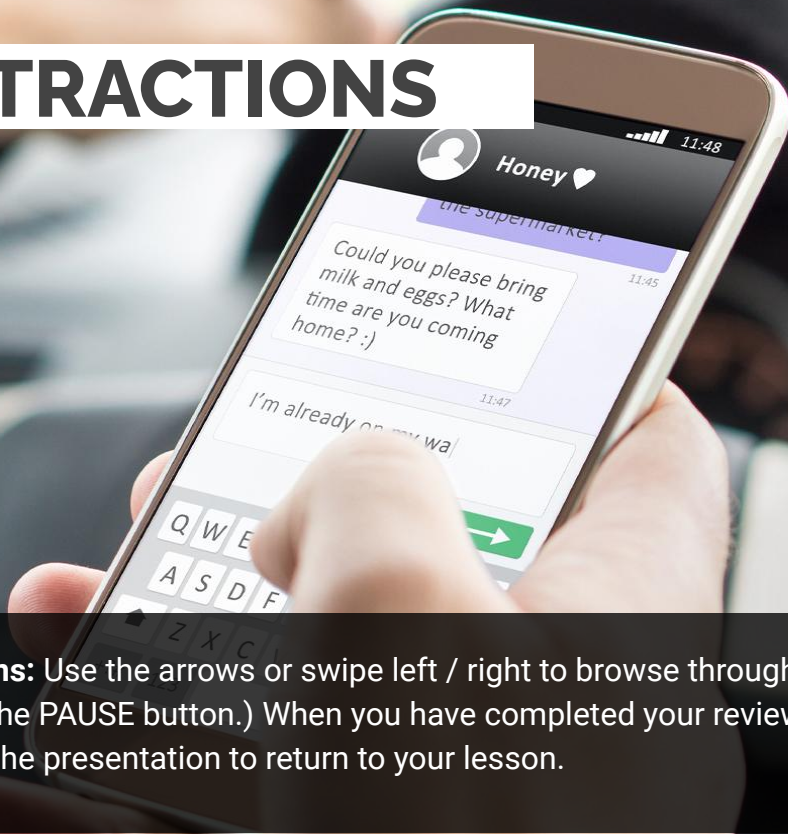


DISTRACTIONS



Instructions: Use the arrows or swipe left / right to browse through the slides. (The slideshow will autoplay unless you click the PAUSE button.) When you have completed your review of all slides, click on the X in the upper right corner of the presentation to return to your lesson.

Cellular Phones

The increased use of cell phones while driving is becoming hazard on our highways. Drivers who use their cell phone while operating a motor vehicle pose a serious threat to themselves and other drivers.



Currently, texting is banned for all drivers in 48 states and the District of Columbia. Also, 21 states have laws regarding hand-held phone usage by all drivers.



Using a cell phone, texting or looking at social media while driving involves all three types of distraction:

- **Visual** (by taking your eyes off the road)
- **Manual** (by taking your hands off the wheel)
- **Cognitive** (by taking your mind and focus off your driving).



Use your cell phone only in emergencies.

If possible, have a passenger make the call.

If you must make a call, pull safely off the road and stop before making the call.

Do not take notes or look up telephone numbers while driving.



