

HOW TO AVOID BEING AN AGGRESSIVE DRIVER:



- Allow more travel time to get to your destination. It reduces stress dramatically.
- Come to a full stop at red lights and stop signs. Never run yellow lights.
- Let other drivers merge with you.
- Obey posted speed limits.
- Don't ever follow other drivers too closely.
- Resist temptation to teach someone "a lesson."
- Concentrate on driving – not on cell phones, stereo, passengers or other distractions.
- Remember that you can't control traffic – but you can control yourself, your driving, and your emotions.

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HOW TO AVOID AGGRESSIVE DRIVERS:



- Get out of their way and steer clear of them on the road.
- Stay relaxed. Remember that reaching your destination safely and calmly is your goal.
- Don't challenge them. Avoid eye contact. Ignore rude gestures and refuse to return them.
- Give them the benefit of the doubt. Not all aggressive driving behavior is intentional.
- Don't block the passing lane, especially if you are driving slower than most of the traffic. Move over to the right lane.
- Dial #77 on a cell phone to report aggressive drivers or call your local police when you can.

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