

# DISTRACTED DRIVING

Distractions, including use of cell phones and interacting with passengers, account for

**6 out of 10**  
crashes among teens.



**Vehicle crashes**  
remain the leading  
cause of unintentional death for 15  
to 19 year-olds in the United States.



## CALIFORNIA DRIVING STATISTICS

The average time your eyes are off the road while texting is **5 seconds**.

When traveling at **55 mph**, that's enough time to cover the length of a football field with your eyes closed.

**Nobody under 18**  
can legally drive while using a phone or electronic device, even if it's hands-free.

# SAFETY TIPS

- \* Never text and drive.
- \* Do not text or call someone when you know they are likely to be driving.
- \* Silence your phone or put it on "Do Not Disturb" before you get behind the wheel.
- \* If you need to make a call, safely pull over and park.
- \* Do not scroll through apps or use social media while driving.
- \* Prepare your music and navigation system before driving.

## GRADUATED DRIVER'S LICENSE

### (GDL) RESTRICTIONS

- **1 year-restriction** on driving with passengers at night or until the age of 18.
- **Newly licensed drivers** cannot drive passengers under 20 years old unless accompanied by a licensed driver 25 years or older.
- No driving between **11 p.m. and 5 a.m.** unless accompanied by a licensed driver 25 years or older.



# awake *at the* wheel

OTS  
CALIFORNIA OFFICE OF  
TRAFFIC  
SAFETY

Riverside  
University  
HEALTH SYSTEM  
Public Health

You are **3x** more likely to be in a car crash if you are tired.

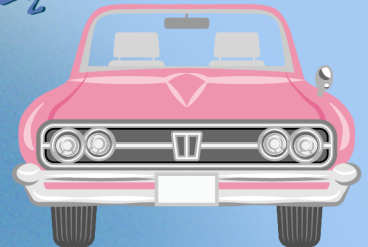


More than **90,000** police reported crashes  
involved drowsy drivers each year.

20 hours  
no sleep  
=  
0.08%



Driving after being awake for more than **20 hours**  
is like driving with a blood alcohol content of **0.08%**  
(the legal limit for 21 and over in California).



# preventable *measures*

**OTS**  
CALIFORNIA OFFICE OF  
TRAFFIC  
SAFETY

**Riverside  
University  
HEALTH SYSTEM**  
Public Health



**Get adequate sleep on a daily basis.**



**Drowsy driving crashes  
occur most frequently  
between  
midnight and 6 AM  
and in the late afternoon.**



**Always check the labels on  
prescription and  
over-the-counter  
medications  
to make sure they don't  
cause drowsiness.**



**When taking long trips,  
schedule a  
break every two  
hours or 100 miles.**

Visit [gosafelyca.org](http://gosafelyca.org) for more safety tips and information.