

Driving Tips For Teens

According to The National Highway Traffic Safety Administration, (NTSA) 16-year-old drivers face the greatest risk for accidents and fatalities of any age on the road.

Speeding, alcohol use, multiple passengers and driving between 12 a.m. and 3 a.m. represent the deadliest combination of factors and are the prime recipe for car crashes.

Parents who want to reduce the risk of their child's involvement in a car crash should do the following:

Check your brakes and fluid. Teenagers speed the most. While teens are interested in how fast the car can go, parents should be interested in how well the car can stop. Make sure your vehicle is in the best mechanical shape if your teen is taking to the wheel.

Limit the number of passengers your teen is allowed to transport. The risk of a car crash goes up exponentially for each passenger added.

Be a good role model and do not drink and drive what-so-ever. Teens are very sensitive to hypocrisy and determine their behavior by what they observe in their parents, not by what the parents says. Tell your teen not to drink and drive and lead by example.

Insist that your teen and all passengers wear their seat belts and again, lead by example. Parents must wear their seat belts, too.

Do not allow your teen to drive after midnight. If transportation is required after midnight, make alternate arrangements. Act as chauffeur, car pool with another parent or arrange for a taxi. It is better that the parent loose one night's sleep than the life of their child.

Remember, the prom comes but one night a year. To be really safe, parents must concern themselves with teen driver safety 365 days a year. Even with prom night occurring in the spring, most fatal crashes actually occur in the summertime. Safe driving doesn't take a holiday.

To ensure safe driving year round, parents are recommended to participate in safe driving programs such as I Promise Program. The I Promise Program has parents and teens enter into a mutual safe driving contract and then provides a means for their mutual accountability. The program has been developed with the input of thousands of persons from organizations worldwide.

Parents who want to prepare best for prom night and the other 364 nights of the year can go to the I Promise Web site and print out a registration form. (ipromiseprogram.com)



DWITEEN/SAFETY

The number one killer of teenagers is drunk driving. More than 3,500 teens are killed and another 85,000 are injured each year in car crashes involving alcohol. Not all have been drinking; some are passengers or innocent victims of people who drink and drive. Someone in the United States is killed in an alcohol-related traffic accident every 23 minutes. That someone could be your best friend. It could be you.

ILLEGAL DRUGS AND DRIVING

Alcohol is a drug. It is the most widely abused drug in our nation. A number of drugs that are illegal for everyone, such as marijuana and cocaine, severely impair a driver's skills. Don't use illegal drugs; don't ride with a driver who has used them.

TEENS CAN HELP EACH OTHER

Be smarter and safer by organizing buses, carpools, or limousines for prom nights and other school parties.

If you are out with a group of friends, be sure to have a designated driver, someone who pledges not to drink at all. If you or someone else makes one mistake -- illegal drinking, don't compound it with a second mistake -- driving under the influence.

Get parents to sign pledges that they will not serve beer or alcohol to teens in their homes.

Ask a student who has been involved in an alcohol-related accident to speak to your club or even a school assembly about its consequences.

Suggest that parents and teachers run a hotline on prom night. If students have trouble getting to or from the dance or are riding with someone who's been drinking, they can call for a safe ride with no questions asked.

WHAT IS BEING DONE?

Many groups like **SADD** (Students Against Destructive Decisions) and **MADD** (Mothers Against Drunk Driving) have organized to fight drunk driving. They lobby Congress and state legislatures for stiffer penalties for drunk drivers and organize alcohol- and drugfree prom and graduation parties. They also operate hotlines to help teens and young adults who think they may have a drinking problem.

Many schools, in cooperation with law enforcement agencies, have started programs to make students aware of the dangers of drunk driving. They often get the message across with slides showing accidents and with speakers who have been hurt in drunk driving accidents. Some schools have programs that allow any student who feels he or she shouldn't be driving to call for a ride, with no questions asked. These local and national efforts have played significant roles in raising teens' awareness of the drunk driving issue and in decreasing the number of traffic accidents involving teenagers.

WWW.SADD.ORG

WWW.MADD.ORG

WWW.DEDICATEDD.ORG

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SOURCE: ARLINGTON PD