



Snacks wisely at home.

But snaps senselessly on the road.



Put your willpower in drive. Ditch the driving distractions.

Willpower. We all have it.

It's what helps us make positive choices again and again, so we can reach our goals. In fact, throughout the extreme challenges of the past year or so, many of us have found ways to use that time as an opportunity to make changes in the parts of our lives that matter most. Focusing on our health and wellness, as well as the wellbeing of others, has become a priority. And now that we're all starting to get back out there, it's time to bring that same level of consideration and mindfulness behind the wheel, too.

After all, distracted driving is dangerous. Whether it's your smartphone, touchscreen, food, drink, or passengers in the back seat, there's always something trying to take our attention away from the road. But the better we get at ignoring those distractions, the safer the road becomes for everyone.

Whenever you get behind the wheel, don't forget to take your willpower with you.



Hands-free is the way to be. A new law now makes it illegal to hold your phone while driving in Virginia.

Put your willpower into drive.



Before you go

The best way to overcome temptations while driving is to plan ahead. That means taking care of as much as possible before you leave. This can help minimize distractions and set you up for better focus.

- Turn your phone off or put it in driving mode
- Set up the navigation to your destination and plan your commute
- Put your phone out of reach or in the glove compartment
- Properly fasten children in their safety seats
- Make sure pets and gear are safely secured
- Adjust seats, mirrors, sound systems and climate controls
- Finish dressing and other grooming, such as shaving or applying makeup



Behind the wheel

Now that you're in the driver's seat, it's time to focus. Make a commitment to yourself not to multi-task. Driving safely requires your full concentration. Lives are at stake, which is why you should:

- Know it's now illegal to hold your cell phone in your hand while driving in VA, MD or DC
- Pull over to a designated area or a safe place, if you must respond to a text or email
- Have a passenger manage tasks whenever possible
- Never take your eyes off the road or hands off the wheel
- Avoid eating and drinking whenever possible



& Especially when

While it's important to avoid distractions every time you drive, it's even more critical when external factors beyond your control come into play. Slow down and pay special attention when:

- Driving through a work zone
- The weather is less than ideal—when roads are slick, or visibility is affected
- Traffic is particularly heavy or fast moving

Learn more about making the road a safer place, thanks to resources by our partners and supporters:

- Work zone injuries and fatalities increased throughout Virginia in 2020, which is why it's even more critical to [pay attention to the road](#) when equipment and workers are present. [courtesy of DRIVE SMART Virginia]
- Becoming the best, safest version of yourself behind-the-wheel takes [learning and practice](#). Driver education is a journey that keeps on giving. [courtesy of AAA]

Partners in inspiring safe driving:



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