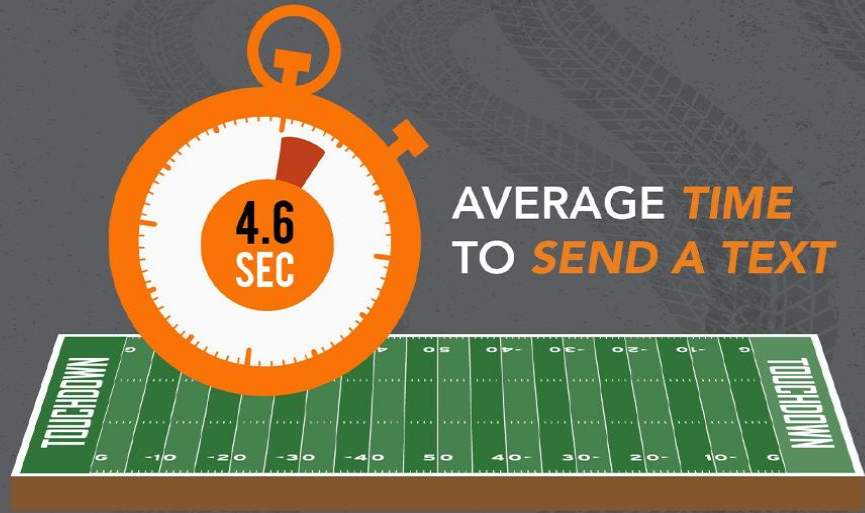


**Let your voicemail answer
incoming calls.**

**If you must use your
cellphone, keep your
conversations short. Get
a model with voice
activated controls and
hand-free operation.**

Texting while driving is extremely dangerous.

Texting causes a driver to look away from the road for 4.6 seconds. At a speed of 55 mph, the vehicle travels the length of a football field in that time frame. A lot can happen on a football field. According