

# The Distraction Zone — Full Course

UC San Diego TREDs | Accessible Transcript

<https://youtu.be/V0pIMSjnXdU>

## About This Document

This document is an accessible transcript for the full Distraction Zone course video. It covers all course content including: the introduction and distraction overview, scope of the problem and statistics, nomophobia, types of distraction, multitasking myth, tunnel vision, inattention blindness, distraction hangover, road users and emergency workers, shared situational awareness, hands-free vs. handheld, reaction times, texting dangers, road rage, technology and gig workers, California law, and consequences of distracted driving. Audio descriptions are provided for all visual-only content. This transcript meets UC San Diego digital accessibility standards (WCAG 2.1 AA).

## Transcript

### Introduction

[0:00]

*[Audio Description: Upbeat music plays. Two people are shown in a car interior — a driver texting and a concerned passenger. The video establishes the opening scenario.]*

**PASSENGER:** Who are you texting?

**DRIVER:** Amanda. I want to get feedback from that meeting.

**PASSENGER:** Feedback? Question mark. Send. And you're texting her right now?

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

**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?

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

**PASSENGER:** What do you do? Why are we frozen?

**DRIVER:** I don't know. I saw you freeze and I just froze. I just suddenly saw that guy and didn't know what to do.

*[Audio Description: Scene transitions to a stylized dark dramatic setting. 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.

**NARRATOR:** This program will show you the many dangers of driving while distracted. What do you think are the biggest distractions while driving?

*[Audio Description: A montage of distracted driving scenarios illustrates each distraction: phone, passengers, pets, food, grooming, and GPS.]*

**NARRATOR:** Some examples are: your phone, passengers, food, driving pets, grooming, and GPS navigation.

## Scope of the Problem

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

*[News clip begins — Texas church bus crash]*

*[Audio Description: Dashcam footage shows a pickup truck swerving on a rural Texas highway before crashing into a church bus.]*

**NEWS ANCHOR:** Tonight, disturbing new cell phone video showing a pickup truck swerving on a rural Texas highway. Somebody needs to stop him. Just minutes before authorities say it crashed head-on into a church bus, killing 13 people on board.

**WITNESS JODY KUTLER:** 'I said, Son, do you realize what you just did? And he said, I'm sorry. I was texting.'

*[News clip ends]*

**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.

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

**NARRATOR:** Carly Cecil was driving along I-5 heading north when she decided 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.

*[Audio Description: An illustrated timeline of mobile phone history is shown as the narrator speaks. Comic cutaway scenes accompany each milestone.]*

**NARRATOR:** We all love our cell phones and we can't put them down, even while driving. The first cell phone was invented in 1973 and wasn't widely released until 1983 — it cost about \$4,000, like \$12,000 today. In 1992, the first text message was sent from a computer to a cell phone. In 2002, the first camera phone came out but the resolution was terrible. In 2007, the first iPhone didn't have apps, and the App Store didn't open until 2008. And now we live in a 5G world where a new phone

can process information 25 to 100 times faster than just a few phones ago.

*[Audio Description: On-screen statistics appear as text graphics.]*

**NARRATOR:** In the year 2000, less than 40% of the population had a cell phone. By 2023, there were more cell phone subscriptions than people in the United States.

*[Audio Description: The comedic actor appears in a series of short scenes showing exaggerated phone withdrawal symptoms — no signal in a forest, waiting for an email, and watching a dying battery.]*

**NARRATOR:** Research shows that we are very attached to our phones and can't seem to put them down. So one might have to ask: do you have nomophobia? Nomophobia is defined as fear or anxiety caused by being without your mobile phone. Let's find out if you have nomophobia.

## Nomophobia Transition

**NARRATOR:** If you checked any of those boxes, you might just have nomophobia. Let's take another quiz.

## Types of Distraction

*[Audio Description: Comic sketch: A man dramatically reunites with his phone. Statistics appear as text graphics.]*

**NARRATOR:** How far would you go for your phone? 38% of drivers said they have talked on a handheld phone while driving. Distracted driving crashes cause thousands of deaths and hundreds of thousands of injuries every year.

