

# Take the Pledge

## Stop Driving Distracted

The 3 main forms of distraction:



### VISUAL



Checking your phone while driving



Looking at your GPS while behind the wheel



Changing the music in your car



### MANUAL



Eating and drinking while driving



Checking your phone while driving



Changing the music in your car



### COGNITIVE



Driving while drowsy or sleepy



Talking to a passenger in the car



Checking your phone while driving

Texting and Driving is so dangerous because it involves all 3 forms of distraction.

I promise to help end distracted driving and I commit to taking the precautions necessary to avoid distractions while driving.

I took the Pledge on \_\_\_\_\_ (date)

Signature(s):



Share with friends, family and your community.  
**Let's end Distracted Driving together.**



THE  
HARTFORD

**EXTRAMILE**