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The consequences of using cell phones while driving never seem to have the affects they should on teens, as cell phone use while driving continues to be a persistent problem. The unstoppable feeling of being invincible is one that almost every teen feels.

“Nothing bad can ever happen to me,” is a phrase that almost every teen can claim to have once said, however it is this phrase alone that gets in the way of teens making good decisions, especially when it comes to getting behind the wheel. The fact of the matter is, reality does not always give second chances to poor decision-making and yet teens still constantly risk their lives while giving in to that “invincible” feeling.

As our class of 2010 moves on to the next pivotal stages in our lives, we will continue to be put in situations that require decision making, whether they be impulsive or planned out. People were always concerned about driving while under the influence of alcohol, and now, research has proven that distractions from cell phones while driving brings just as much danger. Not many decisions come up that are as simple as not using a cell phone while driving, yet people do not take advantage of their ability to choose the correct solution. This is a decision that will come up in each of our lives, multiple times a day, each time having the same chance of possibly taking the rest of our lives away from us. A way to put this situation into perspective is looking at it like a school exam. How many of us have studied hours for an exam and are so confident in our knowledge of the material, yet get into the classroom and are faced with unpredicted distractions that can ruin our chances of passing. Driving a car is in a way like a constant test that we go in overly-confident for yet do not take into consideration the effects of distraction. Being on a cell phone hinders our ability to react to these distractions and the results, unlike with a school exam, can be fatal.

Our graduation is quickly approaching and only a beginning to the rest of our lives. Each of us has to do the best we can to make the most out of what we are given and take advantage of what we have already been taught. Speaking about cell phone distraction is not meant to overshadow the joy of our new found accomplishment, but only to be a warning to all of us to take control of our lives and make the “right” decision.



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I stand before you as no one special. I am just another teenager, much like you. We’re all the same. Thus, we can all agree that when it comes to cell phones, we are literally attached at the hip. They have become like our oxygen supply; without them, we can’t survive.

It’s okay to admit it. Be honest. We become weak, depressed, and disconnected to the world around us. We’ve all been there: feeling helpless and alone the day our phone is taken away (due to any number of reasons, you fill in the blanks with your own story). We become bored, irritable and just can’t wait for our anti-social jail sentence to be over! But take a step back, just for a second. Pause. Now ask yourself: is this what we have become? A generation so needy, so reliant, on a single piece of technology that wanes the latest-and-greatest as soon as we leave the store?

We can’t value ourselves, our relationships with others, and our lives by something so small, cold, and compact. A recent epidemic called “Cell Phone Distracted Driving” has plagued our cohort. As a result, we lose multitudes of loved ones every year. The night of prom, on the way to the game, or just cruising to a friend’s house on a lazy Sunday. One can never be too sure when the plague shall strike again. Our friends, and families, co-workers and classmates. Once that hand grips a cell phone instead of the actual steering wheel, no one is safe.

I’m not here to lecture you or to talk down to you. This is meant to be a reflection, a conversation if you will. We’ve gone through so much thus far as the class of 2010. I mean, we made it! We’re here today, getting ready for what Tomorrow has in store. We can fight this disease, each and every one of us, but it can’t be a sole effort. I can’t do it alone, and you can’t do it alone. We have to stick together, just like we have these past four years.

My call to action? Put the phone down, just for that time you are behind the wheel. As soon as you are done driving, you can pick it right back up again. No big deal. However, the consequences of not putting down the phone can become a huge deal, lethal at times. So tell everyone you know, just not while you’re driving, please. Put the phone down. It may be easier said than done but we’re strong! We’ve made it through the journey that is high school without giving up. That’s why we’re here and that’s how I know we can handle it. Just think about it...the shortest drive with a cell phone in hand can make the biggest difference. So don’t settle for less, fight the disease and continue to come out on top!