

The Distraction Zone

UC San Diego TREDs | Full Accessible Transcript

<https://www.youtube.com/watch?v=V0pIMSjnXdU>

About This Document

This document is the complete accessible transcript for The Distraction Zone, combining all 17 sections into a single transcript for use with the full-length video. It includes full dialogue, speaker identification, and audio descriptions of important visual content not conveyed by speech. This transcript meets UC San Diego digital accessibility standards (WCAG 2.1 AA).

[Audio Description: A title screen reads “The Distraction Zone — Pre-Survey.” A QR code is shown for viewers to scan and complete the survey, alongside illustrated characters from the course, including the suited narrator and two riders in a retro car.]

[Audio Description: A tense, eerie melody with sharp repeating notes and dramatic bursts of sound, creating a feeling of mystery, suspense, and entering an unfamiliar or surreal world. A car interior is shown — two people in the front seats. The passenger is looking at their phone.]

PASSENGER: Who are you texting?

DRIVER: Amanda. I want to get feedback from that meeting. Feedback. Question mark. Send.

PASSENGER2: And you’re texting her right now?

DRIVER: Uh, yeah. I want to know what she thinks.

[Audio Description: A black-and-white scene shows a serious-looking male narrator in a dark suit and tie standing beside a compact car. Two people sit inside the car while the narrator addresses the viewer directly. The overall style resembles a dramatic vintage television introduction, with a tense and cautionary tone.]

NARRATOR: You’re driving with your boss, and she’s clearly more interested in texting than driving. You don’t want to be rude, but it appears pretty risky. What do you do? What- do- you- do?

[Audio Description: The video freezes. Both characters appear motionless on screen.]

DRIVER: Why are we frozen?

PASSENGER1: I don’t know. I saw you freeze and I just froze.

PASSENGER2: I just suddenly saw that guy and I didn’t know what to do.

DRIVER: So should we just...

[Audio Description: The scene transitions back to the stylized, dark, dramatic setting reminiscent of a vintage TV introduction. Eerie music plays.]

NARRATOR: Welcome to a place beyond light and sound, where everything is perplexing. Welcome to the Distraction Zone. In the Distraction Zone, danger is around every corner, and you never know when it’s coming because you’ll be texting your boss.

[Audio Description: A montage of distracted driving scenarios is shown. Each is briefly illustrated as the narrator lists it.]

NARRATOR: Now, this program will show you the many dangers of driving while distracted. What do you think are the biggest distractions while driving? Some examples are: your phone...

[Audio Description: Driver shown glancing at phone screen while vehicle is in motion.]

ACTOR1: Oh — feedback for Amanda!

NARRATOR: Passengers...

[Audio Description: Passenger shown taking off his shoes and socks and stretching his feet across the car dashboard- distracting the driver mid-drive.]

ACTOR2: I’m letting the dogs out...

NARRATOR: Food...

[Audio Description: Driver shown reaching to the backseat for candy while driving.]

ACTOR3: Ooh, candy! Let me have some.

NARRATOR: Pets...

[Audio Description: A dog sits on the driver's lap with its front paws resting on the steering wheel, making it appear as though the dog is driving the car.]

ACTOR1: Who's driving like a good boy? Look how safe you're driving.

NARRATOR: Grooming...

[Audio Description: Driver shown shaving his beard while driving.]

NARRATOR: GPS...

[Audio Description: GPS voice heard giving turn-y-turn directions; driver distracted by device and reacts with confusion.]

GPS (audio): In 12 feet, turn left.

ACTOR4: Wait, what did you say? Left here? Or at the light?

[Audio Description: Upbeat music plays as the section transitions to a knowledge check.]

The scene transitions to retro footage of cars, along with graphics and music.

Two colorful banners animate in sequence: an orange banner reading "TIME TO TEST YOUR DRIVING SMARTS!", and a purple banner that says "READY?"

[Audio Description: A graphic reads "What are YOUR Top 3 Driving Distractions?" Six labeled icons are shown in a grid: Phone/Tablet, Passengers, Food, Pets, Grooming, and GPS.]

[Audio Description: A black-and-white scene shows a male narrator in a dark suit standing beside a large presentation screen. The screen displays the message: "Any activity that takes your attention away from the primary task of safe driving." The narrator faces the viewer as he speaks in a serious, instructional tone.]

NARRATOR: Distracted driving is any activity that takes your attention away from the primary task of safe driving. Operating a vehicle is a complex activity that requires all your attention.

NARRATOR: Would you send a text while using a chainsaw? Probably not. That same caution should be applied to driving.

NARRATOR: Every driving distraction jeopardizes the safety of drivers, passengers, and bystanders — putting everyone at risk. Today we'll focus on the use of cell phones and electronic devices behind the wheel.

[Audio Description: A news broadcast clip is shown. Dashcam footage from a passenger vehicle shows a pickup truck swerving erratically on a rural Texas highway.]

NARRATOR: Here's a video taken from a passenger's point of view, illustrating the dangers of using a cell phone while driving.

[News clip begins]

NEWS ANCHOR: Tonight, disturbing new cell phone video showing that pickup truck swerving on a rural Texas highway. "Somebody needs to stop him."

NEWS ANCHOR: Just minutes before authorities say it crashed head-on into a church bus, killing 13 people on board.

[Audio Description: On-screen text identifies the witness as Jody Kuchler. Footage shows the truck coming dangerously close to another vehicle.]

JODY KUCHLER (witness): "You're talking about grandmothers, grandfathers. There was a husband and wife on that same bus together."

NEWS ANCHOR: Jody Kuchler was trailing the truck for half an hour Wednesday, watching as it crossed into oncoming traffic — coming dangerously close to this truck. Just after that devastating

crash he predicted, Kuchler says he pulled over and the 20-year-old driver, Jack Young, admitted to him that he had been texting behind the wheel.

JODY KUCHLER (witness): “I said, ‘Son, do you realize what you just did?’ And he said, ‘I’m sorry. I was texting.’”

[News clip ends]

[Audio Description: Narrator continues]

NARRATOR: Any cell phone use behind the wheel is dangerous. In recent years, risky habits have been on the rise. Now more than ever, people are sending emails, reading texts, recording videos, taking pictures — they’re even updating and checking social media.

NARRATOR: Here’s an example.

[News clip begins]

GOVERNMENT OFFICIAL: We’re all guilty of it — looking down at our cell phone for things that are relatively unimportant in the big picture. And it’s a staunch reminder of what not to do.

NEWS ANCHOR (voice-over): A quick decision holds grave consequences.

[Audio Description: On-screen text identifies the subject as Carly Cecil. B-roll shows a highway and a roadside tire-changing scenario.]

NEWS ANCHOR: Carly Cecil was driving along I-5 heading north when she decided to take a moment to look at her phone to check her Facebook feed. But in that moment, Cecil ran into Kyong Park, who had pulled over to change one of his tires. Park died at the scene from his injuries, and Cecil is now charged with vehicular homicide.

NEWS ANCHOR: The tragic event highlights what’s at stake when drivers aren’t paying attention, and how quickly everything can change.

[News clip ends]

[Audio Description: An illustrated timeline of mobile phone history is shown on screen.]

NARRATOR: We all love our cell phones — I love my cellphone — and we can’t put them down, even while driving.

NARRATOR: The first cell phone was invented in 1973 and wasn’t widely released to the public until 1983. It cost about \$4,000 —

[Audio Description: Cutaway: A woman driving a car.]

ACTOR: \$4000 bucks? In 1983? That’s like \$12,000 now.

[Audio Description: Photo of old cell phone shown with the first “text” ever sent, “Merry Christmas.”]

NARRATOR: In 1992, the first text message was sent from a computer to a cell phone. But the cell phone couldn’t respond.

[Audio Description: Comic cutaway: A man on a phone while driving looks alarmed, reacting to a financial scam call.]

COMIC ACTOR: “No, no, no — don’t do it! It’s a pyramid scheme. That’s all your savings! Nooo!”

NARRATOR: In 2002, the first camera phone came out, but the resolution was terrible.

