

Distracted Driving Awareness Month



Welcome to April, the **National Distracted Driving Awareness Month!** At California State University San Marcos, we join hands with the [National Safety Council \(NSC\)](#) and the [National Highway Traffic Safety Administration \(NHTSA\)](#) to shed light on the dangers of distracted driving and advocate for safer roads.

What is Distracted Driving?

Distracted driving encompasses any activity diverting attention from the primary task of operating a vehicle. These distractions can include texting, using a cellphone, eating, grooming, adjusting music, or attending to passengers.

Why April?

April marks a critical period to raise awareness about the impact of distracted driving on road safety. Through education, advocacy, and community involvement, we aim to reduce preventable accidents caused by distractions while driving.

According to the National Safety Council (NSC):

- Distracted driving leads to thousands of fatalities and injuries every year.
- Engaging in distractions while driving substantially increases the risk of accidents.
- Texting while driving is particularly hazardous, causing drivers to take their eyes off the road for extended periods.

Take the Just Drive Pledge

All of us want to drive, bike or walk across roads free of unfocused drivers. [Pledge and commit to Drive Distraction-Free](#) to avoid inattention behind the wheel and encourage others – from your co-workers to your loved ones – to do the same.

Other Ways to Participate

Show your commitment to safe driving by sharing posts to NSC's social media. You can also share your own tips and ideas for avoiding distractions – remember to tag your posts with #JustDrive and #DDAM. And don't forget to gather your group and take a photo with the [#JustDrive sign](#).

Want to Dig Deeper Into Roadway Safety?

Click the following links for a full rundown informational resources

- [Distracted Driving Injury Facts \(NSC\)](#)
- [Distracted Driving \(NHTSA\)](#)
- [Drunk Driving \(NHTSA\)](#)

