



# DISTRACTION ROAD SAFETY CAMPAIGN

## Stakeholder Toolkit



# ABOUT THE DISTRACTION CAMPAIGN

A road safety campaign launched by the Scottish Government and Road Safety Scotland is reminding drivers and pedestrians to keep their mind on the road and look out for other road users.

Distractions are one of the most common causes of incidents on Scotland's roads. Not concentrating can result in failure to look properly or failure to judge speed, and can have severe consequences.

A survey<sup>1</sup> commissioned to support the launch of the campaign reported that over **80%** of road users said they experienced distraction while on the road, with **38%** of those admitting their minds regularly wandered to other activities, tasks, or plans.

Alarmingly, **16%** of distracted drivers had been involved in a collision with another vehicle, while **5%** collided with a pedestrian. While drivers are the greatest risk to others, pedestrians also share responsibility for road safety, with nearly half (**44%**) of distracted pedestrians reporting a near miss with a vehicle.

Running across TV, radio, digital and outdoor channels, the Scotland-wide campaign highlights that the road is a shared space and all road users have a responsibility to keep their mind on the road.

In this toolkit you will find more information and key messages to help you share the campaign assets to your own audiences, including example social media posts for your channels, and links to access campaign assets.

**#ArriveAlive**

<sup>1</sup> Survey of 1000 Scottish drivers and 500 Scottish non-drivers, Censuswide, 3-6 February 2025

# KEY MESSAGES

- ★ The road is a shared space and we must concentrate at all times when using it.
- ★ Distractions are one of the most common causes of incidents on roads.
- ★ Both drivers and pedestrians have a responsibility to stay focused on the road and look out for other road users.
- ★ Drivers have a responsibility to stay focused on the road and be aware of other cars, pedestrians and cyclists at all times.
- ★ Failing to look properly, failing to judge a person or vehicle's speed or path, or acting in a careless, reckless or hurried manner are the most common causes of incidents.



- ★ The consequences of distraction behind the wheel can be devastating, with **16%** of distracted drivers reporting a collision with another vehicle and **5%** with a pedestrian.<sup>2</sup>
- ★ **44%** of distracted pedestrians experienced a near miss with a vehicle<sup>2</sup>
- ★ **42%** of drivers have zoned out during a journey and couldn't remember how they got to their destination.<sup>2</sup>

<sup>2</sup> Survey of 1000 Scottish drivers and 500 Scottish non-drivers, Censuswide, 3-6 February 2025

## KEY MESSAGES

### Continued

- ★ Thinking about other activities, tasks, and plans is a regular cause of distraction for **30%** of road users.<sup>2</sup>
- ★ At **60mph**, in one second of inattention - such as reaching for a coffee – you will travel around **27 metres**, roughly the length of a tennis court.



- ★ At **60mph**, with a two-second glance at a phone you will lose around **54 metres**, equivalent to the length of four double-decker buses.
- ★ At **30mph**, looking away for four seconds to update a sat nav covers around **54 metres** – greater than the length of an Olympic swimming pool.
- ★ At **30mph**, with three seconds of distraction caused by something outside the vehicle, you will miss around **40 metres** – approximately the length of ten cars.
- ★ **Keep your mind on the road.**
- ★ Visit **[roadsafety.scot](http://roadsafety.scot)** to find out more.

<sup>2</sup> Survey of 1000 Scottish drivers and 500 Scottish non-drivers, Censuswide, 3-6 February 2025

# **TIPS FROM MINDFULNESS SCOTLAND**

The campaign has been supported by Mindfulness Scotland and offers advice to help people let go of common distractions as best they can, allowing their attention to stay with what they're doing in the present moment.

The following tips from Mindfulness Scotland are intended to help pedestrians and drivers stay focused on the road:

## **Notice distractions early**

Awareness is always the first step. Pay attention to how you're feeling physically, your thoughts and emotions to recognise when you're distracted and what is distracting you. This will help you make a conscious decision to refocus on the road or your surroundings.

## **Bring your attention to your senses**

Actively take in what you can see, hear and feel in the present moment.

## **Stay physically grounded while driving**

Focus on the feel of your hands on the steering wheel, your feet on the pedals, and your position in the seat.

## **Use your breathing to steady your focus**

Take a deep breath in and a longer, slow breath out to bring your attention back to your body, the present moment, and the road.

## **Describe the moment you are in**

Tell yourself where you are and what you're doing, such as the time of day, the road you're on and the driving conditions, to help your mind let go of distractions and return to the present.

# HOW YOU CAN GET INVOLVED

There are several ways you can support the campaign:

## STAKEHOLDER TOOLKIT ASSET LIST

- **Social media static posts**
- **Social media animated posts**
- **A3 posters**
- **TV advert**

## SOCIAL MEDIA

You can support the campaign on your social media channels by sharing posts from the Road Safety Scotland X and Facebook pages.

You can also download social media assets from our **Campaign Assets** page and post on your own channels with the example copy in this toolkit.



Our Facebook page is here:  
[facebook.com/roadsafetyscotland](https://facebook.com/roadsafetyscotland)



Our X handle is:  
[@RoadSafetyScot](https://twitter.com/RoadSafetyScot)



The campaign hashtag is:  
[#ArriveAlive](#)



Link to the website:  
[roadsafety.scot](https://roadsafety.scot)



[Link to Campaign Assets page](#)



[Link to campaign TV advert](#)

## SOCIAL MEDIA EXAMPLES

 The road is a shared space. When you're travelling, always keep your mind on the road. More information here: [roadsafety.scot](http://roadsafety.scot) #ArriveAlive

 Distractions are one of the most common causes of incidents on the road. We all have a responsibility to keep our mind on the road and look out for other road users. Learn more here: [roadsafety.scot](http://roadsafety.scot) #ArriveAlive

 We are supporting Road Safety Scotland's Distraction campaign, reminding road users to stay focused and keep their mind on the road. More information about the campaign here: [roadsafety.scot](http://roadsafety.scot) #ArriveAlive

 Being distracted on the road is one of the most common causes of road incidents and can have severe consequences. We all have a responsibility to keep our mind on the road. More information here: [roadsafety.scot](http://roadsafety.scot) #ArriveAlive



### Image description:

An empty street in an urban area lined with stone office buildings and townhouses, with a 20mph and a 'school crossing patrol sign' street sign visible. The caption reads: 'Dinner, Dinner, Dinner, Dinner, Dinner, Runner. Keep your mind on the road. Arrive Alive.'

## ADVERTISING

The ad campaign will run across TV, radio, digital and outdoor channels.

[You can view, share and embed the TV advert here.](#)



## PARTNERSHIPS

We are working with partnership organisations to spread road safety messages as wide as possible. If you would like to be involved as a campaign partner, please contact [sgmarketing@gov.scot](mailto:sgmarketing@gov.scot)

#ArriveAlive

# GET IN TOUCH

We're looking forward to working with you on the Distraction campaign. If you want to get involved or have any questions, suggestions or comments, please get in touch with the Road Safety team:

[roadsafety@smarts.agency](mailto:roadsafety@smarts.agency)

[sgmarketing@gov.scot](mailto:sgmarketing@gov.scot)

