

Texting While Driving

A report submitted to Health Education 200
Section 22, Group 3

Department of Health, Physical Education and Recreation
College of Education and Continuing Studies
Hampton University

To

Jamean A. Southall, M.S.
Assistant Professor

By

Coronel, Frances
Johnson-Simpson, Kalynn
Myers, Malek
Pham, Thao
Saville, Cynthia
Stacks, Jerald

April 7, 2014

Table of Contents

Abstract	1
Outline	2
A Brief Introduction To The Gravity Of The Situation	3
A look at the history.	3
A formal definition.	3
Why action must take place.	3-4
Who Is Impacted The Most.....	4
Current Consequences Society Faces.....	4-5
The alarming numbers.	5
Comparing distracted driving with intoxication and drug use.	5-6
Exploring Possible Incentives.....	6
Psychological reasoning.....	6
The types of distractions.	6
Bad habits die hard.	7
Investigating Hardships In Enforcement	7
Legislation not sufficing.	7-8
Difficulty in detection.	8
Considering Possible Solutions.....	8
The first proposed solution: increasing legislation and recognizing the risk.	8-9
The second proposed solution: minimizing distractions.	9
The third proposed solution: raising awareness.	9-10
The final proposed solution: utilizing more technology.	10-11
A Brief Conclusion	11
References	12-23

Abstract

Nowadays it is quite common to see people messaging while driving. Many drivers across the country engage in this perilous act without a single thought to its consequences. As a matter of fact, texting while driving is a growing trend and most people do not even know it. Texting while driving impair the driver's ability to keep their attention on the road, and it also increases the chance of being involved in a crash. This paper is a brief introduction of how texting while driving should be stopped. It proposes the dangers of texting while driving and at the same time delivered the solutions to help people be more aware and take steps to prevent this from becoming worse.

Outline

I. Introduction

- A. Texting while driving is dangerous, and has led to the deaths of many across the world.

II. History

- A. In 1992 and 1993 the first text message was sent and received. Now, twenty-two years later sending a texting message while operating a motor vehicle is six times more dangerous than driving while intoxicated.
- B. According to the federal agency, sending or receiving a text messages takes a driver's eyes off the road for about 4.6 seconds.

III. Action

- A. .On average when a person is texting while driving, they will take their eyes off the road for 3-5 seconds at a time.
- B. 3-5 seconds is a short amount of time, but when driving it only takes a short amount of time to make a fatal mistake.
- C. Cell phone use while driving is worsening and the person texting in the car is more of a hazard than someone who is impaired.

IV. Impacted the Most

- A. Every age group is affected by texting and driving
- B. According to the NHTSA, young drivers from the ages of 18-20 are affected more by texting and driving.

V. Current Consequences

- A. With continual technology advances, people are always in a hurry to complete tasks.
- B. Texting and driving is a hazardous activity that can cause harm or death to themselves or others on the road around them.

VI. Possible Incentives

- A. Each day in the United States, more than 1060 people become injured in accidents that were caused by distractions behind the wheel.

VII.Solutions

- A. Increasing legislation and recognizing the risks.
- B. Turning off the cell phone when entering into the car so that one is not tempted to check it.
- C. Raising awareness about the dangers of texting while driving.
- D. Utilizing more technology to prevent using technology while driving.

VIII.Conclusion

- A. Texting while driving endangers the lives of various across the world everyday.
- B. When society opens up their minds to the actual hazard that is occurring, fewer accidents will happen.
- C. Raising awareness and creating intelligent technological solutions has been the objective of numerous automobile organizations who desire distracted drivers to understand they put themselves and others in.

A Brief Introduction To The Gravity Of The Situation

Texting while driving must stop. The use of a cell phone while driving is extremely distracting and dangerous to not only the person behind the wheel, but to everyone else on the road as well. People's constant fixation with their phones whether talking, checking Twitter, Instagraming, updating Facebook but especially text messaging has led to an epidemic of distracted drivers. Whether people believe that they can safely type on their phone while driving, or just don't think there is any real danger with texting is scary. The simple fact of the matter is that action must be made.

