

It applies to all of us but particularly young adults who are so familiar with smart phones. Some sobering statistics: 20 percent of injury crashes involve reports of distracted driving.

In a study of over eighteen months, college students using a sophisticated driving simulator showed an eight times greater crash risk when texting than when not texting. Using any handheld device for any reason makes you four times more likely to get into a serious crash.

An online survey of nearly 2,000 teenagers between the ages of 16 and 19 found that 86 percent had driven while distracted even though 84 percent know it's dangerous. In other words, the teenagers know it is dangerous to text and drive (84 percent) but do it anyway (89 percent). Seventy-seven percent of young adult drivers are somewhat confident that they can safely drive while texting.

Go to [www.enddd.org](http://www.enddd.org) for more information about distracting driving.

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