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Consequences

Buzz! The vibration of the phone in your pocket grabs your attention. *Buzz!* Ignore it. *Buzz!* Your phone starts to pull your attention. What if it's important? A quick glance can't hurt. Reaching for your pocket shifts your gaze from the dimly lit road to the phone and back. One hand on the wheel. Mom wants you to get some flour from the store. You go to respond, completely ignoring the world around you. The only sound that pulls you back is the deafening sound of a car horn. Your head whips up. It's too late. You are blinded by the lights, then everything goes black..

Waking up in a hospital is never a good thing, but in this situation it is one of the better outcomes for you. As you wake your head is thumping. Stitches, bruises, cuts, and scrapes cover your body. Breathing is a struggle. When your doctor explains the situation you start to feel sick. Terms like "head on collision," "two dead," and "lucky to be alive" shock you into panic. What did you do? Why did you check your phone?

A simple action like checking your phone may not seem too consequential or harmful, but the repercussions from shifting focus for a couple seconds are devastating. Pedestrians can cross a road, an animal can appear from the woods, or the driver could leave their lane. These are just a handful of the events that can take place on the road. By the time you have finished looking at your phone, it could be too late. The damage is done. Lives are lost.

One of the more severe consequences to a crash is death. The death of you, a loved one, or a stranger. A stranger who has a life, friends, and a family. In a fraction of a second, gone. But it doesn't have to turn out this way. You don't have to check that notification. It will still

be there when you get to the destination. Until then, keep your eyes on the road and drive with others in mind.