

Tip Sheet

Prevent sending and receiving text messages while driving



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- Take control of your cell phone, don't let it control you. You are the only one who decides when and if you send and read a text message. Recognize that text messaging can be a habit and be aware of your environment when texting.
- When getting into the car to drive **turn the phone off**. If that is not possible then **keep the phone out of reach**, or place it in the glove compartment, the back seat, even inside a bag or backpack.
- If you have to call or text while driving, **pull off the road safely and stop**.
- Consider download anti-texting software on your phone. Several companies, including [ZoomSafer](#) and [iZup](#), have created software that prevents drivers from picking up or receiving calls or text messages while they drive.
- Have a designated "texter" while driving. If you have a friend or passenger in the car with you, have them answer the phone or respond to a text message.
- If you are a passenger in a car with a texting driver **give yourself permission** to ask that driver to stop. For example, you can say, "I'm sorry, but I get really nervous when people text and drive." Wait to see how the person responds. Most people will admit it's probably not a good idea or they'll at least put down the phone. You can also offer to text for the driver by saying : "Would you like me to type for you since you're driving?"
- **Parents:** don't call/text your teen at times when you know they are likely to be driving.

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- Establish family rules that prohibit texting while driving.
- Remember to **set a good example**, don't text and drive.

Adapted from “*Safety teen tips on driving.*” Available at: <http://www.colorado.aaa.com/safety/teen-texting-tips.asp>.

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