A look at the history. On December 3, 1992, the first text message was received and in 1993 the cellular phone sent its initial text message. Now twenty-two years later driving a vehicle while texting is six times more dangerous than driving while intoxicated according to the National Highway Traffic Safety Administration (National Highway Traffic Safety Administration, 2012). The federal agency reports that sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent -- when traveling at 55 mph -- of driving the length of an entire football field while blindfolded.

A formal definition. Texting while driving is the law of composing, sending, reading text messages, email, or making other similar use of the web on a mobile phone while operating a motor vehicle. Texting has become a social norm fairly quickly since the year 2000, as most cell phone plans include a text messaging package. The popularity of iPhones and smart phones, which allow users to communicate in even more ways, increases the likelihood and frequency of texting while driving (Pless & Pless, 2014).

Why action must take place. Most people understand that texting while driving is a risk to one's health, but people do not realize how severe the risk actually is. On average when a person is texting while driving they will take their eyes off of the road for 3-5 seconds at a time. Three to five seconds are a short amount of time, but when you're driving it only takes a short amount of time to make a fatal mistake. If a person is going 60 mph on the highway and takes their eyes off of the

road for only three-seconds they would have traveled roughly a football field. A lot of things can occur in that 100 yards like a car changing lanes or a car suddenly puts on breaks. Not only is the one driving the car endangering themselves but the other drivers around them as well. It will be tantamount to driving by another driver that is constantly closing their eyes for three-seconds at a time (Federal Communications Commission, 2013).

Making this issue worse is that almost everybody has a cellphone these days, and most people consider every text or call that comes in is the most important piece of news they're ever going to get. The studies that are being released now are telling us that with the prevalence of cellphone use while driving is worsening and the person texting in a car is more of a hazard than somebody who is impaired.

Who Is Impacted The Most

For many years, texting and driving has had a huge impact on many across the world. Virtually every age group is affected by texting and driving. One particular group is affected in more ways than one. According to the National Highway Traffic Safety Administration (abbreviated as NHTSA), young drivers from the ages of 18-20 are affected more by texting and driving. CBS reported that the average US teen now sends or receives an average of 2,899 text messages per month. The number of text messages being sent by teenagers, contributes to the many deaths that have happened over the past few years. Drivers ranging from 18 to 20 have the highest incidence of a crash or near crash experience compared to all other age groups and drivers. Also, young drivers report twice as many crashes than those who are 21 to 24 years old (Healey, 2013).

Current Consequences Society Faces

There has traditionally been a tendency for people to do things that they know are harmful to themselves and others. A good recent example would be smoking cigarettes. People know they

can ultimately kill themselves and others around them, and yet they still go on like it doesn't matter. Now, with continual advances in technology, people are always in a hurry to get things done. They can talk, email, text, and even surf the Web on their cell phones. This has led to an even more injurious habit for many drivers. In a hurry to connect with someone, many have resorted to texting while driving. This is a hazardous activity that can cause harm or death to themselves and others on the road around them (Neyfakh, 2013).

The alarming numbers. Some of the statistics are alarming. When you text while driving, you are 23 times more likely to get a car accident (Marino, 2012). A high percentage (82%) of young drivers between the ages of 16-17 own cell phones. Of these, 34% admitted they have texted while driving. Despite the fact that 55% of young drivers think it is easy for them to text while driving, teens who engage in this activity spend 10% of their total driving time outside of their lane on the road. Also, it is not only teenagers who are doing this. As high as 27% of adult drivers are also texting while driving. In addition, a whopping 48% of kids between the ages of 12-17 have been passengers in a car while the driver was texting. So the driver was putting the passengers' lives at risk as well. At least part of a driver's conceptual focus is taken away from driving when texting behind the wheel (Gardner, 2010). Also, when a driver is texting at least one hand is removed from the wheel.

