



DISTRACTED DRIVING

What's Stealing Your Focus?



Top Teen Distractions

- Changing music (79%)

(Survey from teens & parents)





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- Speeding (61%)

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- Driving 1-handed (61%)

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- Speeding (61%)
- Driving 1-handed (61%)
- Phone use (51%)

(Survey from teens & parents)





Top Teen Distractions

- Changing music (79%)
- Speeding (61%)
- Driving 1-handed (61%)
- Phone use (51%)
- Eating (45%)

(Survey from teens & parents)



Eyes on the Road

Just a two-second
glance off of the
road doubles your
risk of a crash.

(AAA Foundation for
Traffic Safety)





Distracted Déjà Vu

Cell Phones = Huge Risk

- Texting = eyes off the road



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- Teens 4x more likely to crash using a phone



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- Texting = eyes off the road
- Teens 4x more likely to crash using a phone
- 35% of teens admit to texting while driving



Distracted Driving: EMT Stories



Deadly Numbers

3,275 deaths from distracted driving in 2023



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324,819 injuries caused by distraction

8% of all fatal crashes involved distraction



Teens & Friends in the Car

- Teens say: 40% drive differently with friends vs. parents



Teens & Friends in the Car

- Teens say: 40% drive differently with friends vs. parents
- More distractions = more risk



Graduated Driver License

- Drivers under age 18 must hold a restricted license for a period of time before they are granted a full license.

alea.gov/dps/driver-license/license-and-id-cards/graduated-driver-license



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alea.gov/dps/driver-license/license-and-id-cards/graduated-driver-license
- Teens who violate Alabama's Hands Free Law will have the restricted license period extended by 6 months.



GDL Restrictions

- All Drivers: Prohibited use of ANY handheld device.



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- All Drivers: Prohibited use of ANY handheld device.
- Learner's Permit: Can drive when accompanied by a licensed driver 21 years or older and sitting in the front seat.



GDL Restrictions

- Restricted License: Only 1 passenger in the vehicle, not including a parent or legal guardian or family member.



GDL Restrictions

- Restricted License: Only 1 passenger in the vehicle, not including a parent or legal guardian or family member.
- Restricted License: Cannot drive between midnight and 6am, unless accompanied by parent or guardian.



Alabama's Hands-Free Law

- No holding a phone while driving!



Alabama's Hands-Free Law

- No holding a phone while driving!
- Fines + points on license



Alabama's Hands-Free Law

- No holding a phone while driving!
- Fines + points on license
- Use Bluetooth or pull over



What Can You Do?

- Set your music/GPS before you drive





What Can You Do?

- Set your music/GPS **before** you drive
- Put your phone on **Do Not Disturb**





What Can You Do?

- Set your music/GPS **before** you drive
- Put your phone on **Do Not Disturb**
- Tell your friends:
“Help me stay focused”

Steer Clear of Distractions.

Learn more at DriveSafeAlabama.org

