



## THE FAMILY TREE

### Tips for Safe Teenage Driving

It is always an exciting and stressful time when your teen gets behind the wheel. The most important thing to remember is that being an involved parent will lead to a stronger family, and a safer teen driver. Here are some interesting facts to help guide your way.

Did you know that:

- Teens with high parental support and high rules/monitoring had half the crash risk and were 71% less likely to drive while intoxicated compared to teens with uninvolved parents;
- Teens were also 30% less likely to use a cell phone while driving; and
- Teens with authoritative parents used seat belts twice as often and reported speeding half as often as teens with uninvolved parents.

Use these tips to help keep your kids safe behind the wheel in their early years of teen driving:

- Set safety rules for your teen drivers and enforce them regularly.
- Even after your child has their license, if you are driving with them, take time to give them feedback (after the session) about their driving--how well they did, and if you noticed an opportunity where to strengthen their safety habits..
- Remember that driver education is an ongoing process and that your teen is still learning the rules of the road long after the classes have ended.
- Make sure your child knows the laws in your state that specifically address teenage driving.
- Know where your child is driving and determine when it is safe to permit non-adult passengers. .
- Set limits on passengers and use of radios and music as they can cause distractions.
- Talk with parents of your child's close friends to share your approach and expectations.

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