

Session 1: Get Defensive About It!	
About this lesson	This session includes an overview of key statistics on the traffic problems in the United States, as well as state and local areas. You will complete a brief personal-driving survey, which asks you to examine your behind-the-wheel attitudes and behaviors.
Learning objectives	<ul style="list-style-type: none"> • Recognize the need for and benefits of defensive driving. • Recognize that defensive driving involves both legal and personal responsibilities. • Identify risky driving attitudes and behaviors. • Explain what it means to be a defensive driver. • List the three basic steps in the DDC Collision Prevention Formula. • Determine if a collision was preventable or non-preventable.
Key points	<p>Defensive driving is “driving to save lives, time, and money, in spite of the conditions around you and the actions of others.”</p> <p>Developing defensive driving habits involves:</p> <ul style="list-style-type: none"> • Making <i>safe</i> and <i>legal</i> driving decisions. • Creating a stress-free personal driving space in and around your vehicle. • Driving to your destination <i>safely</i>, without a ticket or a crash, or compromising other drivers’ safety. • Practicing courtesy, compassion, common sense, and cooperation. • Recognizing the risks of hazardous driving conditions and behaviors. <p>A preventable collision is “one in which the driver fails to do everything reasonable to avoid it.”</p> <p>The National Safety Council has developed a three-step process called the DDC Collision Prevention Formula. It is made up of three life-saving steps:</p> <ol style="list-style-type: none"> 1. Recognize the hazard. 2. Understand the defense. 3. Act correctly, in time.