[Audio Description: Comic cutaway: While driving, a man holds up a blurry camera phone photo, squinting at it.]

COMIC ACTOR: “It’s not a Saint Bernard — it’s my mother! I think.”

NARRATOR: In 2007, the first iPhone didn’t have apps, and the App Store didn’t even open until 2008.

[Audio Description: Comic cutaway: A woman driving looks confused as she reacts to the statement that cell phones once had no apps.]

NARRATOR: And now we live in a 5G world where the possibilities are endless. A new phone can process information 25 to 100 times faster than even just a few phones ago.

[Audio Description: ON-SCREEN TEXT: "IT'S A 5G WORLD! INFORMATION IS PROCESSED 25 TO 100 TIMES FASTER".]

[Audio Description: On-screen statistics appear as text graphics. ON-SCREEN TEXT: "CELL PHONES IN U.S. YEAR 2000: 38%, YEAR 2023: 114%. More CELL PHONE SUBSCRIPTIONS than PEOPLE IN THE U.S."]

NARRATOR: In the year 2000, less than 40% of the population had a cell phone. In 2023, 114% of the population had a phone. That means there were more cell phone subscriptions than people in the United States. More people are using cell phones than ever before, and many people have more than one. We - love - our - cell - phones.

[Audio Description: Comic cutaway: The narrator cradles his phone affectionately.]

COMIC ACTOR: "Yes, who's the beautiful one. Hm?"

[Audio Description: The narrator introduces nomophobia. The comedic actor appears in a series of short scenes showing exaggerated phone withdrawal symptoms. ON-SCREEN TEXT: "DO YOU HAVE NOMOPHOBIA? NOMOPHOBIA [no = mo(bile) + phobia]."]

NARRATOR: Research shows that we are very attached to our phones and can't seem to put them down. Given so, one might have to ask: do you have nomophobia?

NARRATOR: Nomophobia is defined as fear or anxiety caused by being without your mobile phone.

[Audio Description: Comic cutaway: A woman while driving with her phone in her hand and with no cell signal, visibly distressed.]

COMIC ACTOR: "Stupid national park with stupid trees, and stupid mountains, and zero bars!"

[Audio Description: Comic cutaway: The same man frantically waits for an email.]

COMIC ACTOR: "No email yet! Come on, Nigerian prince — give me my money!"

[Audio Description: Comic cutaway: A woman driving stares at her phone battery indicator showing 7%, then 6%.]

COMIC ACTOR: "Oh look, my battery is at 7%. How can I possibly exist? Uh, 6%?! Ahhhh."

[Audio Description: Comic cutaway: While driving, a man is digging in his back pocket trying to find his phone.]

COMIC ACTOR: "Uh, there it is. I'm somehow less of a man without it."

NARRATOR: Let's find out if you have nomophobia.

[Audio Description: The scene transitions to retro graphics and music.

Animated text reading "QUIZ TIME!" appears in front of a red bullseye target, and two road signs. The orange one reads "KNOWLEDGE CHECKPOINT", and the white reads "PROCEED WITH CAUTION".]

[Audio Description: A graphic titled "WHICH OF THESE DO YOU DO?" lists checkbox items: My phone is typically within arm's reach; I take my phone into the bathroom; My phone is the first thing I check when I wake up; I send more than 20 personal text messages a day; I check my phone, even when watching a movie or sports, or hanging out with friends; I worry about not having enough battery life; I panic when I can't find my phone, even for a minute; None of the above.]

On-screen checklist — all seven items displayed simultaneously:

My phone is typically within arm's reach
I take my phone into the bathroom
My phone is the first thing I check when I wake up
I send more than 20 personal text messages a day
I check my phone, even when watching a movie or sports, or hanging out with friends
I worry about not having enough battery life
I panic when I can't find my phone, even for a minute

[Audio Description: The comedic actor from the previous segment appears on screen, referencing the nomophobia symptom checklist just shown]

NARRATOR / ACTOR: If you checked any of those boxes, you might just have nomophobia.

NARRATOR / ACTOR: Let's take another quiz.

[Audio Description: The scene transitions to a retro animated graphic with a teal patterned background. Three colorful banners animate in sequence: an orange banner reading "IT'S YOUR TURN", a purple banner reading "AT THE WHEEL", and a green banner reading "OF KNOWLEDGE!". Three retro cartoon character heads appear in the corners of the screen. ON SCREEN TEXT: "It's Your Turn at the Wheel of Knowledge!"]

[Audio Description: A graphic reads "YOU LEFT YOUR PHONE AT HOME!!" with the question "How long would you drive to get it?" An illustrated driver sits in a car above a scale of options: 5 minutes or less, 10 minutes, 15 minutes, 20 minutes, 30 minutes or more; the car moves from left to right.]

[Audio Description: On-screen graphic shows prior graphic element, which reads "You left your phone at home. How long would you drive to get it?" Participants were asked to click on a time option to park the car over their answer of 5 minutes or less, 10 minutes, 15 minutes, 20 minutes, or 30 minutes or more.)

NARRATOR: How far would you go for your phone? I went back 50 years to another dimension.

[Audio Description: Comic sketch: A man dramatically reunites with his phone as if it were a long-lost loved one. The scene parodies romantic reunion tropes.]

NARRATOR (to phone): And I missed you. I missed you so much. Yes. Yeah.

NARRATOR: But paying attention to your cell phone while driving is dangerous.

NARRATOR (to phone): Oh, don't worry — I would never put you in danger.

[Audio Description: On-screen statistics appear as text graphics. ON-SCREEN TEXT: "38% of drivers have TALKED on a HANDHELD PHONE while DRIVING, 3,308 DEATHS, 289,310 INJURIES in 2022".]

NARRATOR: 38% of drivers said that they have talked on a handheld phone while driving. Distracted driving crashes cause thousands of deaths and hundreds of thousands of injuries every year.

ACTOR (to phone): And that's why I always put you far away from my hands.

[Audio Description: Scene: A group of people in a car at a drive-through, sorting a fast food order. The driver begins to pull away while others are still eating.]

PASSENGER 1: Who had the small fries? I know Tom had the large.

PASSENGER 2: I had small fries and iced tea.

PASSENGER 3: I had a large iced tea and a burger.

DRIVER: All right, you guys keep sorting it out. I'm going to get going.

PASSENGER: Hey — not cool. Why don't we take a few minutes to eat, and then we can drive?

DRIVER: I'm fine to drive. I do this all the time.

PASSENGER 1: Not with me in the car, you don't.

PASSENGER 2: Yeah, let's stop and eat.

DRIVER: Okay.

[Audio Description: Scene: The same group of people in a car now in front of a gray background, watching the Narrator speak.]

NARRATOR: And sometimes the danger is right in your hands.

DRIVER (to Narrator): Dude, what are you doing?

NARRATOR: The danger is right in your hand.

DRIVER (to Narrator): Dude, what's your deal?

NARRATOR (to driver): Shhhhhh.

NARRATOR: Watch this.

[Audio Description: Music plays. A comedic montage shows the driver exclaiming 'crapalapadingdong' repeatedly in a series of distracted-driving situations, each with music and siren sound effects.]

COMIC CHARACTER (on phone): Be there probably — I don't know — 20 minutes. Does that sound good?

VOICE ON PHONE: Yeah, that'd be —

[Audio Description: Music and siren sounds play as the driver is asked to pull over by law enforcement.]

COMIC CHARACTER: Oh, crapalapadingdong!

NARRATOR: Distracted driving can happen in a lot of ways.

COMIC CHARACTER (repeatedly): Ah crapalapadingdong! ... Ah crapalapadingdong! ... Ah crapa-lapa-ding-dooooong!

[Audio Description: On-screen graphics label each distraction type. A comic character reacts to a shiny object for each type.]

NARRATOR: There are lots of ways of being distracted while driving. It helps to be aware of what distracts you.

COMIC CHARACTER: That guy is getting on my nerves.

NARRATOR: There are three types of distraction.

[Audio Description: On-screen graphic: an eye icon. The comic character is distracted by something shiny while driving.]

