

Distracted Driving



What is Distracted Driving?

- Cell phone use. (texting, emails, phone calls, social media)
- Eating while driving
- Using the radio and navigation system
- Driving while intoxicated
- Putting on makeup

How to Prevent Distracted Driving

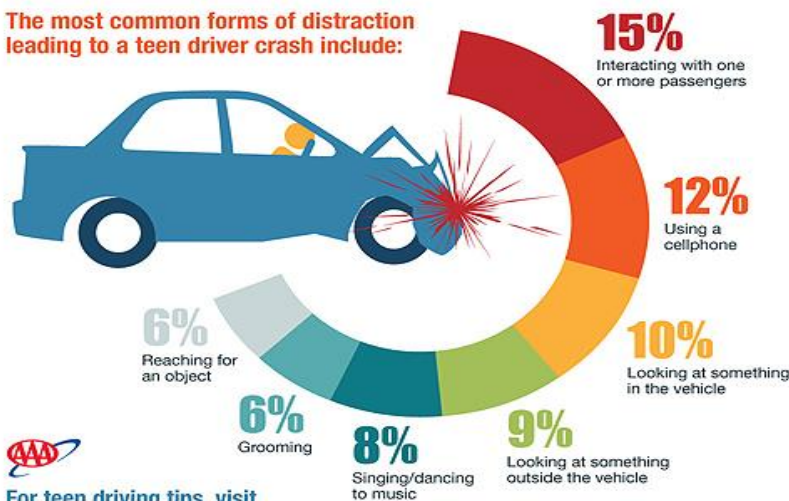
- Make time to eat meals at home
- Have passengers help with giving directions
- Make adjustments to your vehicle, checking mirrors, seat position, climate control, etc., before you start driving
- Store loose items in your vehicle that might move around while you drive
- Put your cellphone into a bag/backpack/backseat to resist the temptation to use it.
- Turn cell phone on do not disturb

Key Facts

- In a study done with students in **grades 9-12** the researchers found, “Motor vehicle crashes are the **leading cause of death** in adolescents, and drivers aged 16–19 are the most likely to die in distracted driving crashes”
- Taking your eyes off the road for 5 seconds is long enough to travel the length of a football field at 55mph
- Texting while driving bans have been created in 47 states.

6 OUT OF 10 teen crashes involve driver distraction.

The most common forms of distraction leading to a teen driver crash include:



For teen driving tips, visit TeenDriving.AAA.com

Delgado, M.K., Wanner, K.J., & McDonald, C. (2016). Adolescent cellphone use while driving: An overview of the literature and promising future directions for prevention. *Perelman School of Medicine*, 4(3), 79-89.