



# Distraction Module

**The aim of this module is to improve a learner driver's understanding of the role of distraction.**

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

1. Our brain needs to constantly update its image of the world, otherwise it misses important information.
2. It is vital we don't allow our mind, or vision, to become distracted, as this will cause us to miss important information and it will take time for us to rebuild a full image.

**Ask the learner to complete evaluation sheet 1. Then play the video before asking them to complete evaluation sheet 2. Just for you, here are the questions the learner will be asked (with the answers):-**

1. Name the 4 shapes that appeared on the left of the screen (circle, square, star, heart)
2. How many times did the bar on the right reach the top of the screen? (5)
3. How many times did the screen change colour? (8)
4. What song was playing? (Happy Birthday)
5. What animal did you hear? (Dog, it barked quite a few times)





The video will certainly stimulate a discussion; now ask the learner the following questions:-

1. How many changes did you see? (Pick a couple of the questions from the sheet overleaf and ask them if they noticed them)
2. Why did you miss some of the changes?
3. Ask them if they know how much vision is in focus at any one time (approximately 6%)
4. If this is correct, why does the rest appear in focus? (Our brain 'draws in' the rest based on our visual scanning. In the clip, our vision was fixed in one place, meaning we missed information)
5. How does this link to a mobile phone? (We will use some of our brain to try and imagine the person calling us, so we are more likely to miss something happening around us on the road)

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

1. Our brain needs to constantly update its image of the world, otherwise it misses important information.
2. For this reason, it is vital, we don't allow our mind or vision to become distracted, as this will cause us to miss important information and it will take time for us to rebuild a full image
3. When we use a mobile phone we instinctively try and imagine the person talking to us – this means we can easily miss things occurring on the road.

**Final questions to the learner (these can be asked at any point later in the lesson):-**

1. Other than the mobile phone, what else could distract you? (passengers, pedestrians, changing the music, sat nav, eating or drinking etc)
2. How could you avoid these distractions?