NARRATOR: Visual — anything that takes your eyes off the road.

COMIC CHARACTER: Ooooooh, shiiiiiny.

[Audio Description: On-screen graphic: a hand icon.]

NARRATOR: Manual — anything that takes your hands off the wheel.

[Audio Description: [Garbled voice sound while a man is flossing while driving]]

[Audio Description: On-screen graphic: a brain icon. The comic character is fixated on something shiny, muttering variations of the word while driving.]

NARRATOR: And cognitive — anything that takes your mind off the task of driving.

COMIC CHARACTER: Shiny. Shhhiny. Shine-shh. Shine-ee. Shineeee!

[Audio Description: On-screen graphic of a cartoon arm holding a cell phone, and three icons representing the different types of distractions appear. ON-SCREEN TEXT: "Texting Involves all 3: Visual, Manual, Cognitive".]

NARRATOR: Texting is particularly dangerous because it involves all three.

[Audio Description: A video montage of people driving while distracted appears as the narrator speaks.]

NARRATOR: Cognitive distraction is the most critical type of distraction. You might hear people proudly refer to their ability to multitask, but it's been proven that multitasking is a myth.

[Audio Description: ON SCREEN TEXT: "MULTI-TASKING is a MYTH. Brain switches quickly back and forth between each task. It can't perform two thinking tasks at the same time. Attention to driving becomes SECONDARY to the phone conversation. "]

NARRATOR: Instead of performing multiple tasks at the same time, the brain switches quickly back and forth between each task. The brain just can't perform two thinking tasks at the same time. So if you are driving and talking on your cell phone, your attention to driving becomes secondary to the phone conversation.

NARRATOR: Let's talk about the risk levels of attempting to multitask based on the tasks being done.

[Audio Description: Three illustrated risk-level scenarios shown with comic sketches.

ON-SCREEN TEXT AND GRAPHICS "Talking on the Phone and... [icon of] Petting a dog - NOT RISKY.]

NARRATOR: A thinking task — talking on the phone — combined with a non-thinking task — petting a dog — is usually not very risky.

[Audio Description: A woman pets a dog while on the phone, relaxed.]

ACTOR: Look, all I'm saying is maybe we should take things slow for a while.

[Audio Description: ON-SCREEN TEXT AND GRAPHIC: "Talking on the Phone and... [icon of] Reading a book - NOT RISKY.]

NARRATOR: But a thinking task — talking on the phone — combined with another thinking task in a stationary environment — sitting and reading — is not very risky.

[Audio Description: Low risk: A man sits at a desk reading while on a phone call.]

ACTOR (on phone): Take it slow. All I'm asking is, can you send me the Pearson file? I meet with them tomorrow.

[Audio Description: ON-SCREEN TEXT AND GRAPHIC: "Talking on the Phone and... [icon of] Driving - RISKY.]

NARRATOR: A thinking task — talking on the phone — combined with another thinking task in a dynamic environment — driving — is very risky.

[Audio Description: A woman drives while on a hands-free phone call. A truck horn sounds in the background.]

VOICE ON PHONE: I see — [truck horn sounds] — that currently we have three layers of management... and I'd like to cut that down to two.

ACTOR: What? Uh, say that again.

[Audio Description: Letters and numbers appear on screen as the narrator leads a multitasking challenge, all drivers struggle visibly.]

NARRATOR: Let's illustrate how multitasking results in cognitive distraction. Follow along with me — alternate letters and numbers. Now let's multitask. You can join at home. A1, B2, C3...

ACTORS (struggling while driving): A... 1... B2... C3... 4... D4... E... uh... 5... H8... I... J... N... J10... Nine? No...

NARRATOR: It's not as easy as it seems.

[Audio Description: A CHP public service announcement clip plays. Real footage shows distracted drivers causing near-misses and crashes. Sound effects include car doors, a car alarm, a cell phone ding, tire screeching, and metal crunching.]

NARRATOR: Here's a video of people driving distracted while trying to multitask.

[PSA clip begins]

NARRATOR (PSA): Wait for it...

[Audio Description: A person looking at their phone while walking to their car. They try to open a car door that's not theirs. [Car doors opening and closing, then car alarm blaring]]

NARRATOR (PSA): Wait for it...

[Audio Description: A person driving through a carwash with their sunroof open.]

DRIVER: Ahhh, not again!

[Audio Description: [Cell phone dings]]

NARRATOR (PSA): Wait for it.

[Audio Description: The scene shows a driver reaching for their cell phone after receiving a text notification and then crashing. [Car tire screeching and metal crunching]]

ON-SCREEN TEXT: Get a text while driving? Wait for it. A message from the California Highway Patrol and the California Office of Traffic Safety.

[Audio Description: [ON-SCREEN TEXT: "it's NOT worth it!"]]

[PSA clip ends]

[Audio Description: Scene: A driver named Tom is shown talking hands-free on his phone while driving. Another car cuts into his lane. A split-screen or replay shows what Tom missed due to tunnel vision — the car was visible but he didn't register it.]

NARRATOR: There are three things that occur when you experience cell phone distraction.

TOM (on phone): All right, so I'm getting ready to push Keily in the pool — when I see her look behind me — and all of a sudden — Whoa!

VOICE ON PHONE: Oh.

TOM: Did you see that guy cut me off? I didn't even see him in the lane next to me.

NARRATOR: Tom just experienced tunnel vision. By being on the phone — even though hands-free — he did not see what was going on around him.

[Audio Description: ON-SCREEN TEXT AND GRAPHIC: "Field of vision is reduced. Could miss 50% of their surroundings. They look but do not see."]

NARRATOR: Their field of vision is reduced and they may miss up to 50% of their surroundings. They look but do not see.

[Audio Description: A graphic shows up to the right of the narrator that displays a crosswalk scene with a mama duck and five ducks crossing the road. Below that image, the same looking image comes in, but the edges of the frame are dimmed to only show the 5 ducks in the middle, illustrating a narrowed field of vision.]

NARRATOR: The top picture shows the field of vision for drivers not on a cell phone. The bottom picture shows how much a driver misses when they use a cell phone, even hands-free.

[Audio Description: A graphic shows a crosswalk scene with five ducks crossing the road, captioned "5 ducks." The edges of the frame are dimmed and marked with X symbols and only the 5 ducks in the middle are not crossed out, illustrating a narrowed field of vision.]

NARRATOR: Tunnel vision can cause you to miss five ducks. *[narration happens with picture of ducks on screen]*

NARRATOR: The second type of problem encountered is inattention blindness.

ACTOR (on phone while driving): One time I was going to get pushed in the pool and just as they were gathering behind me, they know I'm defensive like a squirrel. Oh, dang. I just missed the exit.

VOICE ON PHONE: What?

NARRATOR: Inattention blindness is when you miss things around you.

[Audio Description: The scene transitions to retro graphics and music: Animated text reading “QUIZ TIME!” appears in front of a red bullseye target, and two road signs. The orange one reads “KNOWLEDGE CHECKPOINT”, and the white reads “PROCEED WITH CAUTION”.]

[Audio Description: A graphic reads “WHILE DRIVING AND USING A CELL PHONE, HAVE YOU EVER... arrived at a destination with no recollection of the trip?” An illustrated driver with dazed, swirling eyes holds a phone to their ear. YES and NO buttons are shown.]

[Audio Description: A graphic reads “WHILE DRIVING AND USING A CELL PHONE, HAVE YOU EVER...” with the same dazed driver illustration, followed by a checklist: Missed a turn or off ramp; Run a stop sign or red light; Not seen brake lights in front of you; Missed seeing pedestrians or bicyclists; Not seen an object in the road.]

[Audio Description: The narrator responds to a prior quiz about things that could happen while using your phone while driving. On-screen text or graphics reference the inattention blindness checklist following the previous section.

On-screen checklist — all five items displayed simultaneously:

Missed a turn or off ramp
Run a stop sign or red light
Not seen brake lights in front of you
Missed seeing pedestrians or bicyclists
Not seen an object in the road

]

NARRATOR: If you checked any of those answers, you may have experienced inattention blindness.

