Create a flyer that could be distributed to teens about the dangers of drowsy driving using 10 facts and/or statistics that you have read in your research. Incorporate at least 4 helpful strategies to avoid sleep-deprived driving.
- Design a slide show using PowerPoint or Google Slides that could be shown in high school health classes to share the dangers of sleep-deprived driving, share healthy sleep habits, and give strategies to help prevent drowsy driving. You should incorporate a Title Slide and at least 6 Content Slides. Images should be on each page.

Please turn in the activities for your project to your teacher by the assigned due date using a document file (Microsoft Word or Google Doc) and/or slide show (PowerPoint or Google Slides).