A photograph of a desk with an open book, a smartphone, earbuds, and keys. The book is open to a page with dense text. A pair of white earbuds with a coiled cable lies across the book. A smartphone with a pink case is in the bottom left corner. A set of keys with a black fob is in the bottom right corner. A magenta banner is at the top.

# **In the Know:** *TEEN EDITION*

***“Everyone, of every age and generation, has the ability to make a decision to drive distraction-free”***

***-Linda C. Degutis, Dr.P.H., M.S.N.***

# Arrive Alive

By: Erin Purcell

As most drivers may have fair driving skills, when they are behind the wheel most of them are not aware of the dangers of being distracted while driving. There are lots of things that many of us do when we drive that are distractions. Like eating, drinking, reaching for items, trying to handle a child passenger, talking/ answering a cell phone, and applying lip gloss or makeup. Drivers tend to look down at their phone to text quickly after stopping at a red light. Many drivers think that doing things like these are okay, when in reality it's not.

Thirty-seven states including D.C have an all cell phone ban for novice drivers (Governors Highway Safety Association.) Despite the increase in the number of state laws banning texting and restricting phone use while driving, distracted-driving related crashes have continued to cause fatalities and permanent injuries. Seventeen percent of all injury related crashes in 2011 were reported as distraction-affected crashes (NHTSA.) In 2011, the number of people injured in a crash caused by a distraction was estimated at 387,000 (NHTSA.) There's only one way to stop distracted driving and it all starts with you.

Distracted driving is a major problem that causes deaths and injuries to many of the nation's young adults and teenagers. Distracted driving is an act of driving while engaging in other activities that pull the driver's attention away from the road. In 2011 alone, over 3,000 people were killed in distracted driving crashes (Official US Government Website for Distracted Driving.) There needs to be an end to distracted driving because it is injuring and killing thousands of people a year. With your help we can end distracted driving and save thousands of lives every year.



**Follow us on Twitter @know\_nta for more information on safe driving.**

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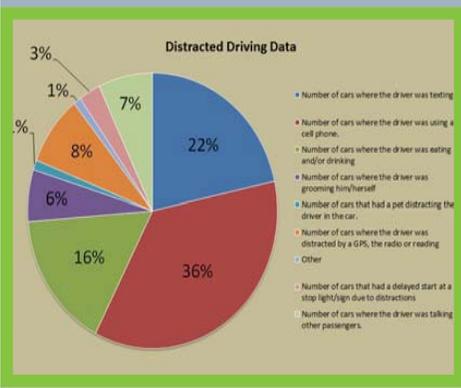
# Here are the Facts

By: Sabrina Loving

## Whoa! That's a lot of distracted drivers!

Ninety-six algebra two students were able to observe 5,616 cars in Fort Wayne Indiana. The goal was get a solid idea of just how many people were driving distracted every day around the city. But how exactly does distracted driving affect us?

Out of the 5,616 cars observed 3,965 drivers were caught driving with some sort of impairment. Compare that to the 407 non-incapacitating accidents that occurred in Indiana alone from 2010-2011 and we have a problem on our hands . It's not just Fort Wayne that has a problem though, this epidemic has



gone international. In a study done by the CDC the United States and Portugal came in with the highest rate of citizens admitting to talking on their cell phone while driving. Portugal was right above 20 percent and the United States just under 30.

## Who's driving distracted around you?

When the data from the 96 algebra two students was broken down it worked into one out every eight people driving with some kind of distraction.



Let's break it down even further. In the average amount of time that it takes to dial a phone number or send a short text at highway

speeds your car has already traveled the length of a football field! Every time you get in your car you're putting the life of everyone in your car in strangers hands. Were trusting people that we've never met before to not drive distracted and one out of every eight already is!

### Triple A's top three safety tips

1. Finish dressing and personal grooming at home before you get on the road.
2. Put aside your electronic distractions.
3. Eat meals or snacks before or after your trip, not while driving.

# Driven to Distraction

By: Tin Oo

**The dilemma of fatal crashes in driving can often be caused by multitasking and distractions. The different types of activity you have in mind while driving can be very hazardous because your full attention on the road is not attentive. The obsession of technology today is interfering with drivers to be distracted which increase the risk of crashing.**

Any activity that drivers do that will tend to lose their focus and concentration while behind the wheel is distracted driving. The three main types of distracted driving are visual, manual and cognitive. Visual is when you take your eyes off the road. Any activity that has to do with capturing your attention off the road is visual. Manual is taking your hands off the wheel. Manual is conventionally caused by eating/drinking, using a cellphone or any handheld item, grooming and adjusting a radio/GPS, CD player, or mp3. Cognitive is taking your mind off what you're doing. An example of being cognitively distracted is talking to the passengers in the car.

Texting is not the only diversion while driving but withal the utilization of cellular phones and other diversions as well. The chances of a crash when you're texting while driving increases by twenty-four times. You're also up to six times more likely to get in an accident when talking on a cell phone while driving. According to Virginia Tech Transportation Institute (VTTI), "Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times."

Our brains can not do more than one thing at a time.

Drinking or changing the radio may only take a second, but during that second, that's taking a closer step to crash. Death, accidents, fine and injuries end up as common consequences in distracted driving. A pedestrian might unexpectedly cross a road while the driver is texting on his/her phone. The driver is making a needless choice by simply not paying attention. It endangers the lives of others just by taking your eyes off the road to dial a phone number, and while not focused on driving. Poor decisions made by drivers can put them in an uncomfortable position where they face obstacles that end up being major consequences.

Drivers should simply pay their full attention on the road. They should avoid cell phone use which interrupts your focus on driving. Avoid the types of distraction to ensure/ascertain your safety and the passengers with you while driving. Realize the significant follow ups of distracted driving and make valuable decisions. Accidents can happen anywhere and anytime! The only way to prevent these distractions from happening and being involved in a crash is to by acting responsibly.



**The top three most accident causing distractions**

