

# Steps to Prevent Distracted Driving

The Florida Department of Transportation and its safety partners urge you to get involved and do your share to end distracted driving. Here are some steps you, your friends and family can take.

## STEP #1

**Kids learn from their parents. Put down your phone while driving** and only use it when you've safely pulled off the road. According to the Pew Research Center, 40 percent of teens 12 to 17 say they have been in a car when the driver used a cell phone in a way that put themselves or others in danger.

## STEP #2

**Discuss the risks and responsibilities** of driving, and the danger of dividing their attention between a cell phone and the road. Show them the statistics related to distracted driving. And urge them to talk to others; friends take care of friends.

## STEP #3

**Set up family rules** about not texting or talking on a handheld cell phone while behind the wheel. Enforce the limits set by Florida's graduated licensing program or create your own family policies.

## STEP #4

**Have your teen take action by agreeing to a family contract** about wearing safety belts and not speeding, driving after drinking, or using a cell phone behind the wheel. Agree on penalties for violating the pledge, including paying for tickets or loss of driving privileges.

## STEP #5

**Find out more** about this tragic problem. The more you know, the more you will understand the seriousness of the issue.

## STEP #6

**Get involved** in educating and promoting safe driving in your community and through online social-media websites. Talk to friends, family, and coworkers and support advocacy organizations such as the **National Organizations for Youth Safety** ([www.noys.org](http://www.noys.org)) and **FocusDriven** ([www.focusdriven.org](http://www.focusdriven.org)).

**Join FDOT and its partners and make the safety pledge. No message, no phone call, nothing is worth driving while distracted. Next time you're behind the wheel, just **PUT IT DOWN**.** For more information please visit us online at

[www.distraction.gov](http://www.distraction.gov).



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