

ADDITIONAL RESOURCES AVAILABLE:

National Safety Council
Nsc.org

National Health Observances
Nho.org



mtprospectbaptist.org

APRIL 18

National Distracted Driving Awareness Month

Mt. Prospect Baptist Church encourages you to educate yourself and your loved ones about the dangers of driving distracted.

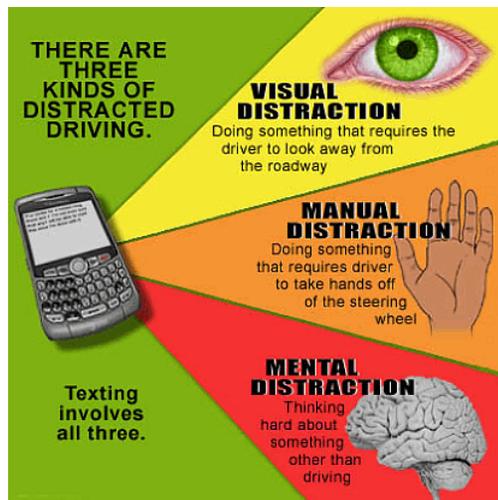


Mt. Prospect Baptist Church
Health Ministry

Thousands die every year from distracted driving.

40,000 people died on the roads last year. Every 8 seconds, someone is hurt in a car crash.

Technology allows us to make phone calls, dictate texts or emails and update social media while driving – all actions that are proven to increase crash risk. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.



MYTH VS. REALITY

MULTITASKING IS A MYTH... Driving and cell phone conversations both require a great deal of thought. When doing them at the same time, your brain is unable to do either well. For example, it's nearly impossible to read a book and have a phone conversation. While driving, this often results in crashes due to delayed braking times and not seeing traffic signals.

IT IS A MYTH THAT TALKING ON A CELL PHONE IS JUST LIKE TALKING TO A PASSENGER... Backseat drivers are good for you. Adult passengers can alert the driver to traffic problems. People on the other end of the cell phone cannot see what is going on.

IT IS A MYTH THAT SPEAKING HANDS FREE IS SAFE TO USE WHILE DRIVING... Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights.

"IF I ONLY USE MY CELLPHONE AT STOP LIGHTS THEN IT'S OK" IS A MYTH... Even at stop lights it is important to remain attentive. A recent AAA study show that people are distracted up to 27 seconds after they finish sending a voice text.

TAKE THE PLEDGE!!!

I pledge to Just Drive for my own safety and for others with whom I share the roads. I choose to not drive distracted in any way – I will not:

- *Have a phone conversation – handheld, hands free, or via Bluetooth.
- *Text or send Snapchats.
- *Use voice-to-text features in my vehicle's dashboard system.
- *Update Facebook, Twitter, Instagram, Vimeo, Vine, or other social media
- *Check or send emails
- *Take selfies or film videos
- *Input destinations into GPS (while the vehicle is in motion)
- *Call or message someone else when I know they are driving



I pledge to be an attentive driver: