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 the pre-module evaluation sheet (1). Then play the video below, and engage them in a discussion relating to the questions below (with the answers), this can be immediately after the video or at appropriate times over the course of the lesson:-

1. **How many changes did you see?** (4 changes)
2. **Why do you feel you did not see them all?** (Eyes focused on a single point)
3. **How much vision do we have in focus at any one time?** (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 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)
6. **Other than the mobile phone, what else could distract you?** (passengers, pedestrians, changing the music, sat nav, eating or drinking etc)
7. **How could you avoid these distractions?**

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, that 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.

At the end of the lesson ask them to complete the post-module evaluation sheet (2).