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# I Promise Not to Text and Drive!

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[Name]

## Oklahoma Challenge

Accepted on

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[Date]

Learn More at [OklahomaChallenge.org](http://OklahomaChallenge.org)

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## Types of Distraction

### Manual

Anything that takes  
your hands off the  
wheel

### Visual

Taking your eyes off  
the road

### Cognitive

Taking your mind off  
driving

**Texting  
While Driving  
Causes All  
Three**