



Don't Text and Drive Safety Tips

Texting and driving can be a fatal combination. According to researchers, an estimated 3,000 American teens die each year in accidents caused by texting and another 300,000 are injured. If you or your teen text while driving, here are some tips to help you break this deadly habit.

Tips

- Don't be tempted – turn off your cell phone. Let voicemail capture your voice and text messages.
- If you have to call or send a text while at a time when you are driving, pull off the road safely and stop.
- Get support from your friends by letting them know you are working on breaking the texting habit.
- To fight the temptation to text and drive, put your phone where you can't reach it – like the glove compartment.
- Don't let your cell phone control you. You are the only one who decides when and if you send and read a text message.
- Don't call or text your teen at times when you know they are likely to be driving.
- Review your teen's cell phone bill with them to see if they are texting at times they are likely to be driving. Counsel him or her on driving safety and ways to avoid texting while driving.

For more information on distracted driving laws in your state please visit the [Governors Highway Safety Association](#) website.