

**C.W. Post Campus
Department of Public Safety**

Rage- Outside of the Campus Gates

What is Road Rage?

Road rage (also road violence) is the informal name for deliberately dangerous and/or violent behavior under the influence of heightened, violent emotion such as anger and frustration, involving an automobile in use.

This can involve deliberately hitting another person, vehicle or object with his/her own vehicle and/or firing a weapon from it. Other possibilities include hitting the person or vehicle with an item which is not his vehicle, but which ultimately hits another person or vehicle.

Getting out of one's vehicle to another person's vehicle and banging, knocking on the windows, and yelling insults, is another form of road rage.

What causes Road Rage?

Road rage can be caused by a variety of events, circumstances, and environments. The three main categories used to classify what causes road rage are the environment, instructive responses, and territorial defensiveness.

Environmental conditions are the main factors associated with road rage. These conditions can consist of traffic congestion, another's dangerous driving habits, the weather (heat, humidity, etc.), noise levels, and time constraints.

The other two causes of road rage, instructive responses and territorial defensiveness are also closely related. Intrusive responses are actions of retaliation to get back at another for their careless driving. Territorial defensiveness is the act of defending one's personal space (the car) in response to another individual's driving.

What should you do to de-escalate the situation?

10 Useful Tips:

- 1. DON'T** retaliate. Never take the other driver personally; he/she is only reacting on a road rage instinct.
- 2. DON'T** make eye contact with an angry driver.
- 3. Before** you react to anything that is done to you please ask yourself, "Is getting back at that jerk worth my life?"
- 4. Be** polite and courteous, even when others are not.
- 5. Always** ask yourself: "Could the other driver have possibly made a mistake?"
- 6. If** you are harassed by another driver and being followed, do not go home. Go to the nearest police department.
- 7. Slow** down and relax.
- 8. Never** underestimate other drivers' capacity for mayhem.
- 9. Reduce** your driving stress by allowing enough time to get where you are going. Know the roads that are under construction and listen to weather reports that may cause traffic delays. Practice patience and keep your cool.
- 10. Remember** that you cannot control the drivers around you, but you can control the way they affect your well-being. Be calm and drive safely.