



A MONTH OF MESSAGING FOR DISTRACTED DRIVING AWARENESS MONTH

April

1. April is Distracted Driving Awareness Month. Be an engaged driver!
2. Reckless and distracted driving is the #1 killer of teens in America.
3. Parents are the #1 influencer of their teen's behaviors behind the wheel, so model distraction-free driving!
4. State texting bans are saving teen drivers' lives. Make sure you know the law in your state!
5. Pledge to drive distraction free. <https://www.impactteendrivers.org/pledge>
6. Distracted driving is any activity that takes hands off the wheel, eyes off the road, or mind off the task.
7. Sending or reading a text takes a driver's eyes off the road for almost 5 seconds. If you're driving 55 mph and look down to text for 5 seconds, you've already driven the length of a football field.
8. Limiting the number of passengers, lowering the volume, and putting your phone away can make you a safer driver.
9. Crash risk increases with each additional passenger in the vehicle.
10. Too many passengers can be a distraction, but a passenger who manages the music or helps with directions can be a great co-pilot.
11. Some communities have their own rules about texting while driving or other distractions. Make sure you know!
12. As a passenger, speak up if the driver in your car is distracted.
13. Visual focus: Keep your eyes on the road.
14. Drivers talking on cell phones had slower reaction times than drivers with a .08 blood alcohol content.
15. Choose to make good decisions EVERY TIME you drive or ride with another driver.
16. Everyday behaviors become deadly when you are behind the wheel. When driving, focus only on driving.
17. If your pets ride along, make sure they are secured and not distracting you from the road.
18. Distracted driving is a dangerous practice that has become a deadly epidemic, but we can change that!
19. Spread the word to your family and friends about the dangers of distracted driving.
20. Manual focus: Keep your hands on the wheel.
21. Cell phone use behind the wheel reduces the amount of brain activity associated with driving by 37%.
22. Cognitive distractions can prevent drivers from processing objects in the road even when looking right at them.
23. Drive engaged by following passenger limits.
24. Hands-free? Not so fast. The distraction of a phone conversation - even hands-free - causes drivers to miss important cues that would help to avoid a crash.
25. Texting is banned for all drivers in 48 states, D.C., Puerto Rico, Guam and the U.S. Virgin Islands.
26. Drive engaged by knowing your route before you leave.
27. Cognitive focus: Keep your mind on driving.
28. Texting reduces a driver's ability to adequately direct attention to the roadway, to respond to important traffic events, and to control a vehicle within a lane and with respect to other vehicles.
29. Texting while driving is especially dangerous because it combines all three types of distraction.
30. As a driver and as a passenger, always buckle up before EVERY ride!

For more information contact us at crossroadsteendriving@chw.org. Find us at crossroadsteendriving.org, [Facebook](#) and [Twitter](#).