Comparing distracted driving with intoxication and drug use. In a study conducted by Pascual-Ferrá, Yu Liu, and Beatty in 2012 comparing texting while driving to alcohol and marijuana use, results showed that the effects of texting while driving were about the same as the effects of driving while intoxicated. It also showed that the effects of texting while driving were significantly worse than the effects of marijuana use (Pascual-Ferrá, Liu, & Beatty, 2012).

There's no changing risky business. What is so crazy is that most people who are texting while driving know that it is dangerous, but continue to anyway (Gardner, et al., 2010). So what makes this activity so tempting that people engage in it, even when they know how dangerous it is? How could the actions of misusing this technology ever be worth the possible consequences? It

could be that people trust their own driving more than the driving of others while texting. Perhaps, despite knowing the dangers associated with texting and driving, the person feels that as long as it is only done once in a while it is okay. At the same time, most drivers agree that texting while driving is lethal and should be banned. It seems that regardless of the ways drivers justify their own specific risky behaviors, the rules change when it is applied to other drivers.

Exploring Possible Incentives

Texting while driving is not a good habit yet many people are doing it everyday. Each day in the United State, more than 1060 people become injured in accidents that caused by distractions behind the wheel.

Psychological reasoning. According to Salvucci and Taatgen in their book “The Multi-Tasking Mind” “driving is not as automatic as you might think; in fact, it imposes a heavy procedural workload on cognition that, especially in difficult driving conditions, leaves little processing capacity available for other tasks” (Salvucci & Taatgen, 2011). Teenagers are most at risk from texting while driving. “[M]ore teenagers are killed on the road because of texting or talking on cellphones while driving than drunk driving” (Codey 2013). In fact, traffic accidents are the leading cause of death in teenagers.

The types of distractions. Distractions are split into 3 different groups: visual, manual and cognitive. In visual distraction, drivers take their eyes off the road, in the manual distraction, drivers take their hands off the wheel and in cognitive, drivers take their mind off the driving. People who text and drive engages in all three types of distraction. Most people realize that they should not go through with it, but they continue in doing so. So how big is the problem? Survey shows that 60 percent of drivers use cellphone while driving, 68 percent of teen and adult believe that it is possible to texting while driving and still pay heed to the road. In 2011, more than 3331 people were killed in crashes caused by distracted driving and the number is increasing each year (Van Wey, K. L., 2014).

Bad habits die hard. What makes enforcement of distracted driving very difficult to achieve is that habits are not easy to change. People are constantly checking their phone for text messages, emails and other social networks everywhere and anytime including when they are behind the wheel (Johnson, 2012). Drivers ought to be required to train themselves to not be tempted. All cellphone should be off or have the “Do not disturb” mode turned on. If it is an emergency call or text, drivers should pull over the road, stop and reply to the texts. In the other hands, when texting while driving became a habit, drivers should place their phones on places that are out of their sight and reach. As for parents and friends of those distracted drivers, do not text and call them when you know they are probably driving. A text can always wait.

Investigating Hardships in Enforcement

Despite the obvious risks involved with texting while driving, there are some states which may never ban this activity (Gardner, et al., 2010). In Arizona for example, legislation for anti-cell phone and anti-texting is strongly opposed by many legislators and state highway officials because they see it as the government trying to limit people’s personal rights. However, do these government bans on texting while driving even work (Gardner, et al., 2010)? Studies on this have varied in their results. Some studies have shown a decline in this behavior after a statewide ban was put on it. Others have shown little to no changes in the amount of people engaging in this activity.

Legislation not sufficing. The government has outlawed texting while driving in various states, but it has little effect. People are still texting and driving everyday. The problem goes down to technology. With all the new technologies and the smart phones, people are adopting new habits. There are many interesting things to do with the smart phones, and the dashboard that the smart phone offers make it much easier to send a text message or an email. Many people believe that cell-phones and the app companies should take actions and disable all the services when the users are behind the wheel, which they could do but in order to eliminate distracted driving, it requires adjust-

ing the drivers, not the phone companies. People should be smarter and understand how their actions could bring them harms and other drivers on the road.