*[Audio Description: Scene: A group in a car at a drive-through sorts a fast food order while the driver begins to pull away.]*

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

**DRIVER:** Yeah. Let's stop and eat.

*[Audio Description: Scene: A driver talking on a phone nearly causes a collision. Sound effect plays.]*

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

**DRIVER:** Oh, crap!

*[Audio Description: On-screen graphics label each distraction type as the narrator speaks. The comic character reacts to shiny objects for each.]*

**NARRATOR:** There are three types of distraction: Visual — anything that takes your eyes off the road. Manual — anything that takes your hands off the wheel. And cognitive — anything that takes your mind off the task of driving. Texting is particularly dangerous because it involves all three.

*[Audio Description: Animation shows the brain rapidly switching between two tasks.]*

**NARRATOR:** Cognitive distraction is the most critical type. You might hear people refer to their ability to multitask — but multitasking is a myth. Instead of performing multiple tasks simultaneously,

the brain switches quickly back and forth. 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.

*[Audio Description: Three illustrated risk-level scenarios are shown with comic sketches for each.]*

**NARRATOR:** Risk levels: A thinking task — talking on the phone — combined with a non-thinking task — petting a dog — usually not very risky. Combined with another thinking task in a stationary environment — sitting and reading — not very risky. Combined with another thinking task in a dynamic environment — driving — very risky.

*[Audio Description: Interactive exercise: Letters and numbers appear on screen as the narrator leads a multitasking challenge.]*

**NARRATOR:** Let's illustrate how multitasking results in cognitive distraction. Follow along — alternate letters and numbers. Now let's multitask. A1, B2, C3...

**NARRATOR (struggling):** A... 1... B2... C3... 4... D4... E... uh... 5... It's not as easy as it seems.

*[PSA clip begins — California Highway Patrol]*

*[Audio Description: A public service announcement from the California Highway Patrol shows dashcam footage of distracted drivers causing near-misses and collisions.]*

**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.

*[PSA clip ends]*

*[Audio Description: Scene: A driver named Tom talks hands-free on his phone. A car cuts into his lane. A replay shows what Tom missed due to tunnel vision.]*

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

## Tunnel Vision

*[Audio Description: Two comparison images show field of vision: full width for an undistracted driver versus a dramatically narrowed view for a driver on a cell phone. Five ducks are visible in the top image but missing in the bottom.]*

**NARRATOR:** Their field of vision is reduced and they may miss up to 50% of their surroundings. They look, but do not see. 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. Tunnel vision can cause you to miss things — like five ducks.

*[Audio Description: Comic sketch: The actor is about to be pushed into a pool but is unaware. A driver misses a highway exit while distracted.]*

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

**ACTOR:** One time I was going to get pushed in the pool — just as they were gathering behind me. They know I'm defensive — like a squirrel. Oh dang — I just missed the exit. What?!

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

## Inattention Blindness

**NARRATOR:** If you checked any of those answers, you may have experienced inattention blindness — similar to tunnel vision. When you use your cell phone while driving, you may look — but not see.

*[Audio Description: Scene: Driver Julie finishes a phone call but remains mentally distracted, missing her highway exit.]*

**JULIE:** Okay, talk to you later. Bye. Man, I could totally picture her in attack mode — that's probably how she got the reputation of a cornered squirrel. Oh man — I'm not even on the phone and I still missed my exit.

**NARRATOR:** Julie just experienced distraction hangover — she remains distracted even after the call ends.

## Distraction Hangover and Road Users

*[Audio Description: A timer graphic shows 27 seconds counting down. On-screen text reinforces the statistic.]*

**NARRATOR:** Your distraction hangover can last up to 27 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. If you are not giving driving 100% of your attention, what might you miss?

*[Audio Description: Visuals show each type of road user: a bicyclist, skateboarder, motorcyclist, and pedestrian sharing the road near vehicles.]*

**NARRATOR:** In addition to other vehicles, you might miss roadway users such as bicyclists, skateboarders, motorcycles, and pedestrians. You might also miss road workers. Construction zones can be challenging to navigate — made even harder when your attention isn't fully focused on road conditions and the people working close by. Emergency workers along the side of the road are also at growing risk from distracted drivers.

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

*[Audio Description: News footage shows Trooper Mithul Patel pushing a man to safety before being struck by a distracted driver on the side of a highway. On-screen text identifies him 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.

