

## What can you do to be a more focused driver?

### Lead by example, practice what you preach

**Get off the phone - Take the pledge**                      Make an impact, it starts with you

Make it a family affair, make it a commitment to someone and hold each other accountable

Turn your ringer off or on silent when you get behind the wheel to avoid the temptation of notifications

Use an App to break your habit -> iPhone (Do Not Disturb), AT&T DriveMode, Sprint Drive First, Verizon Safely Go, and many other apps available on your app store.

Have a designated texter

Change your voicemail message. Have your outgoing message say, "Hello, I am either unavailable or I am driving so I can call you back when it's safe"

Don't call others when you know they are driving

If someone is driving tell them to call you back, end the call

Help your employer, city, or community enact a policy, hold an awareness campaign

Start educating early, the younger the better - the youngest will remind you the most!!

Spread the message, Influence others, Speak up

Stick to it! It takes daily reminders and lifelong commitment

**What are some things you can say to “Speak up” if you are in a car with a distracted driver?**

Ask if you can text or talk for them or help them with it.

Ask them to pull over and stop somewhere safely or ask to be let out of the car if they continue the behavior while driving.

AT&T research shows 57% of people are more likely to stop driving distracted if a friend or passenger brings it up.

Successful approach to changing habits: Retrain your brain with a new driving habit

## **USE AN IF THEN APPROACH TO INSERT GOOD HABITS OVER BAD HABITS**

### **IF A CUE OCCURS, THEN DO THIS INSTEAD**

Notice your triggers are when you tend to engage in distracting behaviors and retrain yourself when you are triggered to react with a useful behavior instead.

Persistence is needed to retrain yourself to break the bad habit and form the good, new one.

#### **Identify the Cues:**

- If your phone buzzes or blinks at you...
- If you get bored...
- If you are waiting for an email to arrive...
- If you get lonely...
- If you forgot to mention something....
- If you are running late...

#### ***Build a specific response to the cue***

#### **Reprogram the behavior:**

- ...change the music.
- ...check the directions.
- ...check the speedometer.
- ...hand your phone to a passenger.
- ...check your mirrors.
- ...silence your phone.



Source: Joseph Bayer, Univ. of Michigan