

ONE TEXT OR CALL COULD
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School Presentation

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NHTSA

www.nhtsa.gov

What is distracted driving?

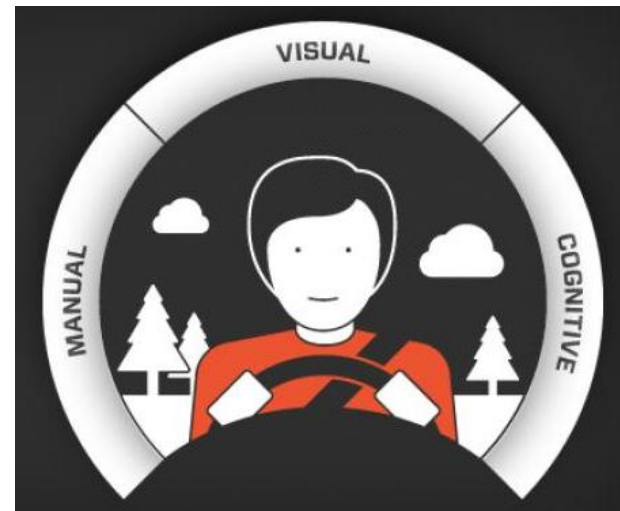
Distracted driving is any activity that could divert your attention away from the primary task of driving, including:

- 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 2010, nearly 3,092 people were killed, and an estimated additional 416,000 were injured in motor vehicle crashes involving a distracted driver.
- **Young people are especially at risk:** 11% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

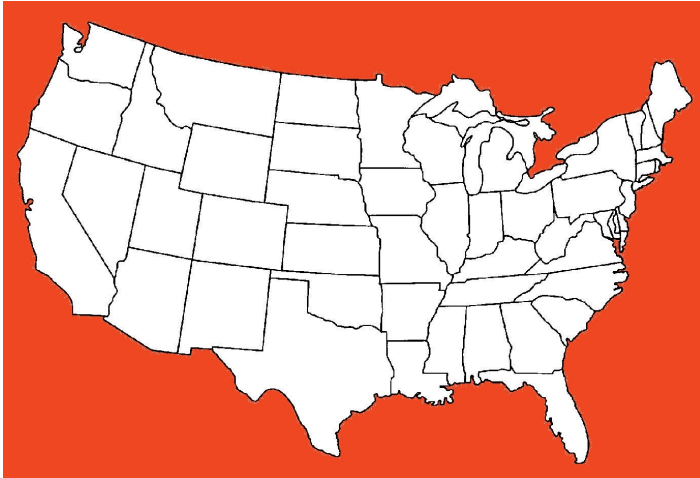
What is being done?

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?

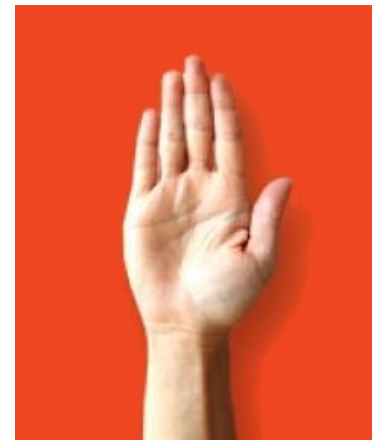


39 states, the District of Columbia, Guam, and the Virgin Islands **ban** text messaging for all drivers.

10 states, the District of Columbia, Guam and the Virgin Islands **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.