**NEWS ANCHOR:** New research from the National Safety Council found 71% of drivers admitted to taking photos and texting while driving by emergency workers — nearly triple the 24% under normal conditions. 60% admitted to posting to social media. Two-thirds have emailed about what they're driving by.

**SAFETY OFFICIAL:** 'What surprised us most about this study was the magnitude of people exercising very dangerous behavior — 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.

## Shared Situational Awareness

*[Audio Description: The narrator responds to a prior quiz question. On-screen text displays 'No.']*

**NARRATOR:** The answer is no. With passengers in the car, traffic and obstacles become a topic of conversation due to shared situational awareness. 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.

**DRIVER (startled):** 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. A passenger offers an additional set of eyes as well.

## Hands-Free vs. Handheld

*[Audio Description: On-screen graphics show the brain remaining distracted regardless of phone-holding method.]*

**NARRATOR:** The answer is no. 80% of drivers falsely believe that hands-free devices are safer than handheld ones. Whether hands-free or handheld, the brain still remains distracted by the conversation. The risk of getting into a crash when using these devices is four times greater than not talking on the phone while driving.

*[Audio Description: A montage of real or staged photos shows drivers using phones in unsafe ways while behind the wheel.]*

**NARRATOR:** Here are some creative ways people have used their phone while driving. Do these look safe? Next, we'll explore reaction times.

## Reaction Times and Texting

*[Audio Description: Side-by-side graphics compare reaction time of a distracted driver versus a driver at 0.08 BAC.]*

**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 drivers 21 and over. However, drivers talking on a cell phone can eliminate their risk after just 27 seconds by ending the call, while drivers at a 0.08 BAC will remain at risk for as long as it takes them to sober up.

*[Audio Description: On-screen risk statistics appear as text graphics.]*

**NARRATOR:** 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. 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.

**NARRATOR (demonstrating):** I'm picking up Hunan beef for dinner.

*[Audio Description: Interactive texting challenge: Instructions appear on screen. A horn sounds twice — 4.6 seconds apart.]*

**NARRATOR:** To illustrate the risk of texting while driving, we have a challenge for you. Pick up your phone — when you hear the horn, pull up a contact and type 'Be there in 10' — but don't actually send it. Ready?

*[Audio Description: First horn sounds. Second horn sounds after 4.6 seconds.]*

**NARRATOR:** Were you able to finish the text before the second horn? The second horn sounded after 4.6 seconds — the average time it takes to type and send a text. At 55 mph, this is the equivalent of driving blind the length of a football field including the end zones — 120 yards. At 70 mph, you've traveled one and a half football fields driving blind.

*[Audio Description: Comic sketch: An angry driver yells at another driver after a near-miss. Tone shifts to serious as road rage consequences are discussed.]*

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

**ANGRY DRIVER:** What's wrong with you?! You could have killed me! You jackalo — get off the road, you spackle maracker!

**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 lose their license, be arrested, 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. Courtroom footage and highway b-roll are shown. On-screen text identifies the defendant as Marcus Eriz.]*

**NEWS ANCHOR:** The guilty verdict brings to a close a case that took a six-year-old boy's life. On May 21, 2021, Aiden's mom was driving him to kindergarten when she says a woman in a white VW cut her off. McLain left the HOV lane and gave the middle finger to the male passenger out of anger — something she would come to regret beyond comprehension. Marcus Eriz fired a single bullet. It ripped through the trunk and pierced Aiden's lungs, liver, and heart. The jury took 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 road rage — and I know you have never done any of these things.

---

## Road Rage

*[Audio Description: Footage shows aggressive driving behaviors. COVID-19 imagery is referenced.]*

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

*[Audio Description: On-screen tip cards appear as the narrator reads each recommendation.]*

**NARRATOR:** How might you avoid road rage or an aggressive driver? Stay alert. Drive responsibly and be aware of dangerous behaviors. Follow traffic laws — including not texting while driving. Don't engage with aggressive motorists. Don't respond with negative behavior that could escalate the situation. Call 911 to report unsafe or dangerous drivers.

