



# Distracted Driving and Teens in America

**DRIVE SMART Virginia**

## Distracted Driving

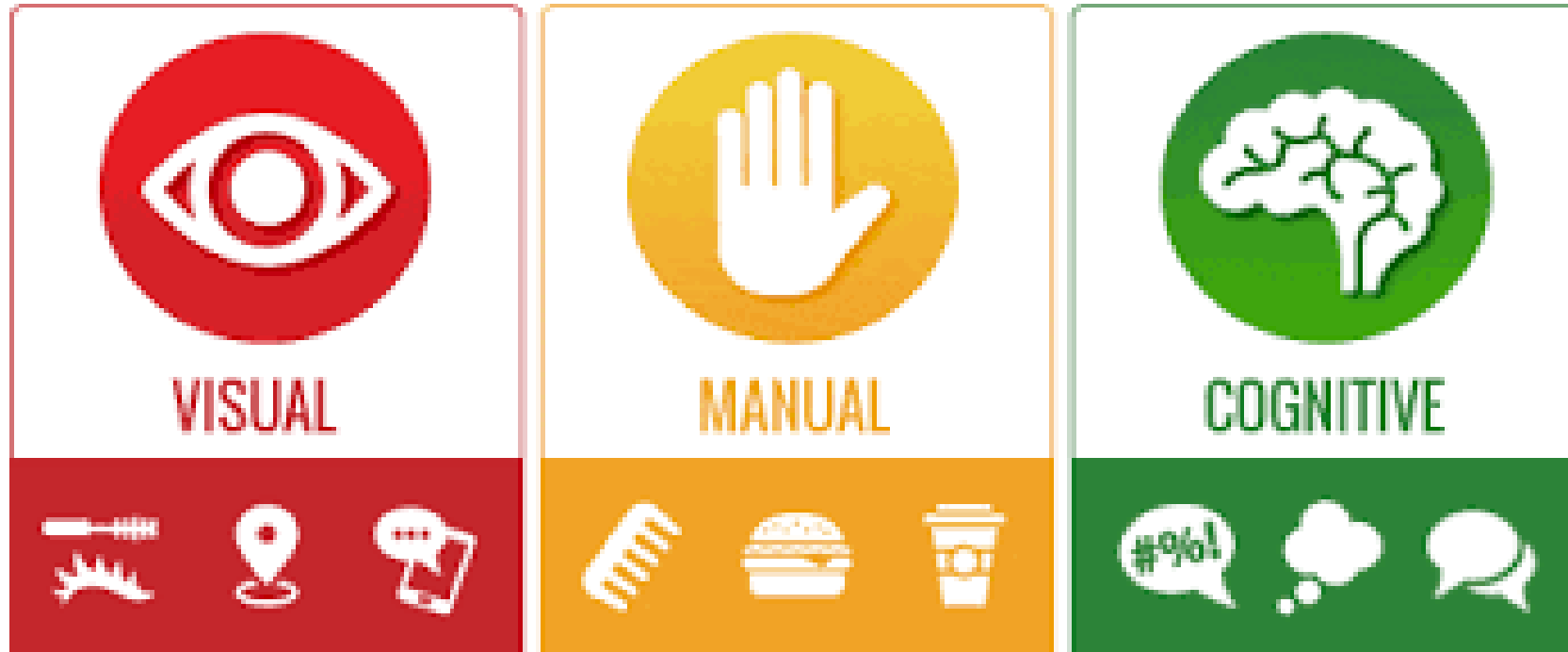


Driving while engaged in any activity that could divert a person's attention away from the primary task of driving





## 3 Types Of Distraction



- Visual distraction: Taking your eyes off the road.
- Manual distraction: Taking your hands off the wheel.
- Cognitive distraction: Taking your mind off driving.

## It Is NOT Just The Phone!

### Other Common Forms Of Distraction:

- Eating and drinking
- Grooming (makeup, shaving, etc.)
- Reading
- Using a navigation system
- Watching a video or tablet
- Adjusting the radio
- Diverting attention to the passengers in the vehicle







## Consider The FACTS

- The fatal crash rate per mile driven for 16-19 year-olds is nearly 3 times the rate for drivers ages 20+.(IIHS)
- Distracted driving is responsible for over 58% of teen crashes. (AAA Foundation for Traffic Safety)
- Text messaging requires visual, manual, and cognitive attention from the driver





## Phone Down. It's The Law.

- Effective January 1, 2021, it is illegal to hold a handheld personal communications device (e.g., your smartphone) while driving a moving motor vehicle on Virginia highways. This new law is one of many ways the state is buckling down on distracted driving.





## You Have Power! Speak Up For Your Safety

- Acknowledge poor driving behavior without being confrontational, let the driver know your concerns
- Suggest that the driver pull over to a safe location to check texts or listen to voice mails
- As a passenger, offer to share responsibility so that the driver does not drive distracted





# THANK YOU!

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