NARRATOR: Similar to tunnel vision, when you use your cell phone while driving, you may look but don't see.

[Audio Description: Scene: A driver named Julie finishes a phone call while driving. She hangs up but continues to appear mentally distracted — smiling and replaying the conversation in her head. She misses her highway exit.]

VOICE ON PHONE: Okay, talk to you later. Bye.

JULIE: Man, I could totally picture Keily in attack mode. That's probably how she got the reputation of a cornered squirrel.

[Audio Description: Julie realizes she has drifted past her exit on the highway.]

JULIE: Oh man, I'm not even on the phone and I still missed my exit.

[Audio Description: The narrator speaks as on-screen text appears: “distraction hangover.”]

NARRATOR: Julie just experienced distraction hangover. She remains distracted even after the call ends.

[Audio Description: The scene transitions to a retro animated graphic with a teal patterned background. Three colorful banners animate in sequence: an orange banner reading “IT'S YOUR TURN”, a purple banner reading “AT THE WHEEL”, and a green banner reading “OF KNOWLEDGE!”. Three retro cartoon character heads appear in the corners of the screen. ON SCREEN TEXT: “It's Your Turn at the Wheel of Knowledge!”]

[Audio Description: A graphic reads “How long does the BRAIN remain distracted after phone activity ends?” beside an illustration of a head filled with cluttered icons representing distractions. Three options are listed: 9 seconds, 12-17 seconds, 20-25 seconds.]

[Audio Description: The narrator responds to a prior quiz question about how long the BRAIN remains distracted after phone activity ends. The answer is shown as an animated graphic with a brain icon next to a checked box labeled 20-25 seconds.]

NARRATOR: Your distraction hangover can last up to 25 seconds, resulting in continuing danger after you end a phone call or text. This continuing distraction could mean you failed to notice dangerous traffic situations.

[Audio Description: On-screen text appears, "What could you MISS?" followed by a series of icons showing each type of road user: a bicyclist, a skateboarder, a motorcyclist, and a pedestrian.]

NARRATOR: If you are not giving driving 100% of your attention, what might you miss?

NARRATOR: In addition to other vehicles, you might miss roadway users such as bicyclists, skateboarders, motorcycles, and pedestrians.

[Audio Description: ON-SCREEN TEXT: "ROAD WORKERS". Social media headlines and articles are shown about accidents involving distracted drivers and workers on the side of the road.]

NARRATOR: You might also miss road workers. Construction zones can be challenging to navigate, made even harder when your attention isn't fully focused on the road conditions and the people working close by.

NARRATOR: Emergency workers along the side of the road are also at growing risk from distracted drivers.

NARRATOR: Let's take a look at this video to learn more.

[News clip begins — Florida Highway Patrol Trooper Mithul Patel]

[Audio Description: A news broadcast is shown. Dashcam or bodycam footage captures Florida Highway Patrol Trooper Mithul Patel on the side of a road. A vehicle veers out of its lane toward the shoulder. Trooper Patel is seen pushing another person out of the way before being struck by the vehicle. On-screen text identifies Trooper Patel by name.]

NEWS ANCHOR: This moment changed Florida Highway Patrol Trooper Mithul Patel's life last December. Troopers say a suspected distracted driver lost control. Patel throws another man to safety right before being hit himself.

[Audio Description: On-screen graphics display National Safety Council research statistics.]

NEWS ANCHOR: New research from the National Safety Council found 71% of drivers cop to taking photos and texting while driving by emergency workers. That's nearly triple the 24% who admitted to doing it under normal driving conditions.

NEWS ANCHOR: 60% admitted to posting to social media. Two-thirds have emailed about what they're driving by.

[Audio Description: A safety official is shown being interviewed on camera.]

SAFETY OFFICIAL: "What surprised us most about this study was the magnitude of people who are really exercising very dangerous behavior. They're adding another level of exposure to these first responders."

[News clip ends]

NARRATOR: Let's talk more about cell phone use. But first, I want to test your knowledge.

[Audio Description: Music plays as the section transitions to a knowledge check.]

The scene transitions to retro footage of cars, along with graphics and music. Two colorful banners animate in sequence: an orange banner reading "TIME TO TEST YOUR DRIVING SMARTS!", and a purple banner reading "READY?"

[Audio Description: A graphic reads "DOES TALKING TO A PASSENGER POSE THE SAME RISK AS TALKING ON A CELL PHONE?" with YES and NO buttons, alongside an illustration of two retro characters riding in a car.]

[Audio Description: The narrator responds to a prior quiz question about whether talking to a passenger while driving carries the same risk as talking on the phone while driving.]

ON-SCREEN TEXT: "Does Talking to a PASSENGER Pose The Same Risk as Talking on a CELL PHONE? YES or NO." On-screen text then displays the word 'No.'

NARRATOR: The answer is no.

NARRATOR: With passengers in the car, traffic and obstacles become a topic of conversation due to shared situational awareness.

NARRATOR: Your passenger isn't likely to suddenly say, "You never tell me you love me anymore" in the middle of a difficult left turn, but the person on the phone might.

PASSENGER: Ahhhh. I still love you! I was joking!

NARRATOR: Everyone in the car knows the traffic conditions faced by the driver, so the conversation remains appropriate for the situation.

NARRATOR: A passenger offers an additional set of eyes as well.

[Audio Description: The scene transitions to retro graphics and music: Animated text reading "QUIZ TIME!" appears in front of a red bullseye target, and two road signs. The orange one reads "KNOWLEDGE CHECKPOINT", and the white reads "PROCEED WITH CAUTION".]

[Audio Description: A graphic reads "IS HANDS-FREE SAFER THAN HANDHELD?" with YES and NO buttons, alongside an illustration of the line-art narrator holding a phone to his ear.]

[Audio Description: The narrator responds to a prior quiz question about whether hands-free calling is safer than handheld. ON-SCREEN TEXT: "Is hands-free safer than handheld? On-screen text displays the word 'No' while the quiz question is answered.]

NARRATOR: The answer is no.

[Audio Description: ON-SCREEN TEXT: "80% of drivers falsely believe that hands-free devices are safer than handheld".]

NARRATOR: 80% of drivers falsely believe that hands-free devices are safer than handheld ones.

NARRATOR: Whether hands-free or handheld, the brain still remains distracted by the conversation.

[Audio Description: ON-SCREEN TEXT: "BOTH have up to 4X THE CRASH RISK".]

The risk of getting into a crash when using these devices behind the wheel is four times greater than not talking on the phone while driving.

[Audio Description: A montage of real or staged photos and videos shows drivers using their phones in unsafe and creative ways while behind the wheel — propping a phone on the steering wheel, holding it between their shoulder and ear, or mounting it in unusual positions.]

NARRATOR: Here are some creative ways people have used the phone while driving.

NARRATOR: Do these look safe?

NARRATOR: Next, we'll explore reaction times.

[Audio Description: The scene transitions to a retro animated graphic with a teal patterned background. Three colorful banners animate in sequence: an orange banner reading "IT'S YOUR TURN", a purple banner reading "AT THE WHEEL", and a green banner reading "OF KNOWLEDGE!". Three retro cartoon character heads appear in the corners of the screen. ON SCREEN TEXT: "It's Your Turn at the Wheel of Knowledge!"]

[Audio Description: A graphic reads “WHO TAKES LONGER TO REACT?” showing two illustrated drivers side by side: one labeled “Driver with .08 BAC” appears drowsy, and the other labeled “Driver on Cell Phone” holds a phone while driving.]

[Audio Description: The narrator responds to a prior quiz question about whether a driver on a cell phone takes longer to react than a driver at the legal blood alcohol limit of 0.08. On-screen graphics shows that the driver on a cell phone takes longer to react.]

NARRATOR: Drivers talking on cell phones have been shown to have longer reaction times than a driver with a 0.08 BAC, the legal limit for intoxication for drivers 21 and over.

[Audio Description: ON-SCREEN-TEXT: “DRIVERS can ELIMINATE RISK after 25 SECONDS by ending a call.”] a driver on a cell phone versus a driver at the 0.08 BAC legal limit.

