

# BE A DRIVING INFLUENCE

Whether you're in the driver's seat or passenger's seat, there may be times when your friends or family make you feel unsafe in the car. What do you do? Do you speak up? It's not always easy to say something if you feel pressured or uncomfortable, but you can use this opportunity to make a difference and help promote safe driving. The tips on this page may help you. Review the tips and then read the distracted-driving scenarios to practice what you would do if you were in each situation. Use the tips or other ideas that work for you.

## IN THE DRIVER'S SEAT



1. You're driving three friends to a football game. They're all talking and laughing loudly and keep changing the music. What do you do?
2. You pull an all-nighter finishing a paper and you're totally exhausted in the morning. You're supposed to drive yourself to school. What do you do?
3. Your dad asks you to take his car to run an errand for him. You get lost. Your cell phone has GPS and you can also call your dad. What do you do?
4. You offer to give your friend a ride home from school. He doesn't wear his seat belt. You ask him to put it on, but he says he's fine. What do you do?

## IN THE PASSENGER'S SEAT



1. A friend is driving you to the movies, where you're meeting more friends. Your friend's phone keeps beeping and she checks text messages while driving. What do you do?
2. Your older brother drives you and your younger sister to the store. Your sister is tossing a toy around in the backseat. Your brother keeps turning to tell her to stop. What do you do?
3. Your mom is on her cell phone (hands-free) with work when she picks you up from school. She continues to talk on the phone when you get in the car and looks for a pen and paper in her purse while driving. What do you do?
4. Your friend picks you up for school and stops to get coffee and bagels at a drive-through on the way. She drinks her coffee and eats a bagel while driving. What do you do?

## SPEAK UP FOR SAFE DRIVING

To encourage safe behavior try one of these tips:

- **Offer an option:** Offer a safe solution, like answering your friend's phone for her if she's driving.
- **Use humor:** Make a joke—just be sure your safe-driving message gets across.
- **Find a friend:** Get your friends on board with supporting safe driving and speak up together.
- **Just ask:** Make it simple—ask your friends to drive safely, or if you're driving, tell them you need to concentrate.
- **State a fact:** Give a safe solution to your concern, and then back it up with a fact about distracted driving.
- **Walk away:** If you're uncomfortable and can't change the situation, get out of it. Don't drive with people who distract you, and don't get in the car with people who drive unsafely.

**Remember:** Be positive and avoid criticizing.