

I _____

pledge to lead the way by:

- 1 Committing to stop using a cell phone while driving.
- 2 Asking loved ones and friends to stop using cell phones while driving.
- 3 Being informed about traffic safety laws in my area.
- 4 Learning more about how distracted driving can harm me and others.
- 5 Being courteous to other drivers on the roadway by eliminating tasks (eating, grooming, talking on cell phone, etc.) while operating a vehicle.
- 6 Modifying my driving behaviors to maintain satisfactory driving performance and attentiveness.
- 7 Wearing my seatbelt. It is my best defense against a distracted driver.

Signed: _____



BUCKLE UP. PHONE DOWN.

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One of the most dangerous driving behaviors is distracted driving, and it is not limited to only phone use. Any task that takes your attention from the road results in distracted driving. Sometimes, we are not aware of the distracting activities we participate in when behind the wheel. Consider the following:

Your vehicle's infotainment system may not be safe

Many newer models of vehicles have display screens, voice activated phone systems, and other features that can pull your attention from the road. Avoid using these systems when you are driving in order to stay focused on the road.

Your driving time is not your down time

Take seriously the responsibility of driving, it requires your full attention. Don't use your commute to work as a chance to make your daily phone calls, put on makeup, eat your breakfast, check social media, or read last night's emails.

Texting or issuing voice commands to your phone at a red light is a risky move

A recent University of Utah study found that it takes up to 27 seconds to regain full attention after issuing voice commands. That means if a driver is traveling 25 mph, he/she would cover the length of three football fields before regaining full attention. Think about what could happen on the road in the length of three football fields!

Passengers can be part of the problem, especially for younger drivers

The risk for vehicle crashes increases with each additional passenger teens have in their cars. The AAA Foundation for Traffic Safety has found the risk increases 44% with one passenger, doubles with two passengers and quadruples with three or more passengers. Virginia law limits the number of passengers teen drivers are allowed to have in their vehicles.