NARRATOR: However, drivers talking on a cell phone can eliminate their risk after just 25 seconds by ending the call. Well, drivers at a .08 BAC will remain at risk for as long as it takes them to sober up.

[Audio Description: ON-SCREEN TEXT: “CRASH RISK caused by TEXTING is at least DOUBLE the risk of talking on the phone”, “RISK can increase up to 23X when driving HEAVY VEHICLES AND TRUCKS.”]

NARRATOR: Now, let’s talk about texting and driving. The risk of a crash caused by texting is at least double the risk caused by talking on the phone. This crash risk can increase up to 23 times when driving heavy vehicles and trucks.

NARRATOR: And did you know voice-to-text is even more distracting than typing texts by hand? That’s because most of us proofread and correct messages before sending. Let me demonstrate.

[Audio Description: A voice-to-text demonstration: the narrator speaks into a voice-to-text interface. The result on screen is incorrectly transcribed - On-screen text is shown as narrator dictates to phone: “I’m picking up human teeth for dinner”.]

NARRATOR (demonstrating voice-to-text): I’m picking up Hunan beef for dinner.

[Audio Description: An interactive challenge is presented to the viewer. On-screen instructions appear as the narrator reads them. A horn sound effect plays twice — once to start the challenge and once to end it after 4.6 seconds.]

NARRATOR: To illustrate the risk of texting while driving, we have a challenge for you. Pick up your phone and follow these instructions. In a moment, you will hear the sound of a horn. When you hear the horn, pull up a contact from your phone. Type in the text message, “Be there in 10.” But don’t actually send it. Ready?

[Audio Description: An animated graphic shows a car driving the length of a football field — 120 yards including end zones — with a blindfold overlay, illustrating the distance covered in 4.6 seconds at 55 mph. A second graphic extends to 1.5 football fields at 70 mph.

[Car horn sounds — challenge begins]]

[Music plays during the 4.6 second window]]

[Second car horn sounds — challenge ends]]

NARRATOR: Were you able to finish the text before the second horn? The second horn sounded after 4.6 seconds, which is the average amount of time it takes to type and send a text.

[Audio Description: ON-SCREEN TEXT: “THE HORN SOUNDED after 4.6 SECONDS, the length of the AVERAGE TEXT”, “55MPH = driving the length of a FOOTBALL FIELD & END ZONES... BLIND”.]

NARRATOR: At 55 miles an hour, this is the equivalent of you driving blind the length of a football field, including the end zones, a distance of 120 yards.

NARRATOR: Do you sometimes drive 70 mph? At 70 mph, you’ve just traveled for 1 and a half football fields driving blind.

NARRATOR: So, what does 4.6 seconds look like?

[Audio Description: A brief real-world clip or slow-motion visual demonstrates how quickly 4.6 seconds passes in traffic — cars moving, lane changes occurring, hazards appearing. [Skidding tires and crash sounds]]

NARRATOR: It happens a lot faster than anyone expects.

[Audio Description: [Tires screeching] Comic sketch: An angry motorcycle rider is shown yelling at another driver after a near-miss. The insults are exaggerated and comedic in tone, using made-up words. The sketch transitions to a more serious tone as the narrator addresses real-world road rage consequences.]

NARRATOR: Another texting risk is that it can provoke road rage.

ANGRY DRIVER: What's wrong with you? You could have killed me, you jackalope. Get off the road, you spackle macker.

OTHER DRIVER: What's wrong with you? You get off the road.

NARRATOR: Have you ever seen this type of driver?

[Audio Description: ON-SCREEN TEXT: "DRIVERS who cause harm or death can LOSE THEIR LICENSE , BE ARRESTED, PROSECUTED, AND JAILED".]

NARRATOR: Sadly, incidents involving aggressive, irate, or irrational drivers happen every day, and the outcomes can be grim. Drivers who engage in criminal threats or use a vehicle to cause harm or death can have consequences for their actions. They can lose their license. They can even be arrested and prosecuted and thrown in jail.

[News clip begins — Aiden Leos road rage case]

[Audio Description: A news broadcast covers the road rage murder of six-year-old Aiden Leos in Orange County, California. Footage includes courtroom coverage, photos of Aiden, and highway b-roll. On-screen text identifies the date (May 21, 2021) and the name of the defendant, Marcus Eriz.]

NEWS ANCHOR: The guilty verdict brings to a close a case that took a six-year-old boy's life.

NEWS ANCHOR: On May 21, 2021, Aiden's mom was driving him to kindergarten when she says a woman in a white VW cut her off.

COURT PROSECUTOR: Miss Clooney left the HOV lane and began to move over towards the right to get off the freeway. And she gave the middle finger to the vehicle, to the male passenger, out of anger. Something she would come to regret beyond comprehension.

NEWS ANCHOR: Marcus Eriz fired a single bullet. It ripped through the trunk and pierced Aiden's lungs, liver, and heart. The jury could have convicted Eriz on a lesser charge, but it took them less than two hours to decide this was murder. Eriz faces 40 years to life behind bars.

[News clip ends]

NARRATOR: There are many behaviors that provoke a driver to feel road rage, and I know you have never done any of these things.

[Audio Description: The narrator addresses the viewer with a wink.]

[Audio Description: The scene transitions to retro footage of cars, along with graphics and music. Two colorful banners animate in sequence: an orange banner reading "TIME TO TEST YOUR DRIVING SMARTS!", and a purple banner that reads "READY?"]

[Audio Description: A graphic reads “ROAD RAGE!?” over an illustration of a screaming, enraged face, beside a checklist titled “Here are some behaviors that can trigger road rage. Which ones have you seen people do?” listing: Driving too slow or too fast; Driving distracted; Following too closely; Displaying a lack of driving courtesy; Making unsafe lane changes; Running red lights; Using touchscreen in car.]

[Audio Description: The narrator responds to a prior question about road rage behaviors.

ON-SCREEN TEXT: “Here are some behaviors that can trigger road rage.

Which ones have you seen people do?”

Driving too slow or too fast

Driving distracted

Following too closely

Displaying a lack of driving courtesy

Making unsafe lane changes

Running red lights

Using touchscreen in car

]

NARRATOR: Speeding, aggression, texting, and impaired driving are safety concerns among California drivers.

NARRATOR: Many people are out of control on the road these days, and the stress of COVID-19 didn't help. It turns out that two years of being stuck in homes and having outdoor holiday parties with masks on increased aggression on the roads.

NARRATOR: How might you avoid road rage or an aggressive driver?

[Audio Description: ON-SCREEN TEXT appears as the narrator reads each recommendation:

“AVOID ROAD RAGE! STAY ALERT!, DON'T ENGAGE!, CALL 911!”]

NARRATOR: Stay alert. Drive responsibly and be aware of dangerous behaviors around you.

NARRATOR: Follow traffic laws, including not texting while driving.

NARRATOR: Don't engage with aggressive motorists. Don't respond with negative behavior that could escalate the situation.

NARRATOR: Call 911 to report unsafe or dangerous drivers.

NARRATOR: What about technology?

[Audio Description: The scene transitions to retro graphics and music.

Animated text reading “QUIZ TIME!” appears in front of a red bullseye target, and two road signs. The orange one reads “KNOWLEDGE CHECKPOINT”, and the white reads “PROCEED WITH CAUTION”.]

[Audio Description: An interactive “Tap the Targets!” screen shows a car dashboard with five “+” target icons, inviting viewers to see what car technologies can distract them while driving. As each target is tapped, a callout reveals a labeled technology with an icon: Blind Spot Monitoring, Voice Controls, GPS, Cameras, and Assisted Parking.]

[Audio Description: The narrator responds to a prior interactive graphic about distracting car technology. ON-SCREEN TEXT: "GPS, BLIND SPOT MONITORING, ASSISTED PARKING, CAMERAS, TOUCH SCREENS, VOICE CONTROLS".]

NARRATOR: This was a partial list of the potential distractions being built into vehicles. Things like GPS, blind spot monitoring, assisted parking, cameras, touchscreens, and voice controls.

