

A hand is holding a rectangular sign with a torn edge. The sign has the words "JUST" and "DRIVE" written in large, bold, black letters on a white background. The letters are arranged in two rows: "JUST" on top and "DRIVE" on the bottom. The sign is held against a dark background.

JUST

DRIVE

TEXTING: IS IT WORSE THAN DRUNK DRIVING?

You might be
surprised!

Distracted
driving- The
results are in!



887911 AABR

Texting vs. Drinking and Driving

Ugh! He's so annoying. He keeps on texting, inconspicuous to the fact that I'm driving. I reply, We've broken up. I'm not going to change my mind just because he decided to text an apology. This boy is not worth it, ugh! I've always hated that ringtone he set for himself. I respond, something along the lines of "leave me alone." I'm just going to delete his number. I should look at the road. Glancing up, I swerve to avoid a deer. Oh, man. I should pay more attention. Turning my focus back on the never ending menus of my phone, I continue. Let's see...settings, contac-



"This boy is not worth it!"

Is responding to a text really worth your life?

The lines blurring past me represent the grief in my heart. They represent my life speeding ahead of me; I have no way to catch up. Instead of working on my current relationships, I went to self-medicate. With the first Scotch went the memories of my upcoming mortgage payment; with the second, my lack of money for that payment. With the third, the current state of my divorce. Finally, with the fourth, my child, who despises me in every way. I shouldn't be driving. The lines are blurring more now than ever before. Is that light red? Is that a car? I don't remember. What happened? (continued on next page.)

Driving Distractions

You are driving your four-door sedan and that Mexican restaurant sign catches your eye. You stare at it for a few seconds. Next thing you know, a jolt shoots up your legs and reverberates throughout the car, and your body lunges forward, screaming to burst through your seat belt. You have crashed into the bumper of the car front of you. If you keep your eyes in front of your car, you would have seen the red traffic light. It is important to keep your focus on the road, as there are three types of distraction levels, according to the NHTSA, and more than ten different sources for those diversions.

Visual

Visual distractions focus on the eyes; bright colors, flashing lights, motions in your peripheral vision, interesting objects, and the very images on this magazine, all are classified as a visual distraction.

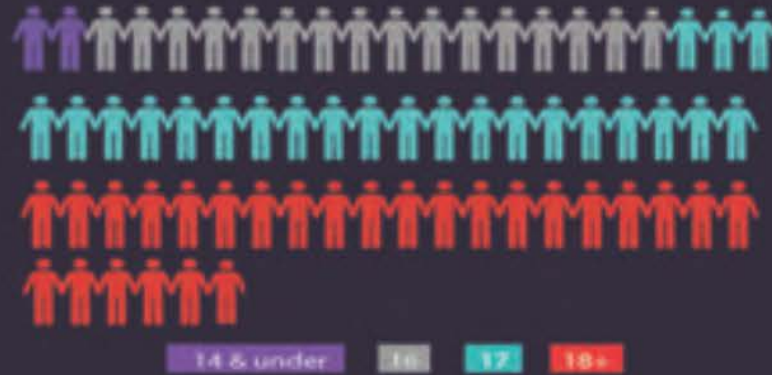
Cognitive

Most cognitive distractions come as a combo of mentally and visually dominating your attention and requires more concentration. The very most common of these are texting. Yes, texting is common among drivers of all ages. With smartphones readily available, they demand the most attention.

Distracted Driving

What teens have reported

Those pesky “rules” and “laws” regarding texting and driving are because it is dangerous. Just like seatbelts, they are there to keep you safe. You don’t have to be super attentive to realize that the drivers in the story above were distracted. Sure, the guy was drunk, but does that mean the accident falls on his shoulders? No, the girl could have been paying attention. If she were, the accident may not have happened. Shame on him for drinking and driving, but that’s another issue for another day. Be attentive, put down your phone.



58% of people use the radio while driving



27% of people use GPS



12% of people text



42% of the responders were licensed drivers



Mental

Getting lost in your thoughts can be dangerous. “Are you paying attention?” If you have no recollection of what just happened in the last few minutes, you have experienced a mental distraction. While you’re driving, you have probably been lost in thought, and you eventually realized that you had driven down a few familiar roads on what is known as auto-pilot.

Sixty one high school juniors and seniors were surveyed on their driving habits. Questions included the students’ ages, their driving experience, how many accidents they were involved in, as well as information on the accidents. The data shows that large percentages of the students regularly drive distracted.

DONT
DISTRACT



Scan this QR code to get more information on distracted driving.



If you are with a distracted driver...

- Offer to send a text for the driver
- Ask them to put their cell phone away
- Keep the volume on the radio low, and don't change the stations too often.
- Don't allow others to distract the driver