

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL

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School Presentation

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**NHTSA**  

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[www.nhtsa.gov](http://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.
- According to a 2014 special article in the New England Journal of Medicine, the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including, texting and dialing cell phones.

# What is at stake?

- In 2013, 3,154 people were killed and an estimated 424,000 were injured in motor vehicle crashes involving a distracted driver.
- **Young people are especially at risk:** In 2013, ten percent of all drivers 15-19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted.

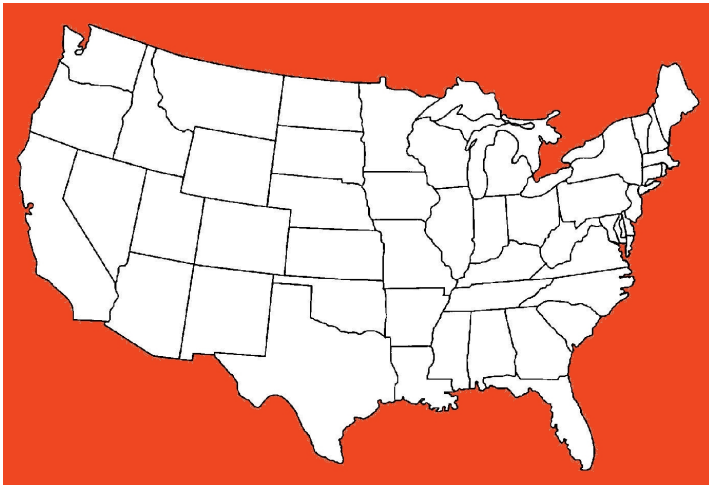
# What is being done?

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?

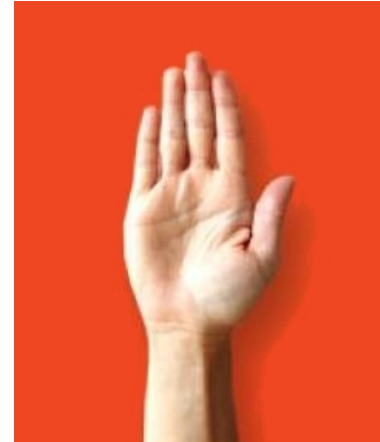


45 states, the District of Columbia, Puerto Rico, Guam, and the U.S. Virgin Islands **ban text messaging** for all drivers.

14 states, the District of Columbia, Puerto Rico, Guam and the U.S. 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.





# Need more information?

Visit [www.distraction.gov](http://www.distraction.gov) to get more facts, take the pledge, and download materials to run your own distracted driving campaign.

