

# The Dangers of Texting While Driving

If you text and drive, you are **23x more likely to be in an accident.**

*(The Virginia Tech Transportation Institute.)*

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL

In 2011, driver distraction killed **3,331** people and injured **387,000**.

*(www.Distracted.gov)*

When sending or receiving a text, a driver's eyes leave the road for **4.6 seconds**. That's the equivalent of driving the length of an entire football field, at 55 mph, **blind**.

*(The Virginia Tech Transportation Institute)*

**40%**

of teens say they've been in a car when the driver used a cell phone in a way that put people in danger.

*(Pew Survey)*

## What You Can Do :

- ✓ **Set rules regarding distracted driving** – Give teen drivers simple, clear instructions not to use their wireless devices while driving. “On the road, off the phone” is the easiest way to say it!
- ✓ **Lead by Example** - if you need to text or talk on the phone, pull over to a safe place.
- ✓ **Become Informed** - The FCC is working with industry, safety organizations and other government agencies, to inform and educate the public about the dangers of distracted driving. To help in this effort, the FCC created the Distracted Driving Information Clearinghouse at [www.fcc.gov/encyclopedia/distracted-driving-information-clearinghouse](http://www.fcc.gov/encyclopedia/distracted-driving-information-clearinghouse).
- ✓ **Be Active** -- Tell family, friends and organizations to which you belong about the importance of driving without distractions. Take information to your children's schools and ask that it be shared with students and parents.