



# Alcohol Module

**This module aims to improve a learner driver's awareness of the dangers of drinking alcohol and driving and to increase the learner driver's understanding of how alcohol impacts on a driver's ability**

**The outcomes are for the learner driver to better understand:-**

1. That alcohol is a drug and is classified as a depressant
2. That a depressant reduces brain activity
3. How this depressant effect impacts on:
  - Reactions
  - Eyesight
  - Emotional control
4. That there is no safe amount to drink and drive.

**Ask the learner to complete evaluation sheet 1.**

**Introduce the session by explaining that some drivers still drink and drive and in order to keep themselves safe it is important to be able to identify a driver who may have been drinking. The best way of doing this is to understand the effects of alcohol.**

**Show the learner the 60-second video looking at the issue.**



After they have watched the video, ask the following questions (example answers provided) learner the following questions:-

**As alcohol is a depressant:**

- 1. How would alcohol affect a driver's speed, and why?** Driver's often increase their speed due to heightened levels of confidence, and have problems keeping to a constant speed. Alcohol reduces our ability to maintain control of our emotions.
- 2. How could alcohol affect a driver's road positioning, and why?** Road positioning becomes erratic and the driver will be less able to maintain a consistent road position. Due to over-confidence they will often tailgate. As alcohol impacts on vision and depresses other signals going to the brain it makes it difficult to assess safe following distances and safe clearances to the sides.
- 3. How much alcohol would a driver need to drink before their driving is affected?** Any alcohol would impact on a driver. Whilst there is a legal limit, there is no safe amount. Remember also, that the drink driving limit is lower in Scotland than in the rest of the UK.

**Additional Discussion Point (Forward Planning & Coping Strategies)**

1. How could you encourage friends to avoid drinking and driving?

**Key Learning to be summarised by the instructor:-**

1. Alcohol is a drug – a depressant, which means it slows brain activity
2. It affects our emotions, sight, reflex and reactions
3. There is no safe amount to drink