



TIPS FOR TEENS AND NEW DRIVERS:

Don't be tempted: turn off your cell phone. Let voicemail capture your voice and text messages.

If you have to call or text while driving, pull off the road safely and stop.

Recognize that text messaging can be a habit. Get support from your friends by letting them know you are working on breaking the texting habit.

If you think you will still be tempted to text and drive, put your phone somewhere you can't reach it, like the trunk.

Take control of your cell phone, don't let it control you. You are the only one who decides when and if you send and read a text message.

Remember that it is illegal in North Dakota for anyone under 18 to use a handheld electronic device while driving, including cell phones.

TIPS FOR PARENTS:

Don't call/text your teen at times when you know they are likely to be driving.

Review your teen's cell phone bill with them to see if they are texting at times they are likely to be driving.

Share this information with your teen.

Know the North Dakota law and let your teens know... It is illegal for anyone in North Dakota to text and drive. A ticket will cost you at least \$100.

Establish family rules that prohibit texting while driving.

Set a good example, don't text and drive.



The case for keeping eyes forward...

Texting while driving makes me 23 times more likely to crash.

I HEREBY PLEDGE NOT TO TEXT AND DRIVE and to keep my eyes forward for the safety of everyone in the vehicle and everyone outside of my vehicle.

Signed by: _____ Date: _____



Print and sign this pledge form! Then take to any Stop N Go Store or Cellular Communications Store in the FM area to receive an official :FWD lanyard or Window Cling to help you remember NOT to text and drive.

Pledge cards can also be taken to The Forum Building's main lobby, Essentia Hospital's main lobby, and the Fargo Police Department's main lobby.