[Audio Description: The narrator introduces the topic of gig workers. The comedian actor makes a brief self-referential aside about being on an acting gig.]

NARRATOR: Let's talk about gig workers. The term gig is a slang word used for a job that lasts a specified period of time. It's often used by musicians and actors like me.

ACTOR (aside): I'm on an acting gig right now.

NARRATOR: Gig drivers are a relatively new thing. They make our lives easier by delivering our packages or on demand food or getting us to the airport. But these workers are constantly on their phones and rely heavily on apps while they drive from gig to gig. This results in more distracted drivers on the road.

NARRATOR: 40% of gig workers reported that apps were a constant distraction while driving. And these drivers are on the road day and night on highways and in your neighborhoods. Distracted drivers for you to be aware of.

[News clip begins]

NEWS ANCHOR: A new study from the Insurance Institute for Highway Safety found that gig economy employees, those who work job to job, are the worst offenders when it comes to distracted driving.

RESEARCHER (quoted): "We found 65% of our survey participants reported engaging in at least one secondary task.

NEWS ANCHOR: That would include fiddling with navigation apps, eating, and even playing games on your smartphone while driving. All that doesn't take long to create a hazardous driving situation."

[News clip ends]

[Audio Description: A driver is shown glancing at their smartwatch while driving.]

NARRATOR: And now, smartwatches have been added to the mix.

ACTOR (enthusiastically): Cool, huh?

NARRATOR: Yeah. What's not so cool is that they create a new distraction while driving. Smartwatches require the use of two hands, one to wear the watch and the other to operate it. Drivers checking text messages or emails on smartwatches lose concentration and react even more slowly to potential hazards than when using a cell phone, despite the feeling of being hands-free.

[Audio Description: Comic sketch: The actor receives a phone call while driving. A phone ringing sound is heard. A mysterious voice is revealed to be the fictional motorcycle character from Section 1, riding alongside without a helmet, sideways on a motorcycle.]

ACTOR: Shh. I got a phone call. Hello.

VOICE ON PHONE: Hello. Are you driving distracted?

ACTOR: Nope. No distractions here.

VOICE ON PHONE: What about this phone call?

ACTOR: Nope. Perfectly safe. I'm talking to you hands-free.

VOICE ON PHONE: Yes. But is it really safe?

ACTOR: Are you, are you riding next to us?

MOTORCYCLE CHARACTER: Yes. But are you sure speaking on the phone hands-free is actually safe?

ACTOR: Dude, no helmet. You're sideways on a motorcycle. You're not safe.

MOTORCYCLE CHARACTER: I'm also fictional. From another time, another dimension, another sound stage. What's your excuse? Hmm?

[Audio Description: The scene transitions to a retro animated graphic with a teal patterned background. Three colorful banners animate in sequence: an orange banner reading "IT'S YOUR TURN", a purple banner reading "AT THE WHEEL", and a green banner reading "OF KNOWLEDGE!". Four retro cartoon character heads appear in the corners of the screen. ON SCREEN TEXT: "It's Your Turn at the Wheel of Knowledge!"]

[Audio Description: A graphic reads "Adults may talk on the phone while driving only if using a hands-free device," with TRUE and FALSE buttons, alongside an illustration of a character driving a convertible and making an "OK" hand gesture.]

[Audio Description: The narrator responds to a prior quiz question. ON-SCREEN TEXT: "Adults may talk on the phone while driving only if using a hands-free device. On-screen text displays the answer 'True'".]

NARRATOR: True, but handheld and hands-free are equally dangerous because of the cognitive distraction. Just because it's legal doesn't make it safe.

[Audio Description: Comic aside: The actor delivers a deadpan one-liner about a past personal mishap involving dressing up as a piñata while at the batting cages, used as a humorous analogy for the gap between legality and safety.]

ACTOR: I mean, it's legal for me to dress up like a piñata and hang out near the batting cages. But I'm not making that mistake again.

[Audio Description: Music plays as the section transitions to a knowledge check.]

The scene transitions to retro footage of cars, along with graphics and music. Two colorful banners animate in sequence: an orange banner reading "TIME TO TEST YOUR DRIVING SMARTS!", and a purple banner reading "READY?"

[Audio Description: A graphic reads "Drivers under 18 years of age can use voice-activated functions while driving," with TRUE and FALSE buttons, alongside an illustration of two young drivers.]

[Audio Description: The narrator responds to a prior quiz question about underage drivers and cell phone use. ON-SCREEN TEXT: "Drivers under 18 years of age can use voice-activated functions while driving. On-screen text displays the word 'False.']

NARRATOR: False.

NARRATOR: For drivers under 18, other than emergency calls to 911, absolutely no phone use is allowed.

[Audio Description: Comic aside: The actor delivers a self-referential joke about waiting for a call from his talent agent.]

ACTOR: Not even calls from your talent agent.

[Audio Description: The scene transitions to retro graphics and music. Animated text reading "QUIZ TIME!" appears in front of a red bullseye target, and two road signs. The orange one reads "KNOWLEDGE CHECKPOINT", and the white reads "PROCEED WITH CAUTION".]

[Audio Description: A graphic reads "A second conviction for talking or texting on a handheld device will result in a point on the driver's record," with TRUE and FALSE buttons, alongside an illustration of a police officer.]

[Audio Description: The narrator responds to a prior quiz question. ON-SCREEN TEXT: "A second conviction for talking or texting on a hand-held device will result in a point on the driver's record." On-screen text displays the word 'True.']

NARRATOR: True.

NARRATOR: If you are cited for distracted driving more than one time within three years, you get a point on your record.

NARRATOR: And that's a great way to hike up your car insurance rates.

[Audio Description: The scene transitions to a retro animated graphic with a teal patterned background. Three colorful banners animate in sequence: an orange banner reading "IT'S YOUR TURN", a purple banner reading "AT THE WHEEL", and a green banner reading "OF KNOWLEDGE!". Three retro cartoon character heads appear in the corners of the screen. ON SCREEN TEXT: "It's Your Turn at the Wheel of Knowledge!"]

[Audio Description: A graphic reads "While driving, it is legal to hold a phone when using map or GPS functions," with TRUE and FALSE buttons, alongside an illustration of two characters in a car, one holding a phone showing a location pin.]

[Audio Description: The narrator responds to a prior quiz question. ON-SCREEN TEXT: “ While driving, it is legal to hold a phone when using map or GPS functions.” On-screen text displays the word ‘False.’]

NARRATOR: False.

NARRATOR: It’s illegal to hold or operate a cell phone for any reason while driving.

[Audio Description: A diagram of a car interior is shown from the driver’s perspective. Three specific legal phone mounting locations are highlighted one at a time: (1) the lower corner of the windshield on the passenger side, (2) the lower corner of the windshield on the driver’s side, and (3) the center console or dashboard area. The narrator gestures to each location in turn. Airbag deployment zones are marked as prohibited mounting areas.]

NARRATOR: And if you mount your phone to use it hands-free, you can only put it here, here, or here - and avoid those dangerous airbag deployment zones.

[Audio Description: Music plays as the section transitions to a knowledge check.

The scene transitions to retro footage of cars, along with graphics and music. Two colorful banners animate in sequence: an orange banner reading “TIME TO TEST YOUR DRIVING SMARTS!”, and a purple banner reading “READY?”]

[Audio Description: A graphic reads “Is using a handheld phone OK when stopped on the Freeway?” with YES and NO buttons, alongside an illustration of a driver on the phone next to an “Interstate 5” highway sign.]

[Audio Description: The narrator responds to a prior quiz question about using a phone on the freeway. On-screen text displays the legal distinctions. ON -SCREEN TEXT: “Is using a handheld phone OK when stopped on the freeway?” On-screen text displays, ‘No’]

NARRATOR: Making a call on the side of the freeway is only legal in an emergency, such as a vehicle breakdown or to report dangerous conditions or criminal activity.

ON -SCREEN TEXT: “PHONE USE IS ALLOWED IF YOU ARE SAFELY PARKED OFF THE FREEWAY, EVEN IF YOUR CAR IS RUNNING”]

But you can make a call when stopped in any area off the freeway where parking is allowed, even if your engine is running.

