

In today's society, we don't see red lights. We only see green lights, we just keep going. We keep going into this awful habit of texting and driving. We get so lost in these devices. These devices have no meaning to our life, so why are we letting them define us? Why do we let them get in the way of our lives? These devices kill people, innocent people. We get so sucked into the drama of social media, when all of it is meaningless to our lives. We should be paying attention to where we are going, as a society, as an individual, and as a driver.

We say we should be doing this and we say we should be doing that, so why aren't we? Well, I'm not a psychologist, so I can't answer that, but here are some proven facts. At least nine people are killed in distracted driving crashes every day, EVERY day. How nuts is that? The reason all of this happens is because using a cell phone while driving, distracts you in more ways than one. First, it takes your eyes off the road. How in the world are you going to see where you're going if you're not even looking? Second, it takes your hand off of the steering wheel. If you hit a rock or a stick you could easily go off the road. Third, it takes your focus off of the road. You may think you're focused on the road because you look up every two seconds, but in reality if you're looking

at your phone, that's the most interesting thing in your life at that moment. Think about it, when you're hanging out with a friend and you're on your phone and they start talking to you, did you hear what they just said? You probably heard it, but you didn't process what they said. If you can't process what someone is saying when you're on your phone, how could you process what's going on in front of you while you're driving and you're on your phone?

Also, I hate to break it to you, but when you're texting and driving, you are putting your phone ahead of YOURSELF. Not only are you putting yourself at risk, but you're putting others at risk. Can you imagine if you were texting and driving and you hit an innocent family coming home from dinner at their favorite restaurant? They were all in such a happy mood and all of a sudden their lives are just gone, but you managed to stay alive. Everyone in their lives are changed. Everyone in your life is changed. You just killed someone because you texted your friend about how excited you were to see them? Was that really so important? More important than that families life? Imagine if you died because of this? What if that last text was of no importance to anyone, not even to you. Your friends and family would be changed forever. You

are important to so many people, even if they don't show it, or you don't know it. People love and care about you, just like you love and care about people. Can you imagine killing yourself on accident because of a text? This topic brings up so many questions that we just don't have answers too. Put your phone down and look at what's in front of you.