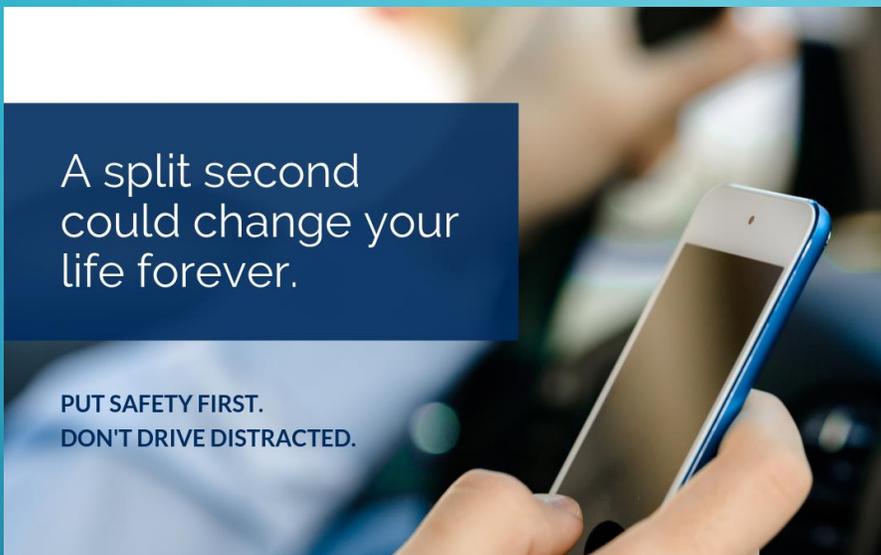


# WHY DO PEOPLE DRIVE DISTRACTED?

There are three very common ways why people get distracted while driving even though it is dangerous.



## INSIDE:

- A graph about many ways people get distracted while driving
- A quote showing statistics about distracted driving
- pictures of ways people get distracted while driving
- A true story about a person who had an experience with distracted driving.

# THE 3 MAIN REASONS WHY DISTRACTED DRIVERS GET DISTRACTED

The 3 most common ways drivers get distracted are by using their phone, daydreaming/zoning out, and having other passengers in the car

## Using your phone **By: Brady Foil**

“A teenage girl received 240 hours of community service after an accident caused by her texting while she was driving. Despite being told to stop texting eight or nine times by a passenger in the car, the teenager continued to do so, even telling her friend that she didn’t care if she crashed. As she was texting, she drove through a red light and in doing so crashed into another vehicle killing a man and his ten-year-old daughter. ”This is because she was using her phone and driving which is one of the many dangerous ways you can get distracted while driving. Although some people argue that they can multitask while

driving, they should put down their phone because you can never be too cautious when driving. Experts say that, “Texting while driving is far more dangerous distraction compared to eating, talking, adjusting music or using in-vehicle navigation systems, because it takes a person’s eyes off the road for longer and more frequently.” Using your phone while driving is extremely dangerous