Difficulty in detection. These government bans are very hard to enforce. It is difficult to tell if someone is texting while driving unless their car is moving erratically. Countless people texting in their cars keep their phones in their laps so no one can see what they are doing (Gillespie, 2013). This naturally means that when they are looking at the phone they are not watching the road. Many drivers who are caught texting while driving were actually stopped by law enforcement for a different violation and then admitted to being distracted while driving because of texting (Gardner, et al., 2010).

Considering Possible Solutions

The solution to texting while driving may seem simple, but in actuality is far more complex than you might think, especially in the case of teenagers. The problem arises because with driving there are numerous distractions that take cognitive brain functions in order to process them all. For example, let's say your mind is like a computer your computer can process a certain amount of information at a certain speed. Your mind does this automatically the same way your lungs breathe and your heart beats; however, problems arise when the capacity of information is too great for your mind to handle and like a computer it freezes. When you freeze you try to forget about certain things and pay more attention to others. When driving for instance, you can be so caught up trying to send a text message to your mom that you forget to watch the road and an accident that could have been easily prevented occurs. The following solutions are being proposed and intertwine frequently.

The first proposed solution: increasing legislation and recognizing the risk. The first solution to this problem you think would be to create more laws against texting and increase the consequences of texting and driving, but it's not that simple. Take this for example the speed limit

on the highway is 55 mph however the majority of people go well above this speed limit. Another example would be seat belts. There are laws in place that state a seatbelt must be worn when driving.

However, a high percentage of drivers get behind the wheel without putting on their seat belts. So not only should legislation be increased, but the government should be responsible for making sure the general population is able to recognize the risk of texting while driving and to educate teenagers (especially) on the issue. Most people especially teenagers even if they might recognize the problems simply do not care enough to change or they believe that the stories they hear would never happen to them.

The second proposed solution: minimizing distractions. It has suggested the best way to deal with the risks is by minimizing distraction when getting behind the wheel of a car. First thing you should do would be to turn off your cell phone when entering into the car so that you are not tempted to check it but. Thanks to the advancements in technology and social media making talking to someone as far away as the other side of the planet as easy as the push of a few buttons it becomes increasingly hard to not be on your cellphone constantly.

The third proposed solution: raising awareness. Some feel that raising awareness of this risky activity will reduce the number of people engaging in it. The website Distraction.Gov was created by the US Department of Transportation, and is entirely devoted to the subject of distracted driving (US Department of Transportation, n.d.). Parents can be helpful as well by talking to their kids about the dangers associated with texting while driving (Gardner, et al., 2010). They can advise their kids that it is also dangerous to ride in a car with someone who is doing this, and that it is okay for them to tell their friends not to do it. In this approach, peer pressure can be a positive influence on others. Most people that text while they drive know that it is dangerous, but by making this activity socially unacceptable and providing different means of either getting messages without increasing driver distractibility or stopping it altogether could be the answer we need to curtail this risky activity. For instance, there are applications for cell phones such as iZup and tXtBlocker that will block

sending or receiving texts when a car is moving (Pogue, 2010).

However, these are downloadable applications that the person would have to put on their phone, so they are more likely to be used by parents to limit their children from texting rather than the many adults who also engage in it (Gardner, et al., 2010). Texting while driving needs to become as unacceptable by others as drinking while driving (Haberman, 2009).

The final proposed solution: utilizing more technology. There needs to be another solution that doesn't involve the complete abstinence of texting and driving. One such solution is the increased use of hands-free devices and other Bluetooth devices that permit the driver to talk on the phone without actually using the phone. This is evident in a device such as the iPhone that contains a built-in program called Siri that can allow the user to say to the phone what the user wants.

