Informative Speech

1. Introduction
	1. Ever since the invention of the wheel, more and more roll-able objects have sprung up over the course of history. It wasn’t until cars were invented that people had to duck out of the way for their lives.
	2. **According to the United States Department of Transportation,** texting takes a person’s attention away for 4.5 seconds, which is the equivalent of driving the distance of a football field. Driving a four thousand pound car is already dangerous enough, and mixing in a little cellular device makes for a dangerous cocktail.
	3. The goal of my speech is to provide you all with information about distracted driving through discussing overall accident statistics, what exactly distracted driving is, and easy alternatives to avoid accidents.

Transition: First, let me define “distracted driving.”

1. Definition of distracted driving
	1. **According to the United States Department of Transportation**, distracted driving is “any activity that could divert a person's attention away from the primary task of driving.”
	2. **From “The Journal of the Human Factors and Ergonomics Society,”** distracted driving is defined as the “leading cause of motor vehicle crashes.”
	3. Types of distracted driving
		1. **As listed on Distraction.gov,** the types of distracted driving are:
			1. texting and taking calls on a cell phone
			2. eating or drinking
			3. talking to others in the car
			4. grooming oneself, like using makeup or combing one’s hair.
			5. reading
			6. using a GPS
			7. or…wait for it…watching a movie..

Transition: Now, I’d like to throw a few numbers at you.

1. Accident Statistics
	1. **According to the “Cellphone and Texting Accident Statistics**,” Around 6,000 deaths occur each year from distracted driving.
	2. **While, from the same source,** about half a million injuries occur each year from distracted driving.
	3. A few percentages of distractions (**all from the “Cellphone and Texting Accident Statistics”)**
		1. 37% of people admit to texting and driving.
		2. 13% of people have SURFED THE WEB while driving. I know, shocking.
		3. 86% of have admitted to eating while driving.
		4. There is an obvious convenience to multitasking, but doing it while driving a death machine has proven to cause accidents and injuries. A large percentage of people even acknowledge the dangers of distracted driving.
	4. I chose this topic because my sister became one of these statistics.
		1. A guy who was trying to dial someone on his phone veered into the lane my sister was in and hit her head on… God rest her soul (no, she’s actually alive) but she only had a few broken bones luckily.

Transition: Lastly, let me talk about some prevention methods for distracted driving.

1. Alternatives
	1. **According to the United States Department of Transportation**, education is the best means to prevent distracted driving. However, despite knowing the dangers, there are still thousands of people who enjoy the convenience of multitasking while driving.
		1. **As addressed in the *Phenomonology and the Cognitive Sciences***, Education needs to be stricter if today’s youth are going to take it seriously.
		2. My own mother, to ensure I never use my cell phone while driving, showed me graphic images of accidents that occurred from distracted driving. (To no avail, however; I’m a stickler for Words With Friends)
	2. Another simple way to avoid being distracted while driving is managing time better. This is obviously easier said than done, but waking up earlier to eat could prevent an accident later on while trying to eat in the car.
	3. Simply understanding that the person on the other end of the phone can wait could prevent a distracted driver’s accident.
	4. At the end of the day, no matter what numbers are thrown at a person, they will still insist on using a cellphone while driving.
		1. **And although the United States Department of Transportation** states that using headsets versus handheld cellphones doesn’t substantially make a driver safer, nor does it decrease their distraction by that much, it is a much safer alternative.

Transition: In conclusion…

1. Distracted driving is a deadly sport.
	1. Driving while distracted is one of the leading causes of vehicular deaths, and happens to be one of the easiest to avoid. Knowing these statistics and understanding what exactly distracts you, while obtaining a few preventative measures on the side, might save your life or the lives of others some day.
	2. To reiterate the first statement I made from **The US Department of Transportation**, the time it takes someone to deal with a text is comparable to driving the length of a football field…blind.
	3. Hopefully with this newfound information, you will all return home safely knowing the dangers of distracted driving.

Works Cited

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