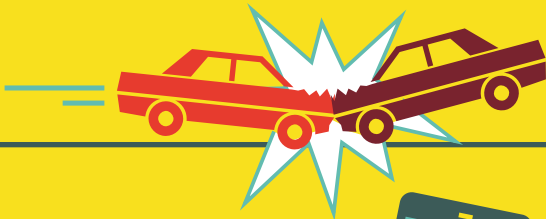


# DISTRACTED DRIVING



## CALIFORNIA DRIVING STATISTICS

Distractions, including use of cell phones and interacting with passengers, account for **6 OUT OF 10** crashes among teens.

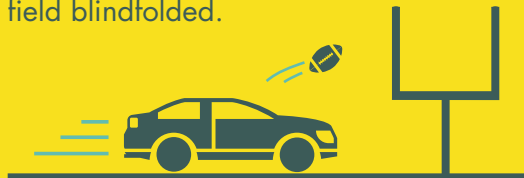


Engaging in activities such as reaching for a phone, dialing or texting, increases the risk of getting into a crash by **3x**.



The average time your eyes are off the road while texting is **5 SECONDS**.

When traveling at **55 MPH**, that's enough time to cover the length of a football field blindfolded.



## VEHICLE CRASHES

remain the leading cause of death for 16 to 19 year-olds.



## NOBODY UNDER 18

can legally drive while using a phone or electronic device, even if it is hands-free.



# SAFETY TIPS

Never text and drive.



Silence your phone before you get behind the wheel.



Don't text or call someone when you know they are likely to be driving.



If a friend is driving, minimize distractions by **not being too rowdy or blasting music.**



If you need to make a call, **safely pull over and park.**



Do not use **apps or social media.**



## GRADUATED DRIVER'S LICENSE (GDL) RESTRICTIONS

- **1-year restriction** on driving with passengers and at night, or until the age of 18.
- **Newly licensed drivers** cannot drive passengers under 20 years old unless accompanied by a licensed driver 25 years or older.
- No driving between **11 p.m. and 5 a.m.** unless accompanied by a licensed driver 25 years or older.

Visit [gosafelyca.org](http://gosafelyca.org) for more safety tips and information.

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**JUST DRIVE** 

**GO SAFELY**  
CALIFORNIA  
CALIFORNIA OFFICE OF TRAFFIC SAFETY