For example, one could say to Siri "text mom that I am going to be late for dinner" and Siri would process that request and send the text to my mother without me having to type in the message. If your phone does not come equipped with Siri, there are many other solutions out there such as AT&T Drivemode a free app which automatically reads out text messages to you and has predetermined responses to those messages. All these solutions aside, the best response to this growing pandemic is to turn off the phone because the next life you save may just be your very own.

Aegis Mobility has created software that is installed directly on a teenager's phone on any other device that can distract one behind the wheel. Once the teen drives 10 miles, the software automatically puts the handheld device in a safe mode that prevents all messages, phone calls, and other entities from distracting the driver. Aegis Mobility is a company founded in 2006, which created software to prevent cell phone distractions from happening while driving. Enforcing this product could possibly lower the number of deaths within teenagers.

As a community, stopping the dangers of texting and driving is a goal within itself. Before a teenager receives their license, one should fully understand the harm texting and driving could do. Even though there are different methods to prevent texting while driving; the best method is to turn

the cellular device off and placing it in an area where it cannot be seen or heard (Hassan, Hawas, & Maraqa, 2012).

A Brief Conclusion

The act of texting while driving endangers the lives of various everywhere everyday. There are those who believe that staying connected is more vital to their lives than staying alive. Focusing on the road ahead has become seemingly less indispensable to people while they drive. Perhaps the most terrible aspect of distracted driving is that it not only harms the individual texting but those around him. That individual then becomes liable for the possible loss of multiple lives just by texting. Those innocent folks who are attempting nothing other than trying to make it to their destinations fall down with the risk taker. When society can open up their minds to the actual hazard that is occurring before it, less car accidents would surely take place and the roads could remain at least a little safer. Raising awareness and creating intelligent technological solutions has been the objective of numerous automobile organizations who desire these distracted drivers to understand the position they put not only themselves, but others in as well. If nothing else is taken from this paper, one thing should be kept sound and clear: any driver should never direct attention to their cell phone and simply keep their eyes on the road. It just might save one life, after all.

References

Federal Communications Commission. (2013). The Dangers of Texting While Driving. *FCC*.

Retrieved from <http://www.fcc.gov/guides/texting-while-driving>

The Federal Communications web site provides details on the dangers of texting while driving, statistics on the amount of crashes are caused by texting and driving and give a current over view of the laws dealing with texting or using a wireless phone while driving. This source also contains the results of a study done by the Virginia Tech Transportation Institute that tell you how much of an increased risk texting while driving has compared to driving while distracted. This would be a great source to give to a person that is just about to become a licensed driver.

Gillespie, K. (2013). Texting while driving common but hard to catch. *Spokesman-Review, The (Spokane, WA)*.

This newspaper article shows that even though texting while driving is very dangerous and a common distraction, it is also a very difficult law to enforce. I found this article to be important because I am sure that it is a challenge for law enforcement to catch people texting while driving in any state where it is illegal. The article states that many people texting in their cars keep their phones in their laps so no one can see what they are doing. This of course means that when they are looking at the phone they are not watching the road. In addition, this article says that it is difficult to determine how many accidents are caused by drivers texting while driving because law enforcement do not get search warrants for a driver's cell phone unless someone has been seriously wounded or killed. I would recommend this newspaper article to anyone writing a research paper on this subject.

Guardchild. (2013). Distracted Driving Statistics. *GuardChild*.

Retrieved from <http://www.guardchild.com/distracted-driving-statistics>

The Guardchild website provides a thirty minute video of a person discussing how fast things changed when she crashed in an accident because of texting while driving. This site also gives a lot of detailed statistics on the death toll involved with texting while driving. It also give very specific percentages on being involved in an accident depending on what vehicle you are operating. This source would be great to give to someone because of the amount of information it contains and because of how detailed that information is.

Haberman, C. (2009). Use of Thumbs Confounds Use of Sense. *New York Times*.

