

ONE TEXT OR CALL COULD
WRECK
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School Presentation

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NHTSA

www.nhtsa.gov

What is distracted driving?

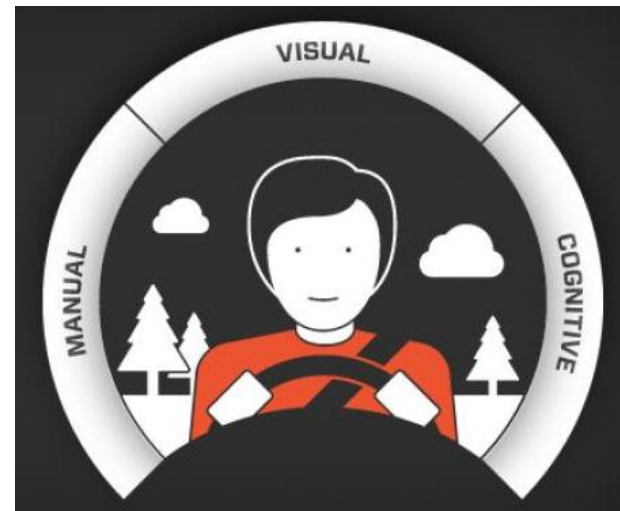
Distracted driving is any activity that could divert your attention away from the primary task of driving, including:

- Adjusting a radio, CD player, or MP3 player
- Using a navigation system
- Talking to passengers
- Eating and drinking
- Watching a video
- Grooming
- Reading

One of the most dangerous distractions?

Texting or talking on a hand-held cell phone involves **three** different types of distraction simultaneously:

- **Visual**
Taking your eyes off the road
- **Manual**
Taking your hands off the wheel
- **Cognitive**
Taking your mind off driving



Did you know?

- Writing or reading a text message takes your eyes off the road for an average of 4.6 seconds. At 55 MPH, that's like driving the length of a football field – **blindfolded**.
- If you text while you're behind the wheel, you're **20 times** more likely to be involved in a crash than a non-distracted driver.
- Talking on a cell phone reduces the amount of brain activity devoted to driving by **37%**.

What is at stake?

- In 2009, nearly 5,500 people were killed and 450,000 more were injured in distracted driving crashes.
- **Young people are especially at risk:** teen drivers are more likely than any other age group to be involved in a fatal distraction-related crash.

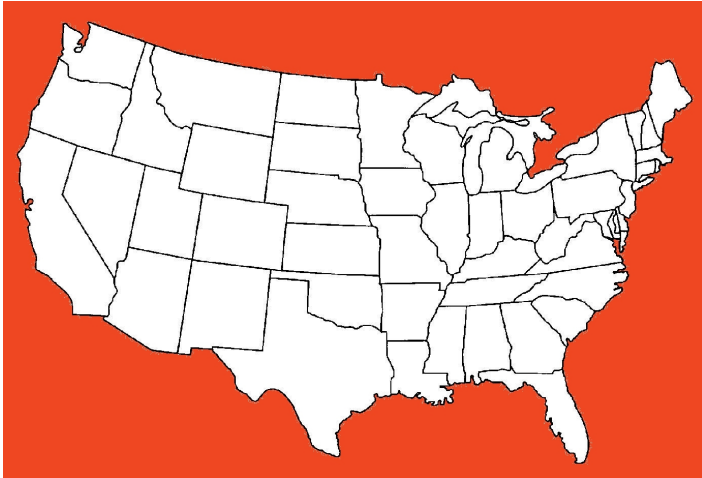
What is being done?

The U.S. Department of Transportation is leading the fight to end distracted driving through a combination of:

- Tough laws
- Strong enforcement
- Increased public awareness



What are states doing?

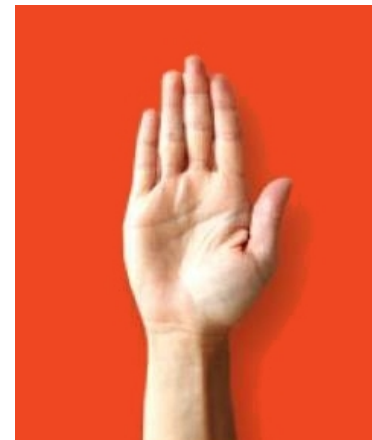


35 states and the District of Columbia
ban text messaging for all drivers.

9 states and the District of Columbia
prohibit hand-held cell phone use
by all drivers.

What can I do?

- Make a pledge to protect lives by **never texting or talking** on the phone while driving.
- Be a good passenger and **speak up** if the driver in your car is distracted.
- **Spread the word** to your family and friends about the dangers of distracted driving.



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Need more information?

Visit www.distraction.gov/teens to get more facts, take the pledge, and download materials to run your own distracted driving campaign.

