

Turn your phone OFF

We are Youth for Brake, a youth-led programme empowering the road users and decision-makers of the future to become powerful, creative campaigners and call for safer roads. We believe people need to be more aware of critical road safety issues. This poster explains the problems and what we can all do to make a difference. To find out more visit www.brake.org.uk/youth

WE ARE ALL ADDICTED TO OUR PHONES



Young people are at even more risk

A fifth of drivers aged 18-24 regularly read or send texts while driving.

If you use your phone while driving

You are distracted from driving

Which means...

You are at higher risk of causing a crash

Which could mean...

Someone gets killed or badly injured



16% also admit surfing the internet while driving at least several times a week.

THE HARD FACTS

You're **four times more likely to be involved in a serious crash** if you're on your phone while driving.



Drivers using a phone contributed to

123 crashes

where someone was killed or seriously injured in 2017.

Drivers caught using their phone can be given a **£200 fine** and **six points** on their licence. Novice drivers given **six points** will **lose their licence**.

Stay focussed

A vehicle can travel a long distance while a driver is looking at their phone.



At 70mph, a vehicle will travel 31.5m every second. That's the length of seven cars.

Hands-free calls are **no safer than standard calls** – the call itself is the distraction, not holding the phone.



WHY IS USING YOUR PHONE WHILE DRIVING SO DANGEROUS?

If you text and drive, your reaction times can slow by 35%.

After using your phone, it can take a minute for you to start paying full attention to the road again.

But... ...using a phone while crossing the road or cycling is also dangerous.



You need to pay attention to what's going on around you on the road – and you can't do this when you're on the phone.

WHAT CAN YOU DO?

Pay attention

Stay off your phone while cycling or crossing the road – pay full attention to your surroundings.

Switch it off

Urge drivers to switch their phone off and put it out of sight. No one should make calls, read or type behind the wheel.

End the call

End the call quickly if you think a person you are talking to is driving.



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