

Back to School Distracted Driving Tips: Keeping Students Safe on the Road



The **back-to-school season** is in full gear and our roads are filled with parents dropping off students at class. During this time, it is crucial to keep safety top-of-mind when behind the wheel. Distracted driving poses a significant risk to students and other road users, but by making the right decision when behind the wheel, we can keep our roads safe.

Tips for Avoiding Distracted Driving

- 1 Put Away Your Phone.** Phone use is the most common form of distracted driving. As tempting as it may be to check messages or social media, it's important to keep your phone out of reach while driving. Consider enabling driving mode on your smartphone or placing it in the glove compartment to avoid the temptation altogether.
- 2 Avoid Eating and Grooming.** Personal grooming tasks like applying makeup or fixing your hair are best done at home. Eating while driving takes your hands off the wheel and your focus off the road. Make it a rule to take care of grooming tasks and eating before you drive.
- 3 Set Your GPS Beforehand.** If you're using GPS navigation, input your destination before you start driving. Fiddling with the GPS while driving can lead to dangerous distractions, potentially causing accidents.
- 4 Educate Young Drivers.** For those heading back to school with new driver's licenses, it's essential they are educated about the dangers of distracted driving. Encourage new drivers to focus solely on the road and set a good example as a responsible driver.
- 5 Utilize Hands-Free Options.** If you absolutely need to make a call, use a hands-free device or connect your smartphone to your car's Bluetooth system. This way, you can keep both hands on the wheel and maintain better concentration.
- 6 Stay Mindful of School Zones.** With schools back in session, be particularly cautious when driving through school zones. Follow posted speed limits and be extra vigilant of noticing children walking or cycling to school.

Contribute to creating safer roads for everyone by avoiding distracted driving. Remember that focusing solely on the task of driving is the best way to ensure your safety and the safety of others on the road.

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DRIVING **DISTRACTION...** TO THE **CURB.****