to DISTRACTION.GOV, if you text while driving you are 8 to 23 times more likely to be involved in a car crash.



AVERAGE **TIME**
TO **SEND A TEXT**

AT 55 MPH, THAT'S **DRIVING THE**
LENGTH OF A FOOTBALL FIELD **BLIND**

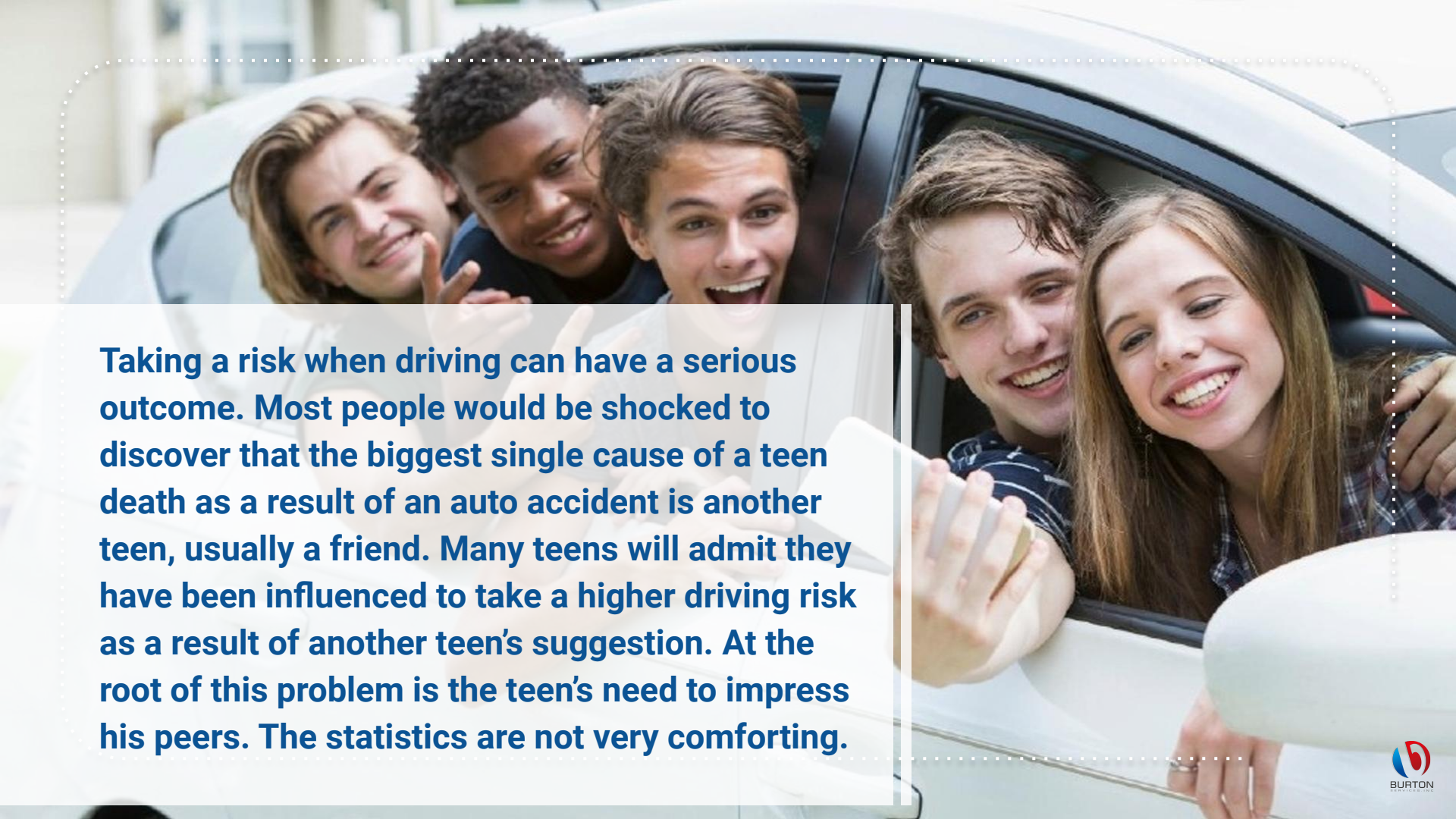
Louisiana law prohibits anyone 17 years of age and under from using any type of wireless communication device while operating a motor vehicle and prohibits anyone of any age from texting while driving.





