

EVERYONE DESERVES TO ARRIVE SAFELY

Distracted driving is one of the top causes of crashes, injuries, and deaths on Virginia roads.

And every one of these tragedies is preventable.

Driving is a serious responsibility. It demands your full attention, your best judgment, and both hands on the wheel. Even the most well-intentioned driver can get pulled off-task by buzzing phones, talkative passengers, or chaos inside the car.

The good news: a few simple habits can help you stay...

FOCUSED ALERT PROTECTED



DRIVE SMART VIRGINIA
720 Moorefield Park Dr., Suite 201
Richmond, Virginia 23236

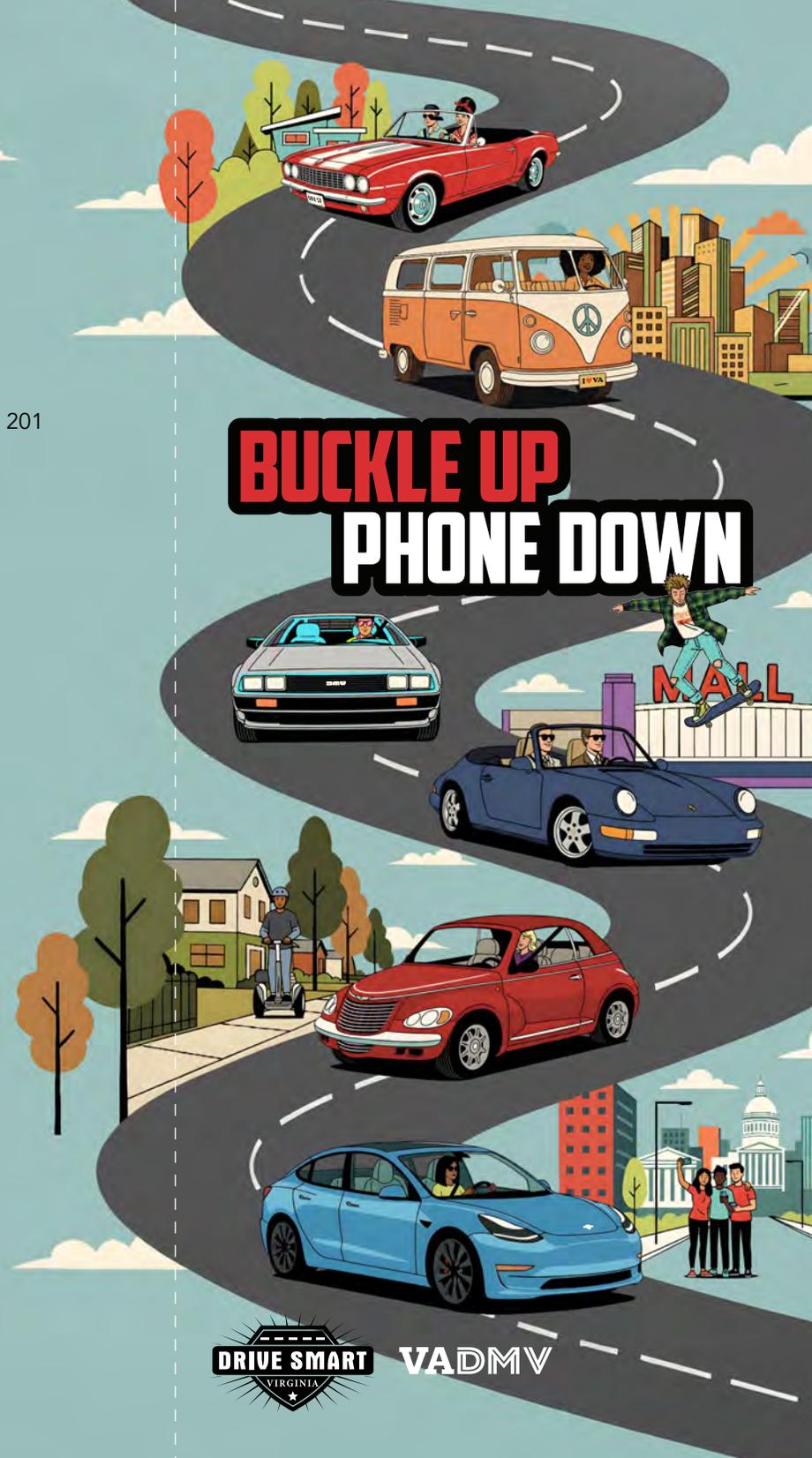
drivesmartva.org



Like our Facebook page
[drive smart va](https://www.facebook.com/drive-smart-va)



Follow us on X
[@drivesmartva](https://twitter.com/drivesmartva)



BUCKLE UP PHONE DOWN



VADMV

TIMELY TIPS TO HELP YOU STEER CLEAR OF DISTRACTED DRIVING

Buckle up, every trip, every time

Your seat belt is your best defense against distracted drivers—your own or someone else’s. Make sure everyone in your vehicle is buckled up, no matter how short the trip.

Plan ahead

Your phone is designed to get your attention. Don’t give it the chance. Silence it, shut it down, or stash it out of reach before you shift into drive.

Remember: Hands-free isn’t risk-free

Even if you’re not physically holding the phone, your mind can still drift. The safest choice is to avoid phone use altogether while driving.

Pull over to eat or drink

Avoid spills, stains, and distractions. A quick stop is safer than juggling snacks behind the wheel.



Update your voicemail

A quick message like, “I’m driving right now. I’ll return your call when it’s safe” helps reduce pressure to respond.

Set clear rules

Whether it’s a family safety rule or a company policy, enforce a strict “no handheld phone use while driving” rule. No exceptions.

Speak up

If you’re a passenger and your driver gets distracted, say something. Your safety is in their hands, and you have every right to insist they focus on the road.

Set your GPS before you go

Enter your destination and adjust the volume before you pull out. Let the voice guidance do the work so your eyes never leave the roadway.



Queue up your music

Pick your playlist or station in advance. Once you’re rolling, keep your hands off the infotainment controls.

Be a helpful passenger

Passengers can be part of the problem, or part of the solution. Offer to manage directions, music, or the driver’s phone so they can concentrate on driving.

Use a “Do Not Disturb” app

Many phones include built-in features as well as free or affordable apps that can block incoming calls and texts while your car is in motion. Some can even send auto-replies so you can keep your eyes forward and your stress low.

Know the law

In Virginia, it’s illegal to hold a handheld phone while driving. *Learn more at PhoneDown.org.*

