



Month of Messages

Distracted Driving Awareness

APRIL 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		April is Distracted Driving Awareness month. Be an engaged driver!	Drive engaged because you have things to celebrate!	Limiting the number of passengers, lowering the radio volume, and putting your phone away can make you a safer driver!	Know before you go. Distracted driving laws vary from state to state.	Pledge to drive distraction free!
Distracted driving is any activity that takes hands off the wheel, eyes off the road, or mind off the task.	Sending or reading a text takes a driver's eyes off the road for almost 5 seconds.	Drivers spend more than half their time focused on things other than driving.	Drive engaged by setting the station or playlist before you go.	Too many passengers can be a distraction, but a passenger who manages the radio or helps with directions can be a great co-pilot.	Some communities have their own rules about texting while driving or other distractions. Make sure you know!	As a passenger, speak up if the driver in your car is distracted.
Visual focus: Keep your eyes on the road.	Drivers talking on cell phones had slower reaction times than drivers with a .08 blood alcohol content.	Drivers aren't the only ones who need to be engaged – cyclists and pedestrians may also be distracted.	Drive engaged by putting the phone away.	If your pets ride along, make sure they are secured, and not distracting you from the road.	Distracted driving is dangerous and against the law in most states.	Spread the word to your family and friends about the dangers of distracted driving.
Manual focus: Keep your hands on the wheel.	At any moment during the day, over 800,000 vehicles are being driven by someone using a hand-held cell phone.	Cognitive distractions can prevent drivers from processing objects in the roadway even when they are looking right at them.	Drive engaged by following passenger limits.	Hands-free? Not so fast. The distraction of a phone conversation - even hands-free - causes drivers to miss important cues that would help to avoid a crash.	Texting is banned for all drivers in 43 states and the District of Columbia.	Make a pledge to stay engaged while driving.
Cognitive focus: Keep your mind on driving.	A driver texting is 20 times more likely to be involved in a crash than a non-distracted driver.	Texting while driving is especially dangerous because it combines all three types of distraction.	Drive engaged by knowing your route before you leave.			

For more information contact us at crossroadsteendiving@chw.org. Find us at crossroadsteendiving.org, [Facebook](#) and [Twitter](#).