**NARRATOR:** What about technology?

## Technology

*[Audio Description: Modern vehicle dashboards with touch screens, GPS, and blind spot monitoring are shown.]*

**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: Footage shows rideshare and delivery drivers checking apps while driving.]*

**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.

**ACTOR (aside):** Like me — I'm on an acting gig right now.

**NARRATOR:** Gig drivers are a relatively new thing. They make our lives easier by delivering packages, on-demand food, or getting us to the airport. But these workers are constantly on their phones and rely heavily on apps while driving — resulting in more distracted drivers on the road. 40% of gig workers reported that apps were a constant distraction while driving.

**RESEARCHER:** '65% of our survey participants reported engaging in at least one secondary task — including fiddling with navigation apps, eating, and even playing games on your smartphone while driving.'

*[Audio Description: A smart watch is shown on screen. A driver is shown glancing at their wrist while driving.]*

**NARRATOR:** And now smart watches have been added to the mix. Smart watches require the use of two hands — one to wear the watch and the other to operate it. Drivers checking messages on smart watches 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 call while driving. A mysterious voice challenges his safety. It is revealed to be the fictional motorcycle character from the introduction, riding alongside without a helmet.]*

**ACTOR:** I got a phone call. Hello? Are you driving distracted? Nope — no distractions here.

**MOTORCYCLE CHARACTER:** No helmet. You're sideways on a motorcycle. You're not safe. I'm also fictional — from another time, another dimension, another sound stage. What's your excuse?

## The Law

*[Audio Description: Quiz answers and California law graphics are shown for each question.]*

**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.

**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.

**NARRATOR:** False. For drivers under 18, other than emergency calls to 911, absolutely no phone use is allowed. Not even calls from your talent agent.

**NARRATOR:** True. If you are cited for distracted driving more than once within three years, you get a point on your record — and that's a great way to hike up your car insurance rates.

*[Audio Description: A diagram of a car interior shows three legal phone mounting locations highlighted, with airbag zones marked as prohibited.]*

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

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

## The Consequences

**NARRATOR:** But now, let's look at the consequences of distracted driving. What do you call a cell phone driver who caused a fatality? A criminal. Injuries and deaths resulting from cell phone use while driving can have serious consequences.

*[News clip begins — New Jersey texting case]*

*[Audio Description: A news broadcast covers the trial of Alexandra Mansonet. Surveillance footage shows the crash. Courtroom footage identifies Yan Wang as the victim.]*

**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. Surveillance video shows the moment before Alexandra Mansonet's black Mercedes plowed into the back of a red Toyota Corolla, propelling it into 39-year-old Yan Wang, who was in the crosswalk.

**NEWS ANCHOR:** During Mansonet's three-week trial, prosecutors claimed she was texting about dinner plans: 'Cuban, American, or Mexican — pick one.' Mansonet had only managed to type 'me' when the crash occurred. Last Friday, Mansonet was found guilty of vehicular homicide.

*[News clip ends]*

*[Audio Description: Survivor Leslie Henson speaks directly to camera.]*

**LESLIE HENSON (survivor):** 'My name is Leslie Henson. On March 4th, my husband David and I were walking along Dixie Drive when a distracted driver ran into a car which pushed that car into us.'

My husband David was killed on impact. Nine people a day are killed by distracted drivers. We get in our car and we turn off our cell phones — and it could save a life.'

*[News clip begins — Florida 30-year sentence]*

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

**NEWS ANCHOR:** 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. Prosecutors say Andreus was going 86 miles per hour while surfing the web, downloading apps, and even paying bills on his smartphone. The impact killed 9-year-old Logan. Andreus faces 30 years in prison and must pay over \$100,000 in restitution.

*[News clip ends]*

*[Audio Description: Graphics show digital forensic data — phone records, GPS logs, and surveillance camera footage.]*

**NARRATOR:** If you are using a cell phone behind the wheel, you can't hide it — the truth will come out. Cellular forensic technology allows investigators to access text message content, call logs, browsing histories, GPS locations, and more. On average, people are photographed or recorded on video at least 60 to 70 times each day.

*[Audio Description: California Highway Patrol Officer Jake Sanchez speaks directly to camera. He mimes the woman brushing her hair with her cell phone at the key moment in the story.]*

**OFFICER JAKE SANCHEZ (CHP):** 'I thought I'd seen everything you can do with a cell phone in a car. I was wrong. Southbound 15 near Miramar — young lady on her pink cell phone. I follow her for three miles, cell phone up to her ear the entire time. She looks left, makes eye contact with me — and the cell phone becomes dislodged from her face. She pauses... and she does this.'

