

What is Distracted Driving?



Electronic device use

Wait until later or pull over to a safe location before making or taking that phone call, texting, or entering information into your navigation system.



Eating or snacking

Avoid sipping from a cup, unwrapping food, and wrestling with that handful of chips. Take a few minutes to pull over, stop, and enjoy your meal.



Driver's state of mind

Having an intense conversation, driving while upset, or just being overly tired can take your attention off the road. Avoid driving during any of these situations.



Reading or taking notes

Don't take your eye off the road to read a line of text or jot something down on paper. Wait until you are safely pulled over and stopped.



Conversations with passengers

Let passengers know that conversations should be kept to a minimum while you are driving.



Applying make-up

You may want to look your best when you arrive at your destination, but applying make-up while driving is extremely dangerous.



For more injury prevention tips, visit kpssc.org/trauma-prevention or use your phone's camera to scan the QR code to the left.

Distracted Driving:

The Facts Speak for Themselves

In 2019, at least 3,142 people were killed in motor vehicle crashes involving distracted drivers, including those who were texting and driving, according to the National Highway Traffic Safety Administration.

- In the U.S. in 2018:
 - › Twenty-five percent of the distracted drivers involved in fatal crashes were young adults aged 20–29. (NHSTA)
 - › Drivers aged 15-19 were more likely to be distracted than drivers aged 20 and older, among drivers in crashes where someone died. Among these drivers, eight percent of drivers aged 15 to 19 were distracted at the time of the crash. (NHTSA)
 - › Nine percent of all teens who died in motor vehicle crashes were killed in crashes that involved distracted driving. (NHTSA)

What drivers can do

- Do not multitask while driving. Whether it's adjusting your mirrors, picking the music, eating a sandwich, making a phone call, or reading an email do it before or after your trip, not during.
- Consider trying an app to reduce distractions while driving.

What passengers can do

- Speak up if you are a passenger in a car with a distracted driver. Ask the driver to focus on driving.
- Reduce distractions for the driver by assisting with navigation or other tasks.

What parents can do

- **Talk to your teen or young adult** about the rules and responsibilities involved in driving. Share stories and statistics related to teen/young adult drivers and distracted driving.
 - › Remind them driving is a skill that requires the driver's full attention.
 - › Emphasize that texts and phone calls can wait until arriving at a destination.
- **Familiarize yourself** with your state's graduated drivers licensing and enforce its guidelines for your teen.

Source: Centers for Disease Control



For more injury prevention tips, visit kpssc.org/trauma-prevention or use your phone's camera to scan the QR code to the left.