

# Distracted Driving Awareness Month

Distracted driving claimed **3,308** lives in **2022**. Get the facts, get involved, and help us keep America's roads safe and prevent this dangerous behavior.



## Teens

Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, to have their friends sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter, and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted.

## Parents

Parents first have to lead by example, by never driving distracted, as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Remind your teen driver that in states with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

## Educators and Employers

Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

U Drive. U Text. U Pay.  
Campaign →

Find resources to help you  
raise awareness of the  
dangers of distracted  
driving in your community  
→

## Take the pledge

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

#justdrive

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**29.5 million**

Americans have a drug  
or alcohol use  
disorder

- Chronic alcohol consumption is associated with 10% increase in a woman's risk of breast cancer.
- Among emergency room patients admitted for injuries, 47% tested positive for alcohol and 35% were intoxicated; of those who were intoxicated, 75% showed signs of chronic alcoholism.
- As many as 36% of the cases of primary liver cancer are linked to heavy chronic drinking.
- Accidents related to alcohol use are among the leading causes of death for teens.



Raise awareness about and help prevent alcohol misuse, both at home and in the community:

- Encourage friends and family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Encourage parents to talk with their kids about the risks of alcohol use.
- Share information on social media about Alcohol Awareness Month.

## Excessive drinking includes:

**Binge drinking**

Women	Men
<b>4</b>	<b>5</b>
or more drinks	or more drinks

**On one occasion**

**Heavy drinking**

Women	Men
<b>8</b>	<b>15</b>
or more drinks	or more drinks

**In a week**



Any drinking  
during pregnancy



Any drinking by  
people younger than 21

[cdc.gov/alcohol](http://cdc.gov/alcohol)



**178k**

Americans die from  
drug or alcohol  
overdose each year