PEER PRESSURE

Teens are not the only ones who are faced with peer pressure. If asked, adults will tell of the pressure to have a bigger house, a better car or a job that pays more money. Parents are sometimes pressured by other parents to let their teen drive even when they know their teen is not ready. Every teen confronts peer pressure. Peers can pressure you into doing something you are not comfortable with.



Taking a risk when driving can have a serious outcome. Most people would be shocked to discover that the biggest single cause of a teen death as a result of an auto accident is another teen, usually a friend. Many teens will admit they have been influenced to take a higher driving risk as a result of another teen's suggestion. At the root of this problem is the teen's need to impress his peers. The statistics are not very comforting.



- **44% of teens said they drive more safely without friends in the car.**
- **67% of teens said they have felt unsafe when someone else was driving.**
- **Only 45% said they would speak up if someone was driving in a way that scared them.**
- **37% said they would ride with one or more friends who speed in the coming year.**


A photograph of a young man driving a car, with a female passenger in the back seat. Both are smiling. The image is framed by a dotted white border.

A young, inexperienced driver may:

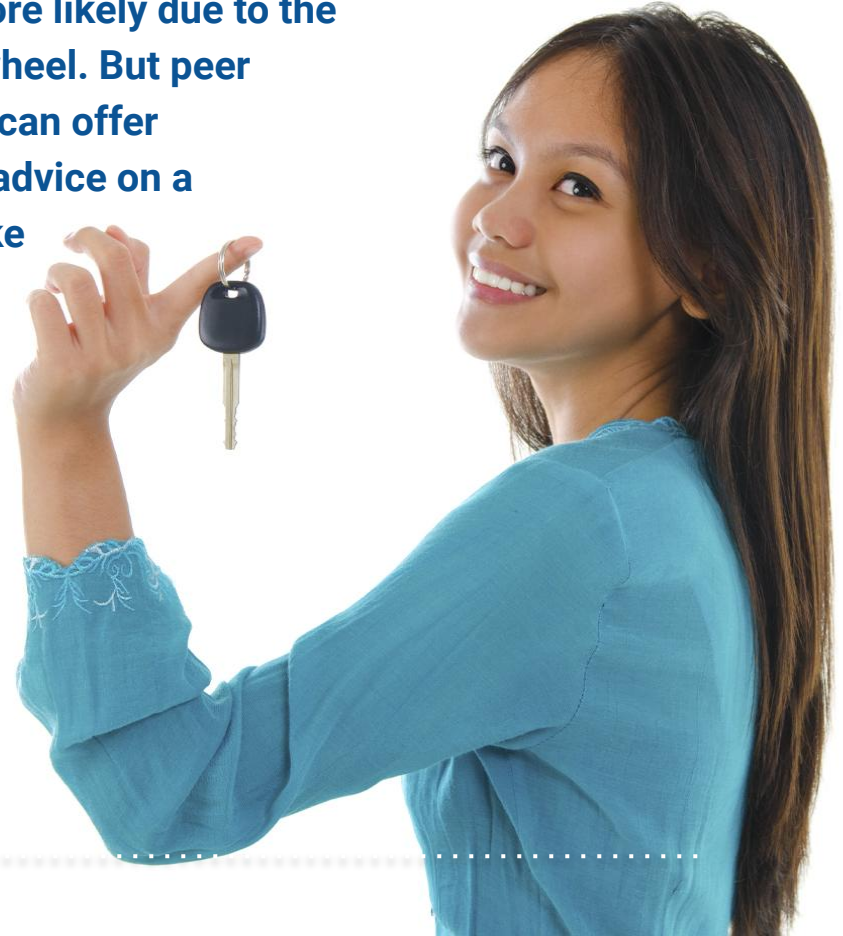
- Push the physical limits, especially with speed and curve.
- Perform illegal maneuvers, such as running lights.
- Steer carelessly, including swerving to the music or taking both hands off the wheel.

- Treat the car as a toy and roads as a playground.
- Race the other vehicles, use the car aggressively and shout abuse at other drivers.
- Fill the car with other teens, often in a party mood.
- Play around in the car with low attention to their driving.



- 
- Turn around to talk to passengers.
 - Stare at their phone due to the rising addiction to social networking (text, email, Twitter, Facebook, etc.).
 - Drive when affected by alcohol or drugs, or without a safety belt.


Engaging in any of these risky behaviors is more likely due to the young driver's lack of experience behind the wheel. But peer pressure can have a positive influence. Peers can offer encouragement to each other. They can offer advice on a problem or tell you when you are about to make a mistake. Finding the courage to not "follow the crowd" can be difficult but it is not impossible. Trust your instincts. Choose your friends wisely. Having a friend who will "have your back" always helps when situations get tough. You have more power than you might think. Doing the right thing will not only improve your self-worth but may also be a positive influence on others and may save lives.



Older Drivers

According to the Federal Highway Administration, in 2018, there were approximately 29 million licensed drivers in the United States age 70 and older. On the positive side, driving is beneficial for older adults. On the negative side, the risk for a fatal crash starts increasing at age 75. This is due largely to increased susceptibility to injury.



