

## Resources

- **Automobile Club of Southern California:** [aaa.com](http://aaa.com)
- **Distraction.Gov:** [distraction.gov](http://distraction.gov)
- **Federal Communications Commission:** [fcc.gov/cgb/driving.html](http://fcc.gov/cgb/driving.html)
- **Focus Driven:** [focusdriven.org/index.aspx](http://focusdriven.org/index.aspx)
- **Geico Insurance:** [geico.com/information/safety/auto/teendriving/distracted-driving](http://geico.com/information/safety/auto/teendriving/distracted-driving)
- **Kohl's Cares:** [kohlscorporation.com/communityrelations/community01.htm](http://kohlscorporation.com/communityrelations/community01.htm)
- **National Safety Council:** [nsc.org/safety\\_road/Distracted\\_Driving/Pages/distracted\\_driving.aspx](http://nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx)
- **Nationwide Insurance:** [nationwide.com/newsroom/dwd-facts-figures.jsp](http://nationwide.com/newsroom/dwd-facts-figures.jsp)
- **The Oprah Show:** [oprah.com/oprahshow/End-Distracted-Driving](http://oprah.com/oprahshow/End-Distracted-Driving)

# Would You Drive Blind on a Football Field?



Visit [MillerChildrens.org/families/safety-coalition](http://MillerChildrens.org/families/safety-coalition)

# Distracted Driving

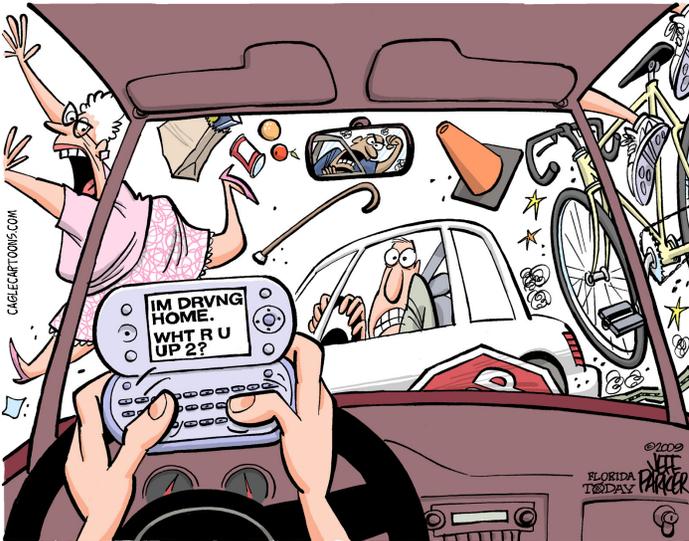
## While driving do you...

Check all that apply.

- Drink, eat, shave, put on makeup or engage in other activities?
- Talk or text on your cell phone?
- Think you can safely look to the side for more than a second?
- Answer your phone without stopping your car?
- Adjust mirrors, climate, GPS, radio, seats or CD player?
- Feel tired?
- Try to deal with friends or pets without stopping?

If you checked even one box, you are at risk for distracted driving.

Nearly 80% of all crashes and 65% of all near-crashes involve driver distraction during the last three seconds before the incident.



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# Driving Means Freedom

Driving is one of the best milestones of being a teenager. It lets you spend time with your friends, be on your own schedule and become a little more independent.

## You always hear that driving is a big responsibility, but how does this effect you?

A study by the National Highway Traffic Safety Administration (NHTSA) says that men and women under the age of 20 are most likely to get into an accident.

## Texting and Driving

Texting while driving is one of the worst distractions.

- Texting takes your eyes off the road for an average of five seconds at a time. At 55 mph, that's like driving the length of a football field, **completely blind**.
- It results in crashes that **kill** an average of **11 teenagers** a day.
- Texting while driving results in more than **300,000** distracted driving **injuries per year**.



**Next time your friends text you while you are on the road, wait until you are no longer driving to respond.**

**It is not worth it to risk your life.**