

## TAKE THE PLEDGE

You've learned about the danger, now take action. Protect yourself and others by pledging to drive phone-free. Turn your cell phone off when you turn your ignition on. If you're a passenger, make sure your driver does the same, or don't ride with them.

I pledge to **NOT** be a distracted driver.

Signature

Signature of Parent or Guardian

Please keep this pledge in a safe and visible place as a constant reminder as to the pledge you have taken to not drive distracted.

New York State Senate  
Albany, NY 1224



**FROM**  
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**THE NEW YORK STATE SENATE**

**WORKING TO**  
**STOP**  
**DISTRACTED DRIVING**



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Maybe you've driven this way, maybe you've ridden with a distracted driver, maybe you've witnessed others. You owe it to yourself, your loved ones and everyone on the road to get in the game, and **stop** distracted driving once and for all.

### WHAT IS DISTRACTED DRIVING?

Distraction occurs any time you take your eyes off the road, your hands off the wheel, or your mind off your primary task: driving safely. Talking on the phone, texting or any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

### IS DISTRACTED DRIVING REALLY A PROBLEM?

Distracted driving kills. Thousands of people are killed and nearly half a million are injured each year in distracted driving crashes.

### IF IT'S SO DANGEROUS, WHY DO PEOPLE DO IT?

Some don't know about the danger, some simply choose to ignore it. Still others lead busy, stressful lives and try to stay constantly connected with family, friends and workplaces. They think "it will never happen to me," but they are wrong.

### WHO ARE THE MOST SERIOUS OFFENDERS?

Our youngest and most inexperienced drivers are most at risk, with 16% of all distracted driving crashes involving drivers under 20. But they are not alone. At any given moment during daylight hours, over 800,000 vehicles are being driven by someone using a hand-held device.

### I'M A PRETTY GOOD DRIVER. CAN'T SOME PEOPLE TEXT OR TALK ON THE PHONE AND DRIVE SAFELY?

No. Research indicates that talking on a cell phone – even hands-free – saps the brain of 39% of the energy ordinarily devoted to driving. It delays reaction time as much as having a blood alcohol concentration of .08, the legal limit for drunk

driving. Drivers who use a hand-held device are four times more likely – and texting drivers are 23 times more likely – to get into a crash serious enough to cause injury.



### SENDING OR READING ONE TEXT IS PRETTY QUICK. WOULDN'T THAT BE OK?

Texting is extraordinarily dangerous because it involves simultaneous manual, visual and cognitive distraction. In the few seconds it takes to look down at "just a simple text message," you can drive the length of a hockey rink.