

Help Prevent Distracted Driving

You too can be a solution to end Distracted Driving. There are several factors that can distract a driver while they are operating a vehicle. Here are easy ways that you can help mom, dad, an older sibling, grandparent or any individual who is behind the wheel stay focused and safe!

- 1. Don't fight with other passengers**
- 2. Be patient**
- 3. Help the driver watch for distractions**
- 4. Buckle up and sit forward**



Your friends here at KCH hope these helpful driving tips keep you safe and focused on the road!

<https://newsinhealth.nih.gov/2017/10/prevent-your-teen-distracted-driving>



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