Retrieved from <http://www.nytimes.com/2009/09/01/nyregion/01nyc.html>

The article "Use of Thumbs Confounds Use of Sense" explains how texting and driving is now worse than driving under the influence. Later in the article, it provides information about how texting and driving will no longer happen in the state of New York. Reading this article will benefit others, especially those living in New York. In 2009, the Governor signed a legislation that will make it illegal to text and talk on the phone while driving. While the Governor was trying to make the no texting or talking on the phone while driving law, a dozen other states followed in his direction in banning this dangerous activity. I would recommend others to read this article, because it informs how the government is acting to protect its citizens from careless actions. Without these laws in place, many others would continue to partake in such a dangerous activity. Not following the law put in place will lead to \$150 fine, and the life of an innocent person.

Hassan, M. N., Hawas, Y. E., & Maraqa, M. A. (2012). A holistic approach for assessing traffic safety in the United Arab Emirates. *Accident Analysis & Prevention*, 45(0), 554-564.

Retrieved from <http://www.journals.elsevier.com/accident-analysis-and-prevention>

This article was about analyzing self-reports from a sample of 91 college students from the United States who were frequent drivers. The present study examined the prevalence of texting while driving and the incidence of recklessness and consequences that accompany this behavior. Analyses revealed that 91% of participants reported having used text messaging while driving, with many reporting doing so with passengers, including children, riding in their vehicles. Further, a substantial number of participants reported driving dangerously above the speed limit and drifting into other traffic lanes while texting, and many reported “sexting” and arguing via text messages while driving. However, these young drivers agreed that texting while driving is dangerous and should be illegal. These results and the limitations to the present study are discussed.

Healey, M. (2013). Study: Teens who text and drive take even more risks. *USA Today*.

Retrieved from <http://www.usatoday.com>

Texting while driving is a bad habit, and even the government has outlawed texting while driving, people are still doing it everyday. Most people know that they should not do it, but they still engage in doing so. The problem gets down to technology. With all the new technologies and the smartphones, people are adapting new habits. There are many interesting things to do with the smartphones, and the dashboard that the smartphone offers make it much easier to send a text message or an email. The solution for this problem is simple: stop texting while driving, but what makes it very difficult to achieve this goal is that habits are not easy to change.

Johnson, Teddi D. (2012). Distracted driving: Stay focused when on the road. *The Nation's Health*. 42.

No.2.

Retrieved from <http://thenationshealth.aphapublications.org/content/42/1/28.full>

The article I read identifies the some of the dangers of distracted driving and more specifically texting while driving and offers various statistics on how it has affected the American population. The article also went into detail about how teens are affected by texting and other distractions when driving. The author concluded that while distractions when driving can't be avoided completely they can be limited by putting away or turning off your electronic device. I liked this article I feel it very informative with regard to the texting while driving and the dangers of it and I would recommend it to anyone that is interested in learning more about it.

Neyfakh, L. (2013). Texting and driving: A deadly habit. *THE WEEK*.

Retrieved from <http://theweek.com/article/index/252059/texting-and-driving-a-deadly-habit>

Leon Neyfakh's article explicates how the use of smartphones is affecting one's behavior. Smartphones do not only affect our behavior, but in society today they affect millions of people who operate a motor vehicle. As the article continues, Neyfakh points out how it is more common to see a driver texting, or talking on the phone than actually driving. Reading this article will benefit others by providing statistics and percentages of how many people are actually texting or talking on the phone while driving, and how many people have lost their lives from it. It will also benefit other readers by informing them about how cell phones have had a major impact on how we operate our daily lives. I would definitely recommend this as a source to use for one who has the same topic. This article includes valuable information that could be used to stop the ongoing dispute of texting while driving. There are numerous sources that can be used for the topic of texting and driving, however there are not many sources that use statistics to prove why texting and driving is not acceptable.