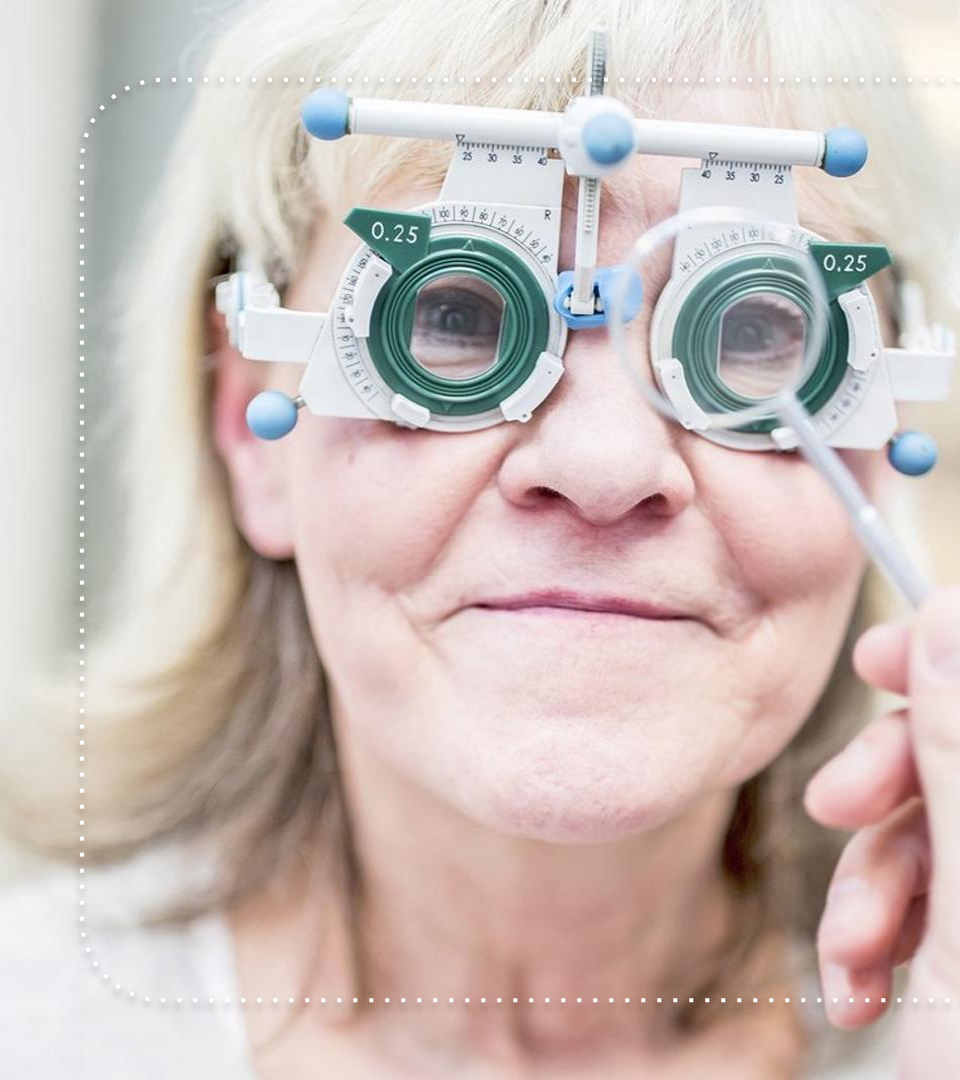
A close-up, profile view of an elderly woman with short, wavy grey hair, wearing a yellow and blue plaid shirt and a black seatbelt. She is looking forward, focused on driving. Her hands are on the steering wheel. The background shows the car's dashboard and steering wheel. A semi-transparent black box with white text is overlaid on the left side of the image.

Older adults suffer from some types of impairments due to age, loss of vision, a lessening of cognitive ability, and decreased motor function. But an older adult can protect himself by using safety belts and driving when the environmental conditions are the safest. Older drivers are also less likely to drink and drive.

Older adults can take steps to stay safe on the road.

- Exercise regularly.
- Ask your doctor or pharmacist to review medications - both prescribed and OTC - to reduce side effects that may possibly interfere with driving ability.



