

Maggy Aube
November 14, 2018
Ms. Stein
Arrive Alive Essay

If you have ever seen your mother cry, you know that it hurts your heart in a way that can't heal. If you have ever seen your father cry, you know that watching him be broken down will forever be engraved in your mind. If you have ever seen your best friend cry, you know that you feel that pain within yourself. When people that you love are hurting, so do you. It's the same the other way around.

When you get into a vehicle, whether you are the driver or not, you have a choice. You have a choice to safely and responsibly drive to your destination, phone out of sight, eyes on the road. The other choice? Put your life at risk, along with your mother's, father's, and best friend's pain. If you cannot imagine a life without one of them, they cannot imagine a life without you. Don't make that a reality. Driving is a privilege. Do not take advantage and get too comfortable with such a big responsibility.

There are a number of ways you can prevent distracted driving. A vivid story of a car crash might scare you into driving safely, but in the unfortunate events that you are stuck in a bad situation, here are a few tips if you want to arrive home alive:

Phone use will always be a huge distraction when driving. "According to the National Safety Council, cell phone use while driving leads to 1.6 million crashes annually" (100 Distracted). If you are tempted to check your phone, start off every drive by putting it away in a place you cannot reach. If you get a phone call, simply pull to the nearest parking lot or to the side of the road to answer. Many people don't consider a phone call as distracted driving, but it

distracts you from the road and makes you unable to have both hands on the wheel. If you are a passenger and the driver gets a text or call and they seem urgent to answer, offer to answer for them. This will keep both you and the driver safe.

If you are in any way tired, driving is not a smart idea. “The National Highway Traffic Safety Administration estimates that drowsy driving was responsible for 72,000 crashes, 44,000 injuries, and 800 deaths in 2013” (CDC). To prevent this, if you feel tired or drowsy, find another ride home. You may think it’s bothersome to ask someone to drive you home or come pick you up, but I can promise you that they would much rather come get you than receive a phone call an hour later that you have driven off the road. Another way to prevent driving if you are tired is to use transportation companies like Uber or Lyft. They are cheap and will get you home alive. If you are a passenger, and you see that the driver is not fully ready to be behind the wheel, be a friend and offer to finish the drive.

Drinking and driving is probably the most serious factors of distracted driving. At this point, it’s not even just distracting—it’s destructing. “Every day, almost 29 people in the United States die in alcohol-impaired vehicle crashes—that’s one person every 50 minutes in 2016” (Drunk Driving). This being said, it is crucial to never operate a vehicle under the influence. It does not matter if you believe you have sobered up or if someone is trying to convince you they are sober enough to drive. Do not drive a car if you have been drinking and do not get into a car with anyone else who has been drinking. It is not worth it. Similar to as if you were tired, asking someone for a ride home is the best option to avoid drunk driving. Not only will they be happy you won’t be driving under the influence, but they will also be happy you aren’t going to break the law. Give a friend, or even a parent a call, and ask them to bring you

home. They will be more than ready to come get you. Transportation services are also very helpful in these situations. Whatever it takes, find a way to arrive home alive.

One very important prevention of drinking and driving is to be a friend. Be the friend that people know they can call when in a bad situation. Be the friend that doesn't text or call someone if you know they are on the road. Be the friend that makes sure everyone gets home safe. With this, you can know you are doing what you can to keep the people you love safe. Spread the word about safe driving. Arrive alive.

Works Cited

“CDC Features.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 7 Nov. 2018, www.cdc.gov/features/dsdrowsydriving/index.html.

“Drunk Driving.” NHTSA, NHTSA, 30 Oct. 2018, www.nhtsa.gov/risky-driving/drunk-driving.

“100 Distracted Driving Facts & Statistics for 2018.” TeenSafe, 5 July 2018, www.teensafe.com/distracted-driving/100-distracted-driving-facts-and-statistics-2018/.