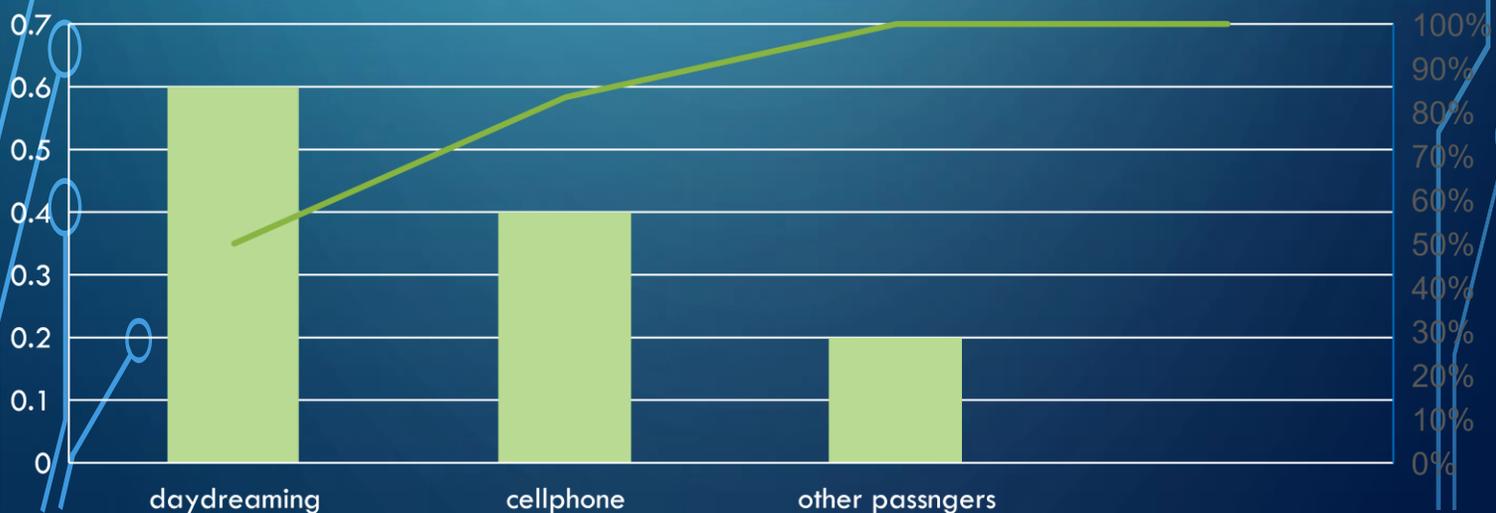
## Daydreaming

Another major problem that needs attention is daydreaming while driving. 61% out of 65,000 fatal crashes happened because the driver was daydreaming. Researchers have found, “While your conscious mind wanders off, your subconscious takes over the wheel. Yes, an emergency can jar you back to full awareness, but your reaction time and sense of perception will suffer when you're not paying full attention.” Luckily, there are ways to

# 61% out of 65,000 fatal crashes were caused by daydreaming drivers

help prevent daydreaming while driving. The first way is changing your gaze every 2-3 seconds, so your eyes keep moving. The other way is keeping your self alert by chewing crunchy foods, imagining what-if scenarios, or changing up your routes. Day dreaming while driving is very unsafe so if you find yourself start to daydream on the road use on of these tactics.

How drivers get distracted



# “When you’re distracted, who’s driving?”



## Other passengers

Did you know that more than half of distracted driving accidents were caused by conversations with passengers.

According to research, “Interacting with passengers is the most common secondary activity we do while driving. Obviously don’t use your phone while driving, but also make

sure, you are focusing on driving despite everything else going on in your car, or what your shotgun rider is doing.” An interesting fact is that adults and infants are 4 times more distracting than young children. Next time you are driving remember not to get distracted and encourage others to do the same.

# Sources-

- <https://www.cjponyparts.com/resources/distracted-driving>
- <https://safestart.com/news/11-distracted-driving-awareness-commercials-and-psas/>
- <https://www.comedytrafficschool.com/quotes-slogans-texting-driving/>
- <https://www.mysouthernhealth.com/teach-your-teen-to-be-a-safe-passenger-for-teen-drivers>
- <https://www.washingtonpost.com/news/wonk/wp/2016/06/23/there-are-more-dangerous-things-to-do-while-driving-than-using-your-phone/>
- <https://www.enddd.org/end-distracted-driving/videos/passengers/>
- <https://www.popularmechanics.com/cars/how-to/a9378/just-how-dangerous-is-daydreaming-while-driving-15935216/>
- [https://www.huffpost.com/entry/texting-while-driving-worst-kind-of-distraction-sixth-sense-brain\\_n\\_5733a178e4b077d4d6f208a3](https://www.huffpost.com/entry/texting-while-driving-worst-kind-of-distraction-sixth-sense-brain_n_5733a178e4b077d4d6f208a3)
- <https://dd-design.devpost.com/submissions/9122-it-doesn-t-have-to-be-your-life-don-t-drive-distracted>
- <https://mycalcas.com/2019/04/the-5-worst-cities-for-distracted-driving-and-what-you-can-do-about-it/>