



Distracted Driving Family Contract

While we should be concerned about the safety of everyone on the roads, it's especially important to keep our families safe. Cell phone use while driving is dangerous. To keep my family safe, and to be considerate to those I share the road with, I pledge not to use my cell phone while driving and to discuss the following topics with my family:

- Why it's not safe to use a handheld or hands-free cell phone while driving
- Why texting, emailing or updating social media while driving, even through a dashboard infotainment system, is dangerous
- Why it's important to speak up if you're a passenger and the driver – a friend, family member, taxi driver or bus driver – is using a cell phone. You should ask the driver to hang up immediately or let you out of the vehicle if he or she will not disconnect.
- Why it's helpful to let your friends and family know what times of day you are most likely to be driving, and why you should ask them not to call you during those times. You can also find out when they are driving and avoid calling them as well.
- How changing your voicemail greeting to say you are either away from your phone or driving will help others understand why you may not be responding right away
- Why it's crucial to ask those who carpool with your loved ones to respect your wishes and drive cell-free, at least when your family is on board
- Why you should ask someone who calls while driving to hang up and call back when they are parked in a safe place
- How modeling this safe behavior for your family will encourage them to also not use their cell phones while driving

The decisions we make behind the wheel can have lifelong consequences. No one ever thinks something bad could happen to them. Having conversations about cell phone distracted driving before tragedy strikes is the first step towards keeping each other safe.

My family needs to be aware of the dangers of cell phone use while driving and we will continue to discuss it together to make sure everyone drives cell-free.

Signatures:

Get the facts about why you should drive cell free at **distracteddriving.nsc.org**.