

8 risks of texting and driving.



U driving? No txtng. When you're behind the wheel, glancing at a text from your friend or sending off a quick reply can seem harmless. But taking your eyes away from the road — even for an instant — can be deadly. Need additional convincing to keep your phone down and your hands on the wheel? See the eight top risks of texting and driving.

1. **You run the risk of crashing.** The single biggest risk of texting and driving is getting into an accident. Some [simple and safe solutions](#)? Store your phone somewhere you won't be tempted to reach for it. Turn the volume off so you aren't distracted by incoming texts. If you need to respond to a text or take a call while driving, pull over when it's safe to do so and respond while the vehicle is parked.
2. **Your reaction time gets worse.** Texting and driving impairs your reaction time and makes you slower to respond to stimuli around you. Did you know? Reading or sending a text message takes your eyes off the road for about five seconds. And at a speed of 55 mph, that equates to [driving the length of a football field](#) with your eyes shut.
3. **You put others in danger.** Fellow motorists, pedestrians, and bikers are all at your mercy when you're behind the wheel. A wrong move from you could be life-threatening for them. It's your responsibility to take their safety into account.
4. **You miss signs and turns.** The longer you look away from the roads, the more likely you are to miss signage and turns. Don't add time to your drive.
5. **You break the law.** Texting and driving is a direct violation of state and national traffic laws. Keep your hands on the wheel so you don't get pulled over, ticketed, and fined.
6. **You're subject to costly repairs.** Vehicle damage is an expensive fix. Not to mention, it can be a

time-consuming detour. At the very least, avoid the financial burden and time burden by being a no-text driver.

7. **Your insurance can increase.** If texting leads to fender benders, property damage, or collisions with another vehicle, your insurance will go up. Don't pay the price of this risk.
8. **You let your friends and family down.** No text is worth your life or someone else's. Your friends and family will understand why you didn't respond. In fact, they'll likely be proud of you for being a safe and considerate driver.

Now that you know the countless risks of texting and driving, vow to be a responsible driver and keep your phone down while you're en route, at a stoplight, in a drive-thru line, or behind the wheel in any capacity. For even more protection and peace of mind on your drive, get [auto insurance](#) that travels with you and covers every twist and turn. Talk to a [local, independent agent](#) about our policies today.