Pascual-Ferrá, P., Liu, Y., & Beatty, M. J. (2012). A meta-analytic comparison of the effects of text messaging to substance-induced impairment on driving performance. *Communication Research Reports*, 29(3), 227-238. doi:10.1080/08824096.2012.696079

Since many public campaigns to ban texting while driving base their evidence on single study or anecdotal comparisons of this behavior to other driver impairments such as alcohol, the authors of this study wanted to get scientific evidence on these comparisons as to which drivers may pay more attention regarding their abilities to multi-task while driving. This study compared texting while driving to alcohol use and marijuana use. I found this article to be very interesting and informative. I think it would be a good article to use in our research paper, and would recommend it to others. Results of this study showed that the effect of texting while driving was about the same as the effect of driving while intoxicated. It also showed that the effects of texting while driving was significantly worse than the effects of marijuana use.

Pless, C., & Pless, B. (2014). Mobile phones and driving. *BMJ*, 348, g1193-g1193.

Retrieved from <http://press.psprings.co.uk/bmj/january/mobilephones.pdf>

This article discusses how there has been limited activity in trying to stop driving crash injuries related to mobile phone use even with the explosion of recent literature observing the obvious association between the two. It moves on to briefly discuss how texting is the primary concern in all distracted driving issues and then goes more into depth of all the possible solutions there are involving education, improved legislation, and the media's public services. The writer then leads on to point out a fascinating paradox of how the most promising solution to distracted driving caused by the mobile phone may simply be more technology. As a brief but riveting overview of how disastrous texting while driving can be, this article proves to be an excellent source for research on distracted driving; albeit the fact the article is only two pages long. Some of the wordings are rather complex and are more difficult to follow; so I'd recommend this for higher level readers. The author makes a very strong case for studies continuing and not waiting for the perfect evidence to act against the growing number of deaths to texting in the car. All in all, this article reinforced my belief in the stakes being too high when it comes to the possible consequences of the distracted driving phenomenon.

Salvucci, D. D., & Taatgen, N. A. (2011). *The Multitasking Mind*. Oxford University Press, Inc. New York: Oxford University Press.

This ebook identifies the various ways people partake in multitasking throughout their day-to-day lives. In chapter three they discuss the most common, complex, and fascinating examples of concurrent multitasking in today's world texting while driving. The authors came to the conclusion that the cognitive workload of driving suggests any secondary task small or large would create a greater cognitive workload one the driver may not be able to handle. This ebook is very helpful because it describes the science behind multitasking while driving and it discusses the different kind of multitasking present when driving. I enjoyed reading through this article because I am a lover of science and I recommend it to anyone who has an inclination to science. However, even if you don't like science the article will still make sense.

Van Wey, K. L. (2014). Distracted to Death. *Just Put it Down*. Dallas: Van Wey Law.

Retrieved from http://www.justputitdown.com/wp-content/uploads/2011/09/Distracted_to_DeathFinal3.pdf

This ebook discusses the various ways in which a driver can be distracted from the primary task of driving: the distractions that are visual, manual, and/or cognitive. It goes into depth of the possibly fatal effects of these minor occurrences that happen in the car daily. The source suggests that the best means to defeat this terrible phenomenon is to legislate against the cellphone phone in the car and encourages the reader to reach their local congressmen to evoke change. This is a very helpful source for gaining an insightful as well as emotionally provoking overview of the current dangers cell phone users deal with today while driving. I enjoyed reading this, since it was neither too brief or too complex in its material, and I'd recommend it to anyone looking for more information on the dangers of texting while driving.

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A Brief Introduction To The Gravity Of The Situation	3
A look at the history.	3
A formal definition.	3
Why action must take place.	3-4
Who Is Impacted The Most.....	4
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The alarming numbers.	5
Comparing distracted driving with intoxication and drug use.	5-6
Exploring Possible Incentives.....	6
Psychological reasoning.....	6
The types of distractions.	6
Bad habits die hard.	7
Investigating Hardships In Enforcement	7
Legislation not sufficing.	7-8
Difficulty in detection.	8
Considering Possible Solutions.....	8
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References	12-23