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In an effort to make our roads safer, Chesapeake Service Center has joined the "One Text or Call Could Wreck it All" campaign sponsored by the National Highway Traffic Safety Administration to stop distracted driving. It is our goal to help spread the message that distracted drivers are not only a danger to themselves, but to everyone else on the road.

While anything that takes your eyes off the road, hands off the wheel, or mind off the task of driving is a hazard, there is heightened concern about the risks of texting while driving because it combines all three types of distraction – visual, manual and cognitive.

The national distracted driving effort focuses on ways to change the behavior of drivers through legislation, enforcement, public awareness and education – the same activities that have curbed drunk driving and increased seat belt use.

Chesapeake's campaign focuses on education. We will start with free workshops for young drivers to help educate them about the car they drive. How to take care of it, what to do in an emergency and how to stay safe behind the wheel.

We especially want to reach out to parents with teen drivers because we know that statistically, the under-20 age group has the highest proportion of distracted drivers involved in fatal crashes."