



Take the Pledge

Don't let your cell phone or other distractions cause you to crash.

Each year, distracted driving kills more than 3,300 people and injures an estimated 421,000. According to University of Michigan Transportation Research Institute (UMTRI) research, 20 percent of teens and 10 percent of parents admit that they have extended multi-media conversations while driving. A quarter of teens respond to a text message once or more every time they drive. Texting or using a hand-held cell phone while driving is one of the leading distractions that cause traffic crashes. A second, and equally dangerous, distraction is other passengers. A teen driver's risk of death increases 44 percent when one passenger younger than 21 is in the car and no older passengers are present. The risk doubles with two passengers under age 21 and quadruples when three or more passengers under age 21 are present. A recent study showed that distraction was a factor in 58 percent of all crashes studied, including 89 percent of road-departure crashes and 76 percent of rear-end crashes.

Distractions are a part of everyday life, but you can learn to identify and manage them. If you are driving, do not text or talk on a cell phone or engage in other distractions while you're behind the wheel. And if you are a passenger in someone else's car, make sure you are not causing the driver to be distracted. Remember this simple slogan:

Eyes on the road. Hands on the wheel. Head in the game.

Sign and date this pledge. Ask your parent or guardian to sign it too. Post it in your home as a daily reminder of safe driving.

I, _____, pledge to keep my eyes on the road, my hands on the wheel and my head in the game.

I promise not to text or talk on a cell phone or engage in any unsafe behavior when I am behind the wheel of a moving car.

Teen Driver's Signature

Date

Parent's or Guardian's Signature

Date