

# Be a Good Passenger to Minimize Distractions



**Research shows that passengers are important!  
Here are things passengers can do to help drivers focus on driving...**

## **Before the vehicle moves...**

- Fasten your seat belt
- Ensure all passengers (including back seat) in the vehicle wear seat belts
- Help with children's seat belts, car seats, booster seats, etc.
- Turn down the volume on all devices (radio, phones, etc.)
- Offer to hold the driver's phone or other device. Ask if it can be turned off
- Offer to help navigate
- Secure any pets

## **While the vehicle moves...**

- Talk quietly, and avoid sudden movements, yelling or other distractions
- Avoid talking to the driver as much as possible
- Encourage other passengers to stay quiet
- Do things for the driver so he/she can focus on driving:
  - Make calls or texts for the driver
  - Navigate
  - Help children
  - Look for things in the vehicle
  - Adjust the radio, AC, heat, etc.
  - Help watch for roadway hazards

**Help drivers keep their eyes on the road, their hands on the wheel, and focus on driving!**

Explore [MottDriveSmart.org](https://mottdriveSMART.org) with your family, for more tips on safe driving, videos, and a fun exercise!