Every year thousands lose their live at the hands of a distracted driver, although many discard, distracted driving as a lethal weapon, it can easily destroy and individual’s life.
Distracted driving are actions that can make the drivers attention draw away from the streets and into doing something else, when doing these all distractions can endanger the driver, passenger, as well as anyone or anything surrounding the car. There are three main kinds of distracted driving with are the most common. The first and most common being visual distraction, if it's just to read a sign or even just change the radio the amount of time taking your eyes off the road are enough to cause an accident, that's why we have to be extremely careful. Moreover, we have manual distraction which is when for example, we do our make-up, send a message, we not only take off our eyes from the road but also our hands from the wheel which is even worse. Lastly, cognitive distraction which happens when a person's focus is not directly in the driving but that the mind is wandering off thinking about anything else other than the act of driving. Distractions especially by technically such as cell phones or gps' are known to be the most distracting because they use visual, manual as well as cognitive distraction.

There are many ways that a driver can be distracted, from eating, drinking, talking to passengers, putting on their makeup, or even maybe just hearing music; now the main problem when talking about these distractions is when the driver completely turns their main focus from driving and taking precautions to doing anything else. This is even more relevant for young drivers. As of 2011, 10% of the fatal crashes were somehow related to distractions of any kind. 11% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted. Teens accounted for 58% of the serious incidents, with three teens having five incidents each. Teen drivers were approximately six times more likely to have a serious incident when there was loud conversation in the vehicle which is mainly what all teens do, have loud conversations in the car. 86% of drivers have admitted to having drunk and eaten while driving; already putting a lot if not all focus on it. 41% set their GPS system while driving and another 35% use an actual map which is even worse. People, especially teens always state on how they text really quickly and how they have enough time to do it and look up facts but studies have shown that sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent of 55 miles of driving the length of an entire football field, blind. When we take into considerations all the harmful things that can happen to others and even to us with distracted driving we start having a different perspective. In addition to seeing how shockingly big the numbers are, we start learning to not do the things we used to do in the car thinking nothing might happen because none of the victims thought this could ever happen to them. We don't want to be a victim in harm but we also don't want to be a part of the large number whose lives and families change every day, not for the better but for the worse. For drivers 15-19 years old involved in fatal crashes, 21 percent of the distracted drivers were distracted by the use of cell phones.

The most alarming way of distracted driving as well as most common is texting because of the fact that it requires manual, cognitive as well as visual to be able to message someone and actually think and get a message across. On top of the fact that you need both manual and visuals to be able to text, you will also need the cognitive side of it. Text messaging creates crash risk more than driving without distractions. Texting and driving not only puts others in risk but it has been proven that it is 4 times more likely for you to be in fatal accident by yourself while texting and driving other than doing anything else. When we think in general, the logical thing to do is be using our brain while driving, keeping check of the car itself as well as the cars surrounding and any harms that can happen, the normal thing to do is take precautions. But it has been proven that the brain activity can actually reduce down to a 37% when texting and driving, while people use the same excuse that “it's just a short text” since we have started using the manual, visual and cognitive attentions more on the things that don't matter while driving that now driving itself has become a secondary task for us when it should always be our first and it shouldn't change under any circumstances.

In one year alone, 38% of Americans were affected by distracted driving. 80% of drivers rate distracted driving as a very serious threat to their safety; texting while driving has the highest crash rate among all the distractions and this only has to do with texting. If something isn't done about it now technology will evidently win and the numbers will just end up going higher. Now more than ever we need more awareness and laws passed so that this horrible trend takes a stop. If people aren't careful enough to not be distracted while driving then more strict measures evidently have to be taken for there to be more consciousness. It's always better to prevent things before we are in a position where our life or another person's life is in danger before changing the way we act while driving. It's a matter of life and death.
Dont Look Away!

A flip of a switch, a wave of a brush, a sent text and boom, your life is over. The crunch of a cookie, the end of a chapter, the swish of a mascara brush and boom, someone else’s life is over, because of you. Everyone does it, or has done it at least once. The reality is that the average American does more than keep his eyes on the road while driving. Given the number of lives lost to distracted driving, it would be sane to discourage it. It is of high importance to educate the public on the dangers of distracted driving, it can save countless lives.