[Audio Description: The narrator introduces the consequences segment.]

NARRATOR: But now let’s look at the consequences of distracted driving.

NARRATOR: What do you call a cell phone driver who’s caused a fatality? A criminal.

NARRATOR: Injuries and deaths resulting from cell phone use while driving can have serious consequences. The following video illustrates how the legal system is sending stronger messages about the seriousness of distracted driving.

[News clip begins — New Jersey texting case]

[Audio Description: A news broadcast covers the trial of Alexandra Mansonet in New Jersey. Surveillance footage shows the crash at an intersection. Courtroom footage is included. On-screen text identifies the victim as Yuwen Wang.]

NEWS ANCHOR: Tonight, a New Jersey woman is facing up to a decade in prison after being convicted in a groundbreaking case. She was texting while driving.

NEWS ANCHOR: Surveillance video shows the moment before Alexandra Mansonet’s black Mercedes plowed into the back of a red Toyota Corolla. The impact was so hard it bashed in the back of the Corolla, propelling it into 39-year-old Yuwen Wang, who was in the crosswalk.

NEWS ANCHOR: During Mansonet’s 3-week trial, prosecutors claimed she was texting about dinner plans. The text read “Cuban, American or Mexican. Pick one.” In court, prosecutors told the jury they believed Mansonet was in the process of responding “Mexican,” but it only managed to type the letters “Me…” when the crash occurred.

INVESTIGATOR (quoted): “No evidence in our accident investigation that showed that there was evasive action taken, there were any skid marks that would show that she braked. So the first time she realized that she had struck something is when the actual collision occurred.”

NEWS ANCHOR: Last Friday, Mansonet was found guilty of vehicular homicide. It’s believed to be the first time a 2012 New Jersey law that treats a texting driver as harshly as a drunken driver was tested in court.

[News clip ends]

[Audio Description: Survivor Leslee Henson is shown speaking directly to the camera in a recorded interview about the crash that killed her husband, David.]

LESLEE HENSON (survivor): “My name is Leslee Henson and on March 4th my husband and I, David Henson, started out on a walk and we headed towards the Sunbrook Golf Course. And as we were walking along Dixie Drive, the sidewalk there, we were involved in an auto-pedestrian accident.

LESLEE HENSON: There was a driver that was texting. She was driving distracted, over the speed limit, and she ran into a car which pushed that car into us. My husband David was killed on impact and I sustained several injuries.

LESLEE HENSON: I was life-flighted to Utah Valley Regional Medical Center to their trauma unit in Provo and received a lot of professional care and I am supposed to have a full recovery.

LESLEE HENSON: Nine people a day are killed by distracted drivers. We get in our cars and we put on our seat belts. I feel the same should be done with cell phones. We get in our car and we turn off our cell phones — and it could save a life.”

[Audio Description: Music plays briefly as the interview ends.]

[Audio Description: A news broadcast covers a Florida vehicular homicide sentencing. The defendant Andriotis is shown in court. The victim is identified as 9-year-old Logan.]

NARRATOR: Remember: nine people a day are killed by distracted drivers. The courts are paying more attention to distracted driving, too.

NARRATOR: Recently, a Florida judge issued the maximum sentence of 30 years in prison after a distracted driver caused the death of a 9-year-old child. The judge called his actions conscious disregard for life.

NEWS ANCHOR: A man was sentenced to 30 years in prison for causing a death while using his cell phone behind the wheel. Prosecutors say Andriotis was going 86 miles an hour while surfing the web, downloading apps, and even paying bills on his smartphone. The impact of the crash killed 9-year-old Logan and severely injured his sister and parents. Andriotis was found guilty of vehicular homicide and reckless driving with serious bodily injury. He’s also ordered to pay the Shearers over \$100,000 in restitution.

[Audio Description: ON-SCREEN TEXT: “TEXT MESSAGES, CALL LOGS, WEBSITES & BROWSING HISTORY, PHOTO DATES & TIMES, GPS LOCATION DATA”]

NARRATOR: If you are using a cell phone behind the wheel, you can’t hide it. The truth will come out.

NARRATOR: Cellular forensic technology has advanced for both law enforcement and the private sector. When using a cell phone, there are no secrets as technology allows investigators to access text message content, including date and time, call logs for incoming and outgoing calls, records of

websites visited and browsing histories, location date and time for photographs taken, and GPS and pinging locations.

[Audio Description: The scene shows the actors in front of the video screen and the video recording studio from multiple perspectives and angles.]

NARRATOR: These days there's a record for almost everything you do. On average, people are photographed or recorded on video at least 60 to 70 times each day. Surveillance cameras at ATMs, gas stations, restaurants, shopping malls, and traffic lights are watching you — whether you're camera ready or not.

[Audio Description: The narrator speaks over graphics showing the CHP accident report form.]

NARRATOR: If you are involved in a traffic crash, a responding officer will complete a Collision Report Form where they can document if any cell phone use occurred while driving.

[Audio Description: California Highway Patrol Officer Jake Sanchez tells a humorous story about pulling over a woman who was brushing her hair with her cell phone on southbound 15 south of Mira Mesa, San Diego.]

NARRATOR: Officers see people do all kinds of things. This is a story from California Highway Patrol Officer Jake Sanchez about an encounter with a woman on a cell phone.

OFFICER JAKE SANCHEZ (CHP): "Now, I swore I'd seen everything you can do with a cell phone in a car. I was wrong. Southbound 15 South of Mira Mesa, I look to my right. Young lady on her pink cell phone. I follow her for three miles again until I get to Miramar Way. The entire time the cell phone's up to her ear.

OFFICER SANCHEZ: We get there. She looks left, she makes eye contact with me and the cell phone becomes dislodged from her face. She pauses for about 2 seconds. Now, I'm thinking, what is she going to do with it? I'm assuming she's thinking, what am I going to do with it, right?

[Audio Description: Officer Sanchez pauses, then mimes the woman brushing her hair with her cell phone.]

OFFICER SANCHEZ: "She pauses for a second and she does this."

OFFICER SANCHEZ: Pretty freaking hilarious, right? Now, I'm cracking up in my patrol car 'cuz that's hilarious. I get behind her still laughing as I'm hitting my lights and we're starting to pull over. Now, we get over to the right shoulder and normally I get out of my car pretty quick. This time I actually took about 30 seconds to compose myself before I got out. I didn't want to walk up to her car and laugh in her face, right?

OFFICER SANCHEZ: So, I gathered myself. I walked up there and I said, ma'am, Officer Sanchez, California Highway Patrol. The reason I stopped you is for the cell phone. Now, I got to hand it to her. She was honest. She said, Officer Sanchez, you're right. I'm so sorry. My mother called. I hadn't heard from her in a couple days and I wanted to make sure she was okay.

OFFICER SANCHEZ: What was I thinking, right? No, I was thinking that I wanted her to know that I know that I saw her brushing her hair with her cell phone, right? 'Cuz she didn't say anything about that. So I paused for a second. I said, ma'am, I said, I'm curious, did you get a new application for your cell phone?

OFFICER SANCHEZ: She looked at me funny. She's like, no, what are you talking about? I'm like, you didn't get a new app that works as a hairbrush? She's like, oh my God, you saw me, right? I said, yeah, I saw you. She starts laughing and I started laughing — and then I wrote her a ticket."

[Audio Description: A series of brief vignettes shows different drivers describing the consequences of distracted driving. The Distraction Zone narrator character appears. Tone shifts from comic to serious.]

NARRATOR: Just as there are many ways to become distracted, there are also many possibilities for how those distractions can impact you.

DRIVER 1: I got a ticket.

NARRATOR: Depending on the severity of the distraction, the results...

DRIVER 2: I got a suspended license.

NARRATOR: Well, you should be aware that the consequences of distracted driving can be severe.

DRIVER 3: I totaled my car, by driving into my kitchen.

NARRATOR: And sometimes the consequences are incredibly painful.