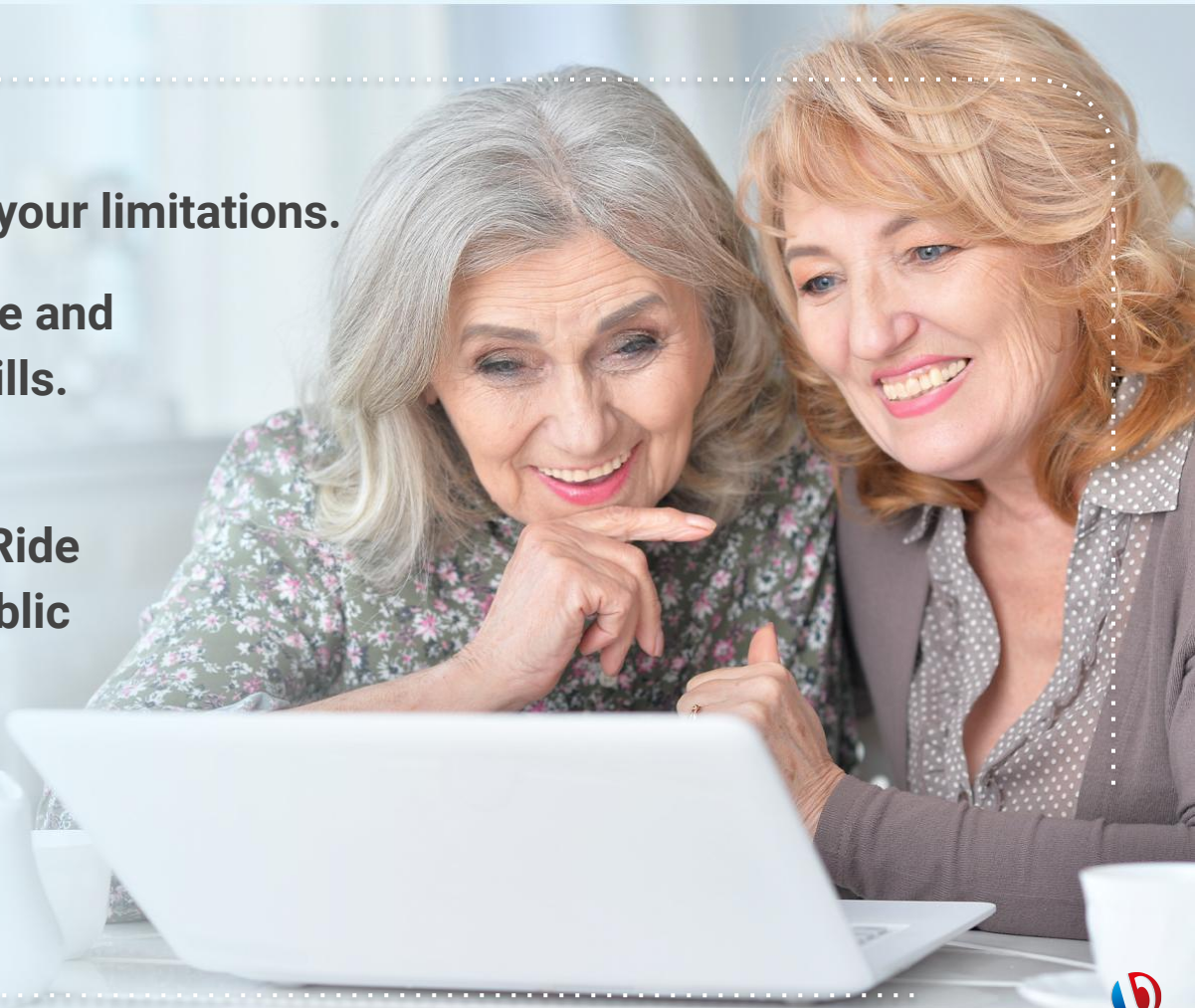


- **Have eyes checked at least once a year. Always wear your glasses or contacts if they are required.**
- **As much as possible, drive during daylight hours and good weather.**
- **Have your hearing checked.**
- **Look for the safest route with lighted streets, intersections with left turn signals and easy parking.**

- **Plan your route before your drive and know where you are going.**
- **Leave a large following distance behind the car in front of you.**
- **Avoid distractions in your car such as changing radio stations, talking on your cell phone, eating and drinking.**



- **Know and understand your limitations.**
- **Take a refresher course and update your driving skills.**
- **If needed, consider an alternative to driving. Ride with a friend or use public transportation to get where you need to go.**



While these steps may be suggestions for older drivers, they are also recommendations for drivers of any age group to follow.

