

# New Teen Driver Facts

Keep Our Drive Alive!

## CAR CRASHES

the #1 Killer  
of Teens in America

Along with inexperience, there are situations that put teen drivers more at risk for car crashes, including nighttime and drowsy driving, speeding, distractions (like teen passengers and cell phones), not wearing a seat belt, and driving while impaired.

- ➔ It's important that teens get lots of practice behind the wheel in all sorts of driving conditions. It's also important teens and their parents follow Graduated Driver Licensing laws!
- ➔ Fifty-eight percent of teen crash deaths occur between 6pm and 6am.
  - ➔ Reduce your speed and increase your following distances.
  - ➔ Know the signs of drowsiness and take precautions against falling asleep behind the wheel.
  - ➔ Keep distractions to a minimum and keep your eyes and attention on the road and hands on the wheel.
- ➔ About 33% of young drivers and passenger deaths occur in speed-related crashes.
  - ➔ With every mile per hour increase your reaction time, braking distance, and crash energy also increases.
  - ➔ High speed wrecks compromise your car's safety features.
  - ➔ When you speed, other drivers are unable to gauge your distance and speed, thereby increasing crash risk.
- ➔ There are three main types of distractions: visual (eyes off road), manual (hands off the wheel), and cognitive (mind off what you're doing). Distractions can be caused by anything from eating, texting, other passengers, reaching over, and many other things.
  - ➔ Always focus on the road. When you are driving is not the time to multi-task.
  - ➔ Keep distractions out of the car. If you know you will be tempted to look at or use your phone, lock it in the trunk or turn it off.
  - ➔ Ask passengers to obey your rules while they are in the car.
- ➔ Seat belt use continues to be lowest with 16- to 24-year-olds.
  - ➔ A seat belt does not protect you if not worn properly - across your chest and over your hips. Don't lay your seat back and don't place the shoulder strap behind you.
  - ➔ Air bags are designed to work with the seat belt, not in place of.
  - ➔ Seat belts help keep you in the car. Being thrown out is almost always deadly.
- ➔ Under-age drivers are more likely than adults to be in a fatal crash after drinking.
  - ➔ Zero tolerance laws mean getting caught driving with any amount of alcohol in your system is illegal.
  - ➔ Food, coffee, or exercise will not reduce the amount of alcohol in your system.
  - ➔