



Safe Driving Tips

Pass up Distracted Driving

Did you know?

- 16% of fatal crashes involve driver distraction (anything that takes your focus off the road ahead).
- Teens are the #1 age group for crashes due to driver distraction.
- People who text while driving are 23 times more likely to be in a crash.
- Talking on a cell phone reduces the amount of brain activity associated with driving by 37%.
- Nevertheless, 19% of all drivers and 37% of 18 – 27 year-old drivers regularly send texts while driving.
- These figures underscore the critical importance of avoiding distractions while driving to ensure road safety.

Cell phones and texting are prominent factors contributing to distracted driving among teens. However, a 2009 survey outlined various leading causes of distracted driving among both men and women. The survey results reveal a range of causes for distracted driving, some of which are alarmingly dangerous (like shaving or reading while driving). While there are numerous distractions that can lead to such incidents, you can mitigate the risks by guiding your teen driver to practice safe and focused driving.

What parents can do:

Setting a positive example is crucial. A significant portion of a teen's behavior is acquired over the years by observing their parents' driving habits.

Turn cells phones off while driving.

It's wise to establish clear expectations regarding cell phones, texting and all distractions with your teen before they begin driving. Consider implementing a "No Tolerance" policy and utilizing a [Teen Driving Contract](#) to emphasize these expectations and set guidelines for responsible driving behavior.

Drive Safely!