Many people underestimate just how many lives are scarred due to distracted driving. According to research conducted by the University of Michigan Transportation Research Institute, a quarter of teens respond to a text message once or more every time they drive. 20 percent of teens and 10 percent of parents admit that they have extended multi-message text conversations while driving (UMTRI). This number has alarmingly increased through the years, showing just how much distracted driving awareness is needed. 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, according to study in the Driver Distraction in Commercial Vehicle Operations published by the U.S. Department of Transportation in 2009(VTTI). This means that a quarter of teens drive an entire football field blind at 55 mph every day. It is no wonder that the teen age group has the largest proportion of accidents due to distracted driving.

Distracted drivers not only have the potential to destroy their own lives, but the lives of others as well. One year ago, ten year old Xzavier walked down a neighborhood sidewalk when a distracted driver hit him. The driver had been sending a text that said “I’m on my way.” Xzavier was left paralyzed from the neck down and now needs a respirator in order to live. His mom appears in a mainstream commercial for itcanwait.com a message from AT&T asking the driver if the text was worth it. These images are the candid truth about distracted driving. Not only can it end the driver’s life, but it can shatter someone else’s in a matter of seconds. The official US Government Website for Distracted Driving reports that in 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional, 387,000 people were injured in motor vehicle crashes involving a distracted driver, compared to 416,000 injured in 2010. This comes to show how paramount it is to make drivers aware of the power they have every time they step into their vehicle.

Few discussions erupt with the topic of distracted driving. However, some opponents state that not all driving considered distracting is actually distracting. For example, some argue that Bluetooth or cell phone headsets are not distracting. However, the Virginia Tech Transportation Institute states that headset cell phone use is not substantially safer than hand-held use(VTTI), which is due to the fact that the driver is still engaging in an activity that cause his mind to waver from the road. There is no excuse when it comes to distracted driving. It could end a life. At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010(NOPUS). This number will continue to grow unless we stop it. It is our responsibility to battle against the ever-growing number of distracted drivers, and creates a wave of awareness.
Drivers have become more distracted due to new technology being created, even still drivers are still being distracted because they are either reading, adjusting their make-up, or just talking with their passengers. The way anyone can keep track of the amount of distracted drivers is by watching them while they drive. If they are asked they would just lie to make themselves look like proper drivers. So we have conducted a survey to 100 people to see how many were distracted while driving. The survey was conducted near a school zone and a highway.

The conducted survey included people from young adults to elders. The survey results were 23 distracted drivers and 77 focused drivers. 18 of the distracted drivers were young adults. Since younger people use social media more than older people, it is expected to see more distracted young drivers instead of older drivers. Older drivers were more focused on the road. In addition, a big percent of the older drivers had children, which means they have more lives at risk hence they have to be more focused on the road to ensure that they can prevent any accidents. Younger drivers have fewer passengers, and those passengers are close to the age of the driver so they will be just as distracted as the driver.

The conducted survey was taken in a high school zone. Most of the drivers are students going home, the other drivers are parents or guardian picking up their child. Like previously stated, a majority of the distracted drivers were young adults. Around 10 of the distracted drivers were seen in the school zone. The drivers were either talking to their friend in the car or using their phone. School zones are usually busy since there are a large amount of students in the school, which makes being focused important. The older drivers were focused on the road because they had their child with them to ensure their safety. The most common area to have distracted drivers is near the school zone because the drivers are mostly teens driving. Teens are more prone to looking at their phones while driving.

The survey was also conducted in a highway. The highway mostly had older drivers. The drivers in the highway were going at around 60 mph so the drivers had to be focused on the road because all of the drivers are going too fast and being distracted will definitely result in an accident. Since highways are usually used to go to work most of the drivers are older and carry a small amount of passengers. This means that they can be distracted on their phone but since the drivers are going at 60 mph it is important to be focused.

To sum up the results of the survey, most of the distracted drivers were younger drivers and were found near school zones. This means that most of the distracted drivers are teen drivers that are too absorbed in any social media or texting and not paying attention on the things they should have complete focus on. The survey conducted was needed to show that there are various distracted drivers endangering others.
It’s Your Life, You Decide.

No one can stop you from doing what is right. At the end of the day, you have control over what you decide to do. Sirens wail, a bloody cell-phone lays shattered on the floor, and the lives of three are now gone. Next time you feel the urge to drive while distracted ask yourself, is the text that important?

Tips on what to say:
- I do not appreciate you placing your life and the lives of others at risk.
- I believe you should consider the consequences to your actions before engaging in distracted driving.
- Did you know you could end someone’s life by simply answering a text?
- If you must do something other than focus on the road, pull over and do it, then continue driving.