



SADD Campaigns and Activities: Aggressive Driving

Are You an Aggressive Driver?

Do You:

- Express frustration? Taking out your frustrations on your fellow motorists can lead to violence or a crash.
- Fail to pay attention when driving? Reading, eating, drinking or talking on the phone can be a major cause of roadway crashes.
- Tailgate? This is a major cause of crashes that can result in serious deaths or injuries.
- Make frequent lane changes? If you whip in and out of lanes to advance ahead, you can be a danger to other motorists.
- Run red lights? Do not enter an intersection on a yellow light. Remember, flashing red lights should be treated as a stop sign.
- Speed? Going faster than the posted speed limit, being a "road racer" and going too fast for conditions are some examples of speeding.

Life In The Fast Lane? Plan Ahead. Allow Yourself Extra Time.

- Concentrate. Don't allow yourself to become distracted by talking on your cellular phone, eating, drinking or putting on makeup.
- Relax. Tune the radio to your favorite relaxing music. Music can calm your nerves and help you to enjoy your time in the car.
- Drive the posted speed limit. Fewer crashes occur when vehicles are travelling at or about the same speed.
- Identify alternate routes. Try mapping out an alternate route. Even if it looks longer on paper, you may find it is less congested.
- Use public transportation. Public transportation can give you some much-needed relief from life behind the wheel.
- Just be Late. If all else fails, just be late.

When Confronted With Aggressive Drivers

- Get out of the way. First and foremost make every attempt to get out of their way.
- Put your pride aside. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.
- Avoid eye contact. Eye contact can sometimes enrage an aggressive driver.
- Gestures. Ignore gestures and refuse to return them.
- Report serious aggressive driving. You or a passenger may call the police. But, if you use a cell phone, pull over to a safe location.