## Don’t Drive Distracted. Eyes Forward.

Join the U.S. Department of Transportation’s National Highway Traffic Safety Administration’s (NHTSA) distracted driving prevention campaign by following and spreading this lifesaving message: *Don’t Drive Distracted. Eyes Forward*.

**Talking Points**

**General**

* Distracted driving is any activity that takes the driver’s attention away from the task of safe driving. Staying focused on the road is key to driving safely.
* Using a cell phone while driving, like all other forms of distracted driving, is a risky driving behavior that poses a danger not only to vehicle occupants but pedestrians and bicyclists.
* Texting and cell phone use while driving has become the most prevalent type of distracted driving.
* Texting while driving is illegal in 49 states, the District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands and the U.S. Virgin Islands.
* Handheld phone use is prohibited while driving in 30 states, the District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands, and the U.S. Virgin Islands.
* Cellphone use by novice drivers is banned in 36 states and the District of Columbia.

**Stats**

**Safety Tips for Drivers**

* If you are expecting a text message or need to send one that can’t wait, pull over and park your car in a safe location before using your device.
* Designate your passenger as your “designated texter.” Allow them access to your phone to respond to calls or messages.
* Do not engage in social media scrolling or messaging while driving.
* Struggling to not text and drive? Activate your phone’s “Do Not Disturb” feature, or put your cell phone in the trunk, glove box, or back seat of your vehicle until you arrive at your destination.
* When getting behind the wheel, be an example to your family and friends by putting your phone away. You may see other people doing it, but that doesn’t mean texting and driving is a “normal” acceptable or safe behavior.
* Listen to your passengers: If they see you texting while driving and tell you to put your phone away, put it down.

**Safety Tip for Passengers**

* Speak up if your friends are texting while driving - tell them to stop.
* Offer to make calls or respond to messages for the driver.

For more information, visit [www.nhtsa.gov/risky-driving/distracted-driving](https://www.nhtsa.gov/risky-driving/distracted-driving).