



Info Exchange: One Text Call Could Wreck It All

Share this information with a parent or trusted adult.

- Text messaging creates a crash risk 23 times worse than driving while not distracted.
- Headset cell phone use is not substantially safer than hand-held use.
- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.
- Using a cell phone while driving - whether it's hand-held or hands-free delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.
- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%.
- Teen drivers are more likely than other age groups to be involved in a fatal crash where distraction is reported.
- Forty percent of all American teens say they have been in a car when the driver used a cell phone in a way that put people in danger.

Source: National Highway Traffic Safety Administration, <http://www.nhtsa.gov>



- Make a pact with one another not to distract the driver of a vehicle.
- When you are driving, decide not to do anything that will distract you.
- Take a look at this website together: www.saferdrivingforteens.org

Name of the adult you spoke with: _____

Relationship of the adult to you, such as parent, teacher, neighbor: _____