

... Just Drive ...

“I pledge to drive cell phone and distraction free for _____
because _____.”

Ex: “I pledge to drive cell phone and distraction free for my kids because I want to be a good example so they drive distraction free.”

What is Distracted Driving

Visual – Eyes off the road

Manual – Hands off the wheel

Cognitive – Mind off of driving

Who is the at risk

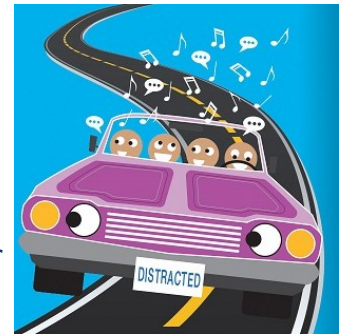
- ◆ In 2013, 1 out of 5 crashes were because of a distracted driver
- ◆ 31% of people ages 16-64 admitted to driving distracted.

Highest Risk

- ◆ Teens ages 16-19 are more likely to crash and 75% more likely to be male.
- ◆ In 2015, only 61% of high school students reported they always wear their seatbelt.
- ◆ The average text at 55mph takes your eyes off the road long enough to cover a football field.
- ◆ In 2014, 846 lives were taken because of a drowsy driver and 9,262 lives were taken because of a speeding driver.

What Causes Crashes

1. Inexperience
2. Teen passengers
3. Nighttime driving
4. No seat belt
5. Drowsy driving
6. Reckless driving or speeding
7. Impaired driving
8. Physical distractions



Prevention

- ◆ Buckle Up
- ◆ Put your phone away
- ◆ Speak up if you see unsafe driving
- ◆ Limit the # of passengers
- ◆ Don't Drink and Drive
- ◆ Use extra practice driving at night
- ◆ Follow the speed limit