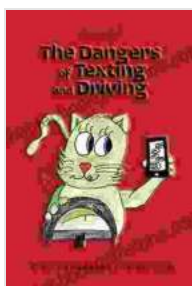


# The Dangers of Texting and Driving: A Comprehensive Guide to Understanding the Risks and Staying Safe on the Road

Texting and driving is a dangerous and deadly combination that has become a major problem in recent years. The National Highway Traffic Safety Administration (NHTSA) estimates that in 2020, over 3,000 people were killed in car crashes involving a distracted driver. Of those, over 38,000 were injured.

Texting while driving is one of the most dangerous forms of distracted driving. It takes a driver's attention away from the road, making it difficult to react to hazards and increasing the risk of a crash.

There are many dangers associated with texting and driving. Some of the most common include:



## The Dangers of Texting and Driving by Michael Palin

★★★★☆ 4.2 out of 5

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File size : 5292 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

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- **Increased risk of a crash:** Drivers who text while driving are 23 times more likely to be involved in a crash than drivers who are not distracted.
- **Slower reaction times:** Texting and driving slows down a driver's reaction time by about 1.5 seconds. This may not seem like a lot, but it can make a big difference in avoiding a crash.
- **Reduced awareness of surroundings:** Drivers who are texting while driving are less aware of their surroundings, making it more difficult to avoid hazards.
- **Increased fatigue:** Texting and driving can lead to fatigue, which can further increase the risk of a crash.

Teen drivers are particularly at risk for texting and driving crashes. They are more likely than older drivers to underestimate the dangers of distracted driving and to engage in risky behaviors, such as texting while driving.

In 2020, over 25% of all teen driver deaths involved distracted driving. Of those, over 30% involved a cell phone.

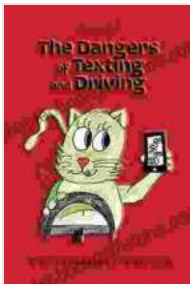
There are a number of things you can do to avoid texting and driving crashes, including:

- **Put your phone away out of reach:** The best way to avoid texting while driving is to put your phone away out of reach. This will make it less tempting to text while driving.
- **Use a hands-free device:** If you need to make a call or send a text, use a hands-free device. This will allow you to keep your hands on the

wheel and your eyes on the road.

- **Pull over to a safe place:** If you need to send a text or make a call, pull over to a safe place first. This will give you time to compose your message and send it without endangering yourself or others.
- **Be a good passenger:** If you are a passenger in a car, do not text or call the driver. This will help to keep the driver's attention on the road.

Texting and driving is a serious problem that can have deadly consequences. It is important for all drivers to be aware of the dangers of texting and driving and to take steps to avoid ng it. By following the tips above, you can help to keep yourself and others safe on the road.



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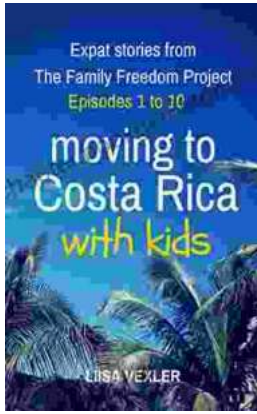
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