



Students^{for} Cellphone-Free Driving

Avoid Driver Distraction

Driver distractions are everywhere.

It's up to you to make the safe choice to avoid them.

Here are some tips to help you make that choice.

Think ahead

- Plan your route before you start the car.
- Finish eating and personal hygiene before you enter the car.
- Rest up, especially if you are going for a long drive.

Take care of **electronic devices** when you enter the car

- Set your radio station, vehicle controls, etc.
- Turn off your cellphone or set it to silent.
- Update your voicemail to let callers know that you do not answer your phone when driving and will call them back.

Pull over if you have to

- If you need to do something distracting, pull your vehicle over in a safe location like a rest area, gas station or parking lot.
- Resist the temptation to use your phone when stopped in traffic or at red lights, driving on quiet highways or in residential areas.

Passengers can help

- Keep conversation light.
- Ask passengers to navigate, operate vehicle controls, cellphones and other devices for you.

Be a **role model**

- Don't be a distraction if someone else is driving!
- If you know that someone is driving, don't call them. If you call and find out they are driving, end the conversation.