DRIVER 4: I was looking at my phone and I hit a little girl and her mom.

NARRATOR: And he'll have a long time to think about it, too, in prison.

DISTRACTION ZONE CHARACTER (in backseat): The black and white dude makes some good points.

DISTRACTION ZONE CHARACTER (Driver): It won't take a huge effort to just stop doing everything else while I'm driving. I mean the thought of doing something...

[Audio Description: The Distraction Zone Narrator's face appears on the faces of the car passengers. The driver screams and nearly crashes.]

NARRATOR: Yes, distractions can affect you in a big way and you need to limit your distractions whenever you can. As you can see, driving distraction-free is incredibly important because you just came to a stop on a busy street.

[Audio Description: Driver screams more.]

[Audio Description: A series of dramatized scenarios shows drivers and passengers demonstrating each safe driving tip.]

NARRATOR: What can we do to fight distraction? It's up to each of us to take action against distraction and it begins with you.

[PSA: Audio Description: Music plays. A group of people preparing to drive are shown, all looking at their phones.]

VIDEO VOICE-OVER: Getting ready to hit the road — places to go, people to see, business to conduct. I see you all have your phones. Do yourself a favor, do us all a favor, just drive.

[Audio Description: Music transition.]

[Audio Description: A series of dramatized scenes show each safe driving tip. A worker finishes a call before driving. A passenger speaks up. A driver reduces the cell phone ringtone before pulling away.]

DRIVER (on phone): Hey, I'm just leaving. We can talk about this when I get to the job site. Okay? See you later. Bye.

[Audio Description: A man silences the ringer on his phone.]

VIDEO VOICE-OVER: Calls can wait until you're not driving. Put your phone out of reach to avoid temptation. And texting? Don't even think about it.

VIDEO VOICE-OVER: Program directions before starting your trip. Familiarize yourself with the route and secure your phone.

GPS (audio): Head east and continue on to Villa Norte.

PASSENGER (entering car): Okay, sorry about that. Let's go.

PASSENGER: Whoa, finish your call first. I want to get there, but I want to get there in one piece.

DRIVER (to passenger): Sorry, I wasn't thinking.

DRIVER (on phone): Um. I gotta go, I'll call you later.

VIDEO VOICE-OVER: Don't be afraid to speak up. Be assertive. Protect yourself.

[Audio Description: A driver asks a passenger to make a call. A passenger is shown calling on the driver's behalf.]

DRIVER: We are going to be so late. Will you call Mom?

PASSENGER: Sure, you just drive.

VIDEO VOICE-OVER: Let a passenger make important calls or texts.

PASSENGER (on phone): Hey, Mom, we're on our way.

VIDEO VOICE-OVER: And model safe driving for passengers.

[Audio Description: A phone rings. A person answers and hears road noise, recognizing the caller is driving.]

VIDEO VOICE-OVER: If someone is calling you while they are driving...

PERSON RECEIVING CALL: I can barely hear you, are you driving? End the call. Just focus on the road and call me later.

VIDEO VOICE-OVER: And don't call or text anyone if you know they are driving.

[Audio Description: An auto-reply message is shown on a phone screen.]

VIDEO VOICE-OVER: Download an app that automatically responds to incoming calls and texts to let people know that you are focused on your driving. You can make the road safer for everyone. Take action against distraction.

[Audio Description: Music plays briefly.]

VIDEO VOICE-OVER: Just drive.

[Audio Description: ON-SCREEN TEXT: "SHARE WHAT YOU LEARNED TODAY", "SPREAD THE MESSAGE EVERYWHERE YOU VISIT", "MAKE CHANGES IN YOUR COMMUNITY", "SUPPORT WORKPLACE CELL PHONE POLICY", "SUPPORT CELL PHONE LAWS", "SUPPORT CAMPAIGNS TO END DISTRACTED DRIVING".]

NARRATOR: You can also help spread the word. Tell family and friends about what you have learned today and how they can avoid distracted driving. Spread the message at places you visit, like work, school, the gym, everywhere.

NARRATOR: Finally, help make changes in your community. You can encourage development or enhancement of cell phone policies in the workplace and support cell phone laws intended to make us all safer and initiate or support campaigns to end distracted driving.

[Audio Description: The Distraction Zone Characters speak in a reflective, personal tone.]

NARRATOR: What other things can we do to prevent future tragedies?

DISTRACTION ZONE CHARACTER 1: Begin by making a list of the people in your life who love you and need you. They could be your spouse, your child, your parents, and even your pets.

DISTRACTION ZONE CHARACTER 2: Next, with your loved ones in mind, commit to one simple first step that you can take to reduce distracted driving. This can be a personal action or something that can help others.

DISTRACTION ZONE CHARACTER 3: It could be something easy, like putting my phone in the glove box or ending calls from people when I know they're driving or allowing passengers to manage my phone.

DISTRACTION ZONE CHARACTER 4: Think about the effects of distracted driving every time you start the car.

[Audio Description: A dramatic sound of metal crunching is heard as a slow-motion video of two cars crashing is shown.]

[Audio Description: On-screen text displays each key point as a list while the Distraction Zone characters read aloud.]

NARRATOR: In the United States, it's estimated that every 30 seconds there is a crash involving drivers using cell phones. We don't want you to become part of the statistic. Now, let's review some important points.

- **DISTRACTION ZONE CHARACTER 1:** Talking hands-free is no safer than handheld. Both increase crash risk up to four times compared to driving without distraction.
- **DISTRACTION ZONE CHARACTER 2:** Crash risk for texting is at least double that of talking.
- **DISTRACTION ZONE CHARACTER 3:** Cell phone distracted drivers take longer to react and are more likely to crash than drivers with a .08 BAC — the legal limit for alcohol intoxication for those age 21 and older.
- **DISTRACTION ZONE CHARACTER 4:** It is legal to talk while stopped in a designated parking area, even with the motor running.
- **DISTRACTION ZONE CHARACTER 2:** It is only legal to use a handheld phone on the freeway in an emergency.
- **DISTRACTION ZONE CHARACTER 3:** Voice-to-text is more distracting than typing text by hand.

[Audio Description: An on-screen graphic displays a quote attributed to Tommy Lasorda alongside an image or illustration.]

NARRATOR: We are not the only ones thinking about safety. Here’s an appropriate quote from the World of Sports from legendary Dodgers manager, Tommy Lasorda: “Baseball is like driving. It’s the one who gets home safely that counts.” And what better way to describe why we all need to drive distraction-free...

DISTRACTION ZONE CHARACTERS: ...to get home safely.

[Audio Description: The Distraction Zone closing sequence plays. The comedic character attempts one last distraction game. The passengers shut it down. The car drives out of the Distraction Zone as upbeat music plays.]

NARRATOR: Who wants to play a game?

PASSENGER 1: Not me.

NARRATOR: Let’s play Moo with the Cows.

PASSENGER 2 We’re in a city, dude.

NARRATOR: Well, let’s play moo with the other cars. Moo!

PASSENGER 3: Hey, cool it, man. We’re not playing your distraction games anymore.

NARRATOR: Good news — my work here is done. We’re driving out of The Distraction Zone.

[Audio Description: Closing music plays as the course ends. [A tense, eerie melody with sharp repeating notes and dramatic bursts of sound, creating a feeling of mystery, suspense, and entering an unfamiliar or surreal world.]]

[Audio Description: A closing title card reads “The Distraction Zone” in a stylized font over a black-and-gray spiral background.]

[Audio Description: A credits card reads “Brought to you by” alongside the TREDs logo and the text “Transportation Research and Education for Driving Safety,” over the spiral background.]

[Audio Description: A card displays the title “The Distraction Zone” above the text: “All driving shots were filmed in a studio using a green screen. No actual distracted driving took place. No animals were harmed in the making of this film.”]

[Audio Description: The same card is shown with an added line: “Jasper was a very good boy.”]

[Audio Description: A closing screen reads “Thank you for taking a journey through The Distraction Zone! Please complete this short post-survey.” A QR code is shown, alongside illustrated characters from the course, including the suited narrator and two riders in a retro car.]