

How to avoid aggressive driving....

- * Plan journeys to avoid rush hours.
- * Don't drive when you are angry.
- * Listen to soothing music when you drive.
- * Allow plenty of time to get to your destination.
- * Listen to traffic and weather reports to learn of potential delays and hazards.

"The most effective weapon against losing your cool behind the wheel is counting to ten."

-Auto News, 1997

How to handle an aggressive driver...

- * Get out of the way and let them pass.
- * Avoid direct eye contact.
- * Never try to teach another driver a lesson.
- * Do not react to provocation.
- * If you are followed, go to a safe, public place.

"Driving stress or fear has become the number one problem people mention on their list of daily hassles."

*-Dr. Leon James ("Dr. Driving")
University of Hawaii, 1997*

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For local information, please contact:

Your local Police Department
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Northern Virginia:

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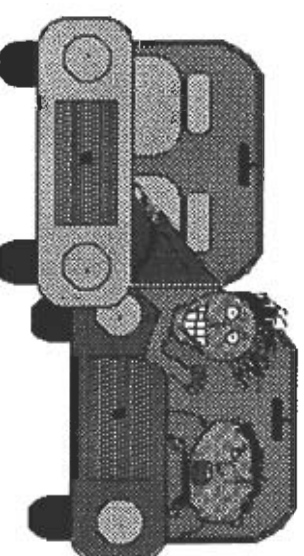
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Survival of the Calmest



Funded by a grant from
Virginia Department of Motor Vehicles

Aggressive Driving

According to *U.S. News*, fear of aggressive driving has grown so much that in a 1996 poll, residents of Maryland, Washington, D.C., and Virginia listed it as a bigger concern than drunk driving. “**Survival of the Calmest**” is designed to remind citizens to slow down and drive calmly on the roadways. Developed in cooperation with local law enforcement agencies, “**Survival of the Calmest**” provides attention to this important issue with information, statistics, public service announcements, and flyers.

What is aggressive driving?

The National Highway Traffic Safety Administration (NHTSA) defines aggressive driving as “*driving behavior that endangers or is likely to endanger people or property.*” This includes a broad range of driving behaviors, such as:

- * tailgating
- * cutting off other drivers
- * running red lights
- * flashing headlights

Aggressive driving can lead to road rage which includes obscene gestures, horn beeping and sometimes violent attacks. In approximately 44 percent of violent traffic altercations, the perpetrator used a weapon such as a firearm, knife, club or tire iron. In 35 percent of the cases, the vehicle itself was used as a weapon.

The 5 types of aggressive drivers:

1. The **speeder**, who wants to get from point A to point B as quickly as possible and will become enraged if forced to slow down.
 2. The **competitor**, who sees the speeder coming and decides to race.
 3. The **passive aggressor**, who blocks other drivers and does not let them pass or cut in.
 4. The **narcissist**, who takes a dislike to another driver because of race, sex or type of car.
 5. The **vigilante**, who is going to make a violator of the rules pay.
- (From “Steering Clear of Highway Madness”, Dr. John Larson, 1997)

How to report aggressive drivers...

If you are traveling on the interstate and notice someone driving in an aggressive manner, dial #77 on your cellular phone. Be sure to get a description of the vehicle, a license number, and the location and direction of travel when you call. You could prevent a tragedy.

Check with your local police department or sheriff's office to determine if they have a local number to call to report aggressive drivers.

Statistics and Information

(From the National Highway Traffic Safety Administration)

- * Since 1990, reports of violent traffic incidents have increased nearly 7 percent per year.
- * In 1996, 41,907 people died and over 3 million more were injured in police reported crashes. Approximately one-third of these crashes and two-thirds of the resulting fatalities can be attributed to behavior associated with aggressive driving.
- * 82% of drivers get angry when someone cuts them off.
- * 70% of drivers get angry at slow drivers.
- * Violent incidents recorded by police have increased 51% over 5 years.

“Driving is a cooperative venture, not a competitive sport.”

*-Dr. Ricardo Martinez
Administrator, NHTSA*

