

# FOCUS FACTOR MATCH THE FACTS

## A SENTENCE STRIP MATCHING GAME

*See the Activity Guide for instructions.*

A visual distraction is

taking your eyes off the road.

A manual distraction is

taking your hands off the steering wheel.

A cognitive distraction is

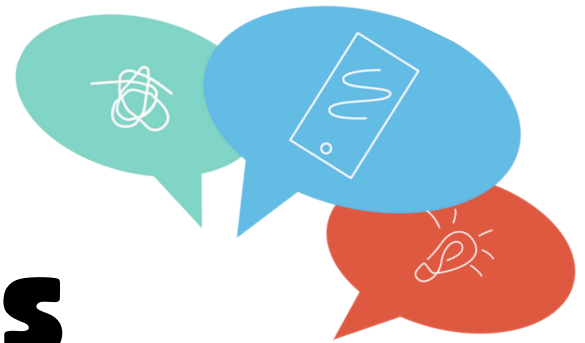
taking your mind off what you are doing.

The “under 20” age group represents

the greatest proportion of distracted drivers.

Texting while driving is the worst distraction because

it includes visual, manual, and cognitive distractions.



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As a passenger, ask the driver to hand over the phone

and be the designated texter for the trip.

Sending or reading a text takes

your eyes off the road for around 5 seconds.

In 5 seconds, driving 55 mph.

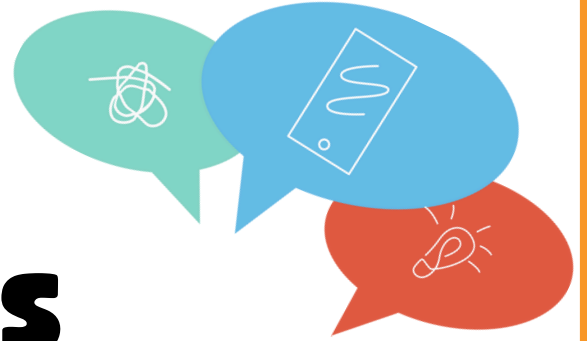
you travel the length of a football field.

Crash risks, and the risk of being killed in a crash,

increase as the number of young passengers in the vehicle increases.

As a passenger, you have the power to create a safe ride

by not distracting the driver, buckling up, and speaking up for your safety.



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## ANSWER KEY

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A cognitive distraction is taking your mind off what you are doing.

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Texting while driving is the worst distraction because it includes visual, manual, and cognitive distractions.

As a passenger, ask the driver to hand over the phone and be the designated texter for the trip.

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In 5 seconds, driving 55 mph, you travel the length of a football field.

Crash risks, and the risk of being killed in a crash, increase as the number of young passengers in the vehicle increases.

As a passenger, you have the power to create a safe driving ride by not distracting the driver, buckling up, and speaking up for your safety.