

You'll Never Text and Drive Again After Watching This Sobering Video



By Amanda Froelich | [True Activist](#)

While it's a well-known fact that texting while driving is both dangerous *and* stupid, approximately [660,000 people at any given time of the day](#) are attempting to use their phones while behind the wheel. In effect, 1 in 4 automobile accidents are now caused by texting and driving.

The saddening reality is only made worse when one learns that texting while driving is the #1 cause of teen deaths in the U.S. It seems one reason people can't resist checking their emails and texts while on the go is because [doing so releases dopamine](#) – a feel-good neurotransmitter – in the brain.

Still, this isn't an excuse for the irresponsible behavior. And, the video below does an excellent job conveying why

texting and driving shouldn't be tolerated.

Watch as a survivor of a crash explains the devastating impact on her life when a [man on his phone was so distracted](#) he became a double-killer within seconds. We'll bet this compels you to put your phone down while you drive from now on.

Learn more about *ItCanWait* by [visiting the campaign's website](#).

Credit: [Metro.co.uk](#)

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