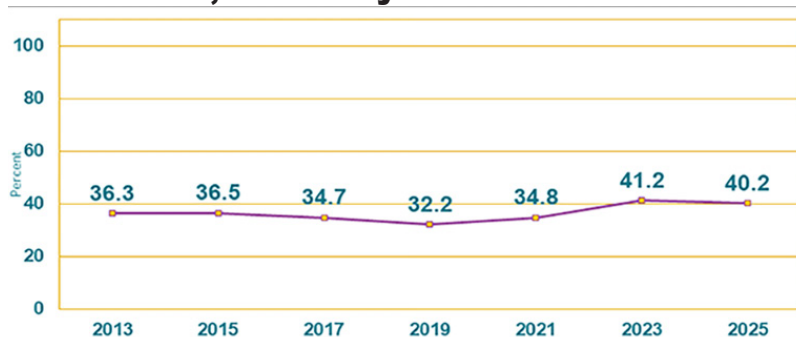


Teen Distracted Driving

involves taking one's eyes off the road, hands off the wheel, or mind off driving.¹ The consequences can be deadly. It's hard to know the number of people who drive distracted, but one way to get an idea is through self-reported data, like with the Kentucky High School Youth Risk Behavior Survey (YRBS). According to YRBS data, the number of high school students self-reporting phone use while driving increased significantly from 2019 through 2025.

Distracted Driving Annual Trends, Kentucky YRBS 2013-2025



Significantly decreased from 2013-2019 and significantly increased from 2019-2025.



Kentucky law bans cellphone use of any kind while driving for drivers of all ages.

For drivers under age 18, no personal communication device is allowed while driving.



More than 23 out of 50 freshman high school students reported driving distracted in the previous month.

What do I do if my phone rings or chimes while I'm driving?
Pull over before answering it or wait until you arrive safely at your destination to return the call.



Teen Driving Safety Resources

KSPAN's [Evidence-based Checkpoints™](#) for parents and teens

[Kentucky Graduated Driver Licensing Program](#)

[Traffic Safety Education Foundation Parent and Teen Education Toolkit](#)

¹<https://transportation.ky.gov/HighwaySafety/Documents/Distracted.pdf>

²Kentucky Injury Prevention and Research Center (2025). Kentucky Youth Risk Behavior Survey Summary Report, 2025.