





Today I pledged to be **B.A.D.** or **Be Aware of Distractions** while driving. As a motor vehicle driver I will keep my mind and eyes on the road in order to avoid motor vehicle

crashes that result in death or injury. I will do this by being aware and avoiding, and reducing driving distractions such as cell phone use, changing radio station or CDs, eating, drinking, reading, daydreaming, conversing, and "horsing around" with my passengers.

As a passenger, I pledged to reduce driving distractions for my driver. I promised to speak-up if I feel my driver is distracted, or unsafe driving behavior is displayed by my driver (or other passengers) in the motor vehicle.

Grade ____ HR ____

BAD Pledge



I, _____, pledge that as a motor vehicle driver I will keep my mind and eyes on the road in order to avoid motor vehicle crashes that result in death or injury. I will do this by being aware and avoiding, and reducing driving distractions such as cell phone use, changing radio station or CDs, eating, drinking, reading, daydreaming, conversing, and "horsing around" with my passengers.

As a passenger, I pledge to reduce driving distractions for my driver. I promise to speak-up if I feel my driver is distracted, or unsafe driving behavior is displayed by my driver (or other passengers) in the motor vehicle.

Signature

Witness Signature

Spring 2008



Results!!! Are You a Safe Driver?

Mostly As: You are Super B.A.D! You know the importance of not only Being Aware of Distractions but avoiding all the distractions that you CAN control (such as using a cell phone, coming back to reality when daydreaming). You may consider yourself to be a safe driver when it comes to distractions and you certainly might be. You know that keeping your EYES and MIND on the road at all times is necessary to prevent motor vehicle crashes that can result in a death or an injury. You make sure your friends know about driving distractions and encourage them to be safe drivers and considerate passengers. You are not afraid of telling your friends when they are distracting you or another driver. You want to be a safe driver for yourself, your future, and all of those you care about and love! Please visit www.orchd.com to find out more about being a safe and less distracted driver.

Mostly Bs: You are B.A.D. You know the importance of staying focused on the road at least the majority of the time. You think twice before picking up the phone, texting, or joining in fun conversations with passengers. Nevertheless, you sometimes need to remind yourself to keep your EYES and MIND focused on the road. You want to stay safe for yourself, your future, and all of those you care about and love but sometimes you find it hard to avoid distractions 100% of the time. Take a look at [Tips to Avoid Driving Distraction while Driving](#) in the B.A.D. brochure and try to consistently follow all of the tips for the next 2 weeks. If you do this, you will soon not only be B.A.D. but you will be SUPER BAD!!! Please visit www.orchd.com to find out more about being a safe and less distracted driver.

Mostly Cs: You want to be **B.A.D.** but don't know how to. You know you have to limit your driving distractions but are unaware of some or all of them. It is difficult to stay focused on the road and you just can't help picking up the cell phone to talk with or text your friends. You might think that doing it is no big deal but you might want to reconsider your thinking. The one time you feel the need to become distracted while driving, it might be the one time you get into a car wreck that may result in an injury or death. Read up on: [What Is B.A.D.](#), [Why Be B.A.D.](#), [How To Be B.A.D.](#), and [Tips to Avoid Distraction While Driving](#). Reduce your distractions by picking 2 of the hardest tips to follow and consistently follow those two tips for the next 2 weeks. After successfully completing those 2 tips, pick a couple more tips and do the same until you can follow all tips and become **B.A.D.** or even better **SUPER B.A.D.**! Please visit www.orchd.com to find out more about being a safe and less distracted driver.

Mostly Ds: You are not **B.A.D.** and that is not good. You are currently a dangerous driver and might not be aware of driving distractions and the serious consequences that result from driving while distracted. You may think you are a wonderful driver who can multi-task. Unfortunately, you don't realize that other drivers may fear for their lives when they see you on the road talking on your cell phone while swaying in and out the traffic lanes. You might be just as dangerous as someone who had a few alcoholic drinks or is driving under the influence of other substances. You need help! Read up on: [What Is B.A.D.](#), [Why Be B.A.D.](#), [How To Be B.A.D.](#), and [Tips to Avoid Distraction While Driving](#). Reduce your distractions by picking 2 of the hardest tips to follow and consistently follow those two tips for the next 2 weeks. After successfully completing those 2 tips, pick a couple more tips and do the same until you can follow all tips. You will soon realize becoming **B.A.D.** is not that hard at all! Please visit www.orchd.com to find out more about being a safe and less distracted driver.

Mostly Es: Danger, Danger, Danger! No one wants to be with you as a passenger or near you as a driver. You might find that many drivers will keep their distance from you. Your friends may say you are a wild or scary driver, or at least feel this way deep down inside, but are afraid of telling you. For your sake and for the sake of others, please get help: Reduce your distractions by picking 2 of the hardest tips to follow and consistently follow those two tips for the next 2 weeks. After successfully completing those 2 tips, pick a couple more tips and do the same until you can follow all tips. You will soon realize becoming **B.A.D.** is not that hard at all! Visit www.orchd.com for driving safety information.