77% of drivers make or take calls while driving.

31% of drivers say they’ve had a near-miss crash because of distracted driving.

Are you a distracted driver?

The 3 biggest tech-related distractions are:

- Taking or making calls
- Engaging on social media
- Using GPS maps/navigation

Among the dangerous behaviors drivers acknowledge:

- 44% are texting or emailing
- 23% are using social media
- 22% are recording videos or taking photos
- 15% are shopping online

What can you do?

Stop notifications
Set your phone to Do Not Disturb while driving. Only 12% say they do.

Speak up
54% of drivers say they’d likely stop distracted driving if asked by a passenger.

Make a pact
Join the 21% of families who have signed a Distracted Driving contract.

Learn more about the Travelers Risk Index and about techniques you can use to reduce distracted driving behaviors. Visit travelers.com/RiskIndex