*[Audio Description: Officer Sanchez mimes the woman using her cell phone as a hairbrush.]*

**OFFICER SANCHEZ:** 'I got behind her, still laughing, hit my lights, took 30 seconds to compose myself. I asked her: Did you get a new app that works as a hairbrush? She started laughing. I started laughing. And then I wrote her a ticket.'

*[Audio Description: A series of brief vignettes show drivers describing consequences of distracted driving.]*

**DRIVER 1:** I got a ticket.

**DRIVER 2:** I got a suspended license.

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

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

**DRIVER 5:** And he'll have a long time to think about it — in prison.

**NARRATOR:** Distractions can affect you in a big way — and you need to limit your distractions whenever you can.

## Take Action Against Distraction

*[Audio Description: A series of dramatized scenarios show drivers and passengers demonstrating each 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.

*[Audio Description: Driver places phone face-down on back seat.]*

**NARRATOR:** Calls can wait until you're not driving. Put your phone out of reach to avoid temptation.

*[Audio Description: Driver sets phone aside.]*

**NARRATOR:** And texting? Don't even think about it.

*[Audio Description: Driver sets up GPS before pulling away.]*

**NARRATOR:** Program directions before starting your trip. Familiarize yourself with the route and secure your phone.

*[Audio Description: Passenger asks driver to finish their call first.]*

**NARRATOR:** Don't be afraid to speak up. Be assertive. Protect yourself.

*[Audio Description: Driver hands phone to passenger.]*

**NARRATOR:** Let a passenger make important calls or texts.

*[Audio Description: Driver keeps both hands on wheel while passenger navigates.]*

**NARRATOR:** Model safe driving for passengers.

*[Audio Description: Person hears road noise and tells the driver to hang up and call back.]*

**NARRATOR:** If someone is calling you while they are driving, end the call.

*[Audio Description: Person stops themselves from calling a friend who is driving.]*

**NARRATOR:** Don't call or text anyone if you know they are driving.

*[Audio Description: Auto-reply message shown on phone screen.]*

**NARRATOR:** Download an app that automatically responds to incoming calls and texts.

**NARRATOR:** You can make the road safer for everyone. Take action against distraction. Just drive.

**NARRATOR:** You can also help spread the word — tell family and friends about what you have learned. Spread the message at work, school, the gym, everywhere. Help make changes in your community. Encourage cell phone policies in the workplace, support cell phone laws, and initiate campaigns to end distracted driving.

**NARRATOR:** Begin by making a list of the people in your life who love you and need you — your spouse, your child, your parents, even your pets. Commit to one simple first step — like putting your phone in the glove box, ending calls from people when you know they're driving, or allowing passengers to manage your phone. Think about the effects of distracted driving every time you start the car.

## Course Summary — Key Points

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

- Talking hands-free is no safer than handheld — both increase crash risk up to four times compared to driving without distraction.
- Crash risk for texting is at least double that of talking on the phone.
- Cell phone distracted drivers take longer to react and are more likely to crash than drivers with a 0.08 BAC — the legal limit for those age 21 and older.
- It is legal to talk while stopped in a designated parking area, even with the motor running.
- It is only legal to use a handheld phone on the freeway in an emergency.
- Voice-to-text is more distracting than typing text by hand.

*[Audio Description: An on-screen graphic displays a quote attributed to Tommy Lasorda.]*

**NARRATOR:** 'Baseball is like driving — it's the one who gets home safely that counts.' — Tommy Lasorda, legendary Dodgers manager. And what better way to describe why we all need to drive distraction-free — to get home safely.

*[Audio Description: The Distraction Zone closing sequence plays. The comedic character appears one final time attempting to start a distraction game. The car drives out of the Distraction Zone as upbeat music and applause play.]*

**ACTOR:** Who wants to play a game?

**PASSENGERS:** Not me.

**ACTOR:** Let's play Moo with the cows!

**PASSENGERS:** We're not playing your distraction games anymore.

**DISTRACTION ZONE CHARACTER:** Good news — my work here is done. We're driving out of the Distraction Zone.

*[Audio Description: Closing music and applause as the course ends.]*

---

*End of The Distraction Zone Full Course*