Driving requires multitasking and the skills to pay attention to several things at once. Our ability to drive safely depends on a focused effort—it’s recipe for disaster for a driver to take on additional tasks and unrelated mental engagement.

The most frequent distractions for drivers are caused by:

- Cell phone use — hands-free is just as distracting as handheld
- Reaching for a moving object inside the vehicle
- Reading
- Looking at an object or event outside the vehicle
- Applying makeup

North Dakota has an all driver ban on composing, sending, or reading any messages on a mobile device. Texts, emails, instant messages and the internet are all illegal to access while driving... even at a stoplight.

Drivers under 18 in North Dakota are banned from ANY use of a wireless communications device while driving.

Texting while driving increases the chance of a crash 23X!

More than 19 out of 20 surveyed adults believe texting, emailing or updating social media is an even more serious threat than talking on a cell phone while driving.²

Need more information?
www.nddot.gov/resources
www.cdc.gov/parentsarethekey
www.teendriversource.org
www.distraction.gov

² Virginia Tech Transportation Institute and National Highway Traffic Safety Administration

CODE FOR THE ROAD
FOLLOW THE RULES.
FOLLOW THE LAW.