

iPhone - Do Not Disturb While Driving



1. Go to Settings > Do Not Disturb.
2. Scroll down, then tap Activate.
3. Choose when you want *Do Not Disturb While Driving* to turn on.

- **Automatically:** When iPhone detects you might be driving.
- **Manually:** When you turn it on in Control Center.
- **Activate With CarPlay:** Automatically when iPhone is connected to CarPlay.
- **When Connected to Car Bluetooth:** When your iPhone is connected to a car's Bluetooth system.







Regional Trauma Center

FLTeenSafeDriver.org

Android - Driving Mode



1. Go to Messaging App > Settings 
2. Find "Driving Mode" in the sidebar 
3. Slide button  to enable "Driving Mode"
4. Set your auto-reply message 



Auto-Reply "Hey! I'm driving right now... I'll
Example: respond once I'm safely parked."

Using a different messaging app? No problem!

Android phones have many ways of enabling "Do Not Disturb", including third-party apps. You can always search the web for "Android - Do Not Disturb" for additional options to prevent driver distraction.