

Defensive Driving School: Master Safe Driving Skills

Reduce accidents, qualify for insurance discounts, and drive confidently with practical techniques for all drivers.

Business Instructor: David Miller • 5 sections • 50 lessons • 14.75h total

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About this course

Many drivers face risks from distractions, aggressive behavior, and poor hazard awareness, leading to accidents, stress, and higher costs. This course addresses these issues by teaching proven defensive driving methods to protect you and others on the road.

You'll learn through video lessons, real-world case studies, and problem-solving exercises that cover scanning techniques, risk management, and long-term benefits like fuel savings and insurance discounts. We'll guide you step-by-step to build habits that make every drive safer.

Course curriculum

Foundations of Defensive Driving

- **What Defensive Driving Really Means (12m)**
Define defensive driving and see how it goes beyond basic rules to prevent incidents.
- **Key Benefits of Safe Driving Habits (18m)**
Explore how defensive driving cuts accident risks, lowers insurance costs, and reduces stress.
- **Your Responsibilities Behind the Wheel (15m)**
Understand the legal and ethical duties every driver holds for road safety.
- **Basic vs. Defensive Driving: Spot the Differences (20m)**
Compare everyday driving habits with defensive techniques that add layers of protection.
- **Setting Personal Safety Goals (10m)**
Create actionable targets to improve your driving behavior and track progress.
- **Introduction to Road Safety Standards (25m)**
Review current safety guidelines and how they apply to defensive driving practices.
- **Course Overview and Learning Path (8m)**
Get a clear map of what you'll cover and how to maximize your learning experience.

Core Awareness Techniques

- **Master the Art of Scanning the Road (22m)**
Learn to watch your full field of vision to spot hazards early, not just what's ahead.
- **Effective Mirror Usage and Blind Spot Checks (15m)**
Step-by-step guide to periodic mirror checks that keep you aware of surrounding traffic.
- **Anticipating Other Drivers' Actions (18m)**
Predict how other vehicles might behave to prepare safe responses in advance.
- **Identifying Common Road Hazards (20m)**
Recognize debris, potholes, and sudden obstacles that can turn dangerous quickly.
- **Adapting to Changing Weather Conditions (25m)**
Adjust your driving for rain, fog, or snow to maintain control and visibility.
- **Reading Traffic Patterns and Flow (16m)**
Understand how traffic moves to avoid congestion and reduce collision risks.
- **Maintaining Situational Awareness (12m)**
Build habits that keep you alert to shifts in road conditions and driver behavior.
- **Using Peripheral Vision Effectively (14m)**
Train your side vision to catch movements from lanes away, like a swerving van.
- **Case Study: Recognizing a Potential Hazard (18m)**
Analyze a real scenario where early detection prevented an accident.

Eliminating Dangerous Behaviors

- **The Dangers of Distracted Driving (20m)**
See how distractions like phones lead to accidents, using recent data to highlight risks.

- **Strategies to Stay Focused Behind the Wheel (15m)**
Practical tips to minimize multitasking and keep your attention on the road.
- **Understanding the Impact of Alcohol and Drugs (18m)**
Learn how substances impair driving ability and why sober driving is non-negotiable.
- **Making Sober Driving a Habit (12m)**
Build routines that ensure you never drive impaired, protecting yourself and others.
- **The Risks of Speeding and Aggressive Driving (22m)**
Explore why speeding is a major factor in accidents and how it escalates danger.
- **How to Resist the Urge to Speed (16m)**
Techniques to maintain safe speeds even when traffic pressures you to go faster.
- **Letting Speeders Pass Safely (10m)**
Know when to move over and let aggressive drivers by without compromising your safety.
- **Case Study: Avoiding a Distracted Driving Incident (14m)**
Review a situation where a driver avoided an accident by staying focused.
- **Problem-Solving: Dealing with Multitasking Temptations (18m)**
Work through common scenarios to practice ignoring distractions while driving.

Managing Risk and Stress

- **Proactive Risk Assessment on the Road (20m)**
Evaluate driving situations ahead of time to spot and avoid dangers before they unfold.
- **Techniques for Staying Calm in Traffic (15m)**
Use breathing and mindset strategies to keep cool during stressful commutes.
- **Preventing Road Rage: A Step-by-Step Guide (18m)**
Learn to control frustrations so minor irritations don't turn into serious incidents.
- **Safely Handling Tailgaters and Aggressive Drivers (22m)**
Actions to take when someone is too close or behaving recklessly behind you.
- **Driving in Rain and Fog (25m)**
Adjust speed, use lights, and maintain distance for low-visibility conditions.
- **Navigating Snow and Ice Conditions (28m)**
Techniques for braking, steering, and accelerating safely on slippery roads.
- **Low-Visibility Driving Strategies (16m)**
Handle night driving and poor weather with enhanced caution and equipment use.
- **Emergency Response Planning (14m)**
Prepare for sudden events like tire blowouts or vehicle failures with quick actions.
- **Stress Management for Daily Commutes (12m)**
Reduce tension during routine drives with simple relaxation techniques.
- **Real Case Study: Avoiding a Road Rage Incident (20m)**
Analyze how a driver de-escalated a tense situation on the highway.
- **Problem-Solving Session: Adverse Weather Scenarios (24m)**
Practice decision-making for rain, snow, and fog through interactive examples.

Advanced Skills and Long-Term Benefits

- **Advanced Hazard Response Drills (30m)**
Refine your reaction skills with exercises that simulate sudden road threats.
- **Improving Reaction Time and Decision Making (18m)**
Sharpen your ability to respond quickly and wisely in critical moments.
- **Fuel-Efficient Driving Techniques (22m)**
Learn how smooth acceleration and braking can save fuel and reduce costs.
- **Reducing Vehicle Wear and Tear (16m)**
Adopt driving habits that extend your car's life and lower maintenance bills.
- **Understanding Insurance Discounts for Defensive Drivers (14m)**
See how completing this course can qualify you for lower car insurance premiums.
- **How to Qualify for Defensive Driving Discounts (12m)**
Steps to enroll in approved programs and apply for insurance savings.
- **Using Approved Courses to Remove Points from Your Record (20m)**
Explore how certified defensive driving classes can clear moving violations.
- **Staying Updated with Road Safety Innovations (25m)**
Keep current with new vehicle tech and safety practices as of 2026.
- **Integrating Vehicle Technology for Safer Driving (18m)**
Use features like adaptive cruise control and lane assist to enhance safety.
- **Long-Term Maintenance of Driving Skills (15m)**
Plan for ongoing practice to keep your defensive driving sharp over time.
- **Case Study: Cost Savings from Defensive Driving (22m)**
See real examples of how safe habits lead to financial benefits.
- **Creating a Personal Defensive Driving Plan (20m)**
Build a tailored strategy to apply what you've learned to your daily routes.
- **Review and Certification Preparation (16m)**
Summarize key concepts and prepare for any certification requirements.
- **Next Steps: Continuing Education and Practice (10m)**
Outline how to keep improving through advanced courses and regular practice.

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