

## Mobile Phones

Mobile phones are now very much part of every day life. Making calls, sending texts, accessing the internet, downloading and listening to music and taking pictures are usually all done on your phone.

They are also an important safety feature in our busy lives, especially if you're late or even lost. But they can be a distraction to teenagers when you are a road user.

When you are out walking along the footpath or crossing roads you need to be alert and observant to reduce the risk of being in a collision with a vehicle or pedal cycle.

If you are busy using your phone and not paying attention to the road environment you are in, you place yourself in danger of being involved in a traffic collision, which could result in injury or even death.

More teenagers especially aged 13 to 16 are injured as pedestrians in road related incidents than any activity undertaken by teenagers such as sport, holidays or fun activities.

It is illegal to drive whilst using a hand held mobile phone, although the same principles do not apply to pedestrians. It is very difficult to concentrate on two things at once. You must give the road all your attention and be aware of other road users.



**Don't be distracted by your phone. Stay safe.**