

SCENARIO 1

Over-the-Counter Drugs

Taking over-the-counter cough medicine, especially without following the proper instructions, can result in impaired motor function, dizziness, disorientation, numbness, nausea or vomiting, increased heart rate and blood pressure, and a sense of distance from reality.

What's going on?

Bree hasn't been able to kick the cold she's had for three days. She thought "doubling up" the dosage of her cold medicine might do the trick, but now she's feeling dizzy and off-balance. And she just remembered her dad asked her to pick up her little brother from school today. She doesn't have far to drive, but it's 3 p.m. and the streets are full of kids walking home and busy daytime traffic.

Recreate the dizziness and loss of coordination Bree is experiencing from taking over-the-counter drugs improperly by spinning in place rapidly for 30 seconds. Begin driving immediately after spinning. PLEASE NOTE: The effects from spinning wear off quickly; both rounds of play should be limited to 30 seconds for maximum effect and accurate comparison between rounds.

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SCENARIO 2

Driving Drunk or Drugged

Alcohol and marijuana affect the part of the brain that controls coordination and judgment. These substances may also increase tiredness and drowsiness.

What's going on?

Ashley got a ride with Emily to Staci's house where they chilled for the night. They stayed out much later than planned, and Emily fell asleep on the couch after having a joint and a beer. It's 3 a.m. and they're finally hitting the road to get home.

Recreate the side effects Emily is experiencing from drinking and smoking marijuana by completing the race course with your eyes almost fully closed or with a blindfold/scarf partially covering your eyes. Have another volunteer play the role of Ashley, who is trying to help Emily stay on the road and avoid hitting objects.

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SCENARIO 3

Texting While Driving

A person who texts while driving, on average, takes their eyes off the road for four and a half seconds out of every six. At 55 miles per hour, this means they are driving the length of an entire football field without looking at the road once.

What's going on?

Maddie and Jake's relationship has been great, until recently. They've decided to hang out separately tonight and Jake's been getting updates from a friend telling him that she has been all over someone else. He needs to see this with his own eyes and find out what's really going on, so he hops in his car and starts to send her a text message on his drive over.

Recreate the experience of texting while driving by typing the following message on a cell phone while driving the course – you may abbreviate these words: Seth told me you're all over someone. On my way. Can't believe you'd do this to me.

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SCENARIO 4

A Crowded Car

Driving with multiple passengers can create a distracting environment in the car.

What's going on?

It's the end of a night out and everything went okay until Stephanie's best friend found out that her boyfriend cheated on her with Katy, Stephanie's other best friend. Stephanie's driving both of her friends home while they argue and keep trying to pull her into the middle, wanting to know whose side she's on.

Recreate the distractions of traveling with an excited group of passengers by having two other volunteers act out the above scenario and argue constantly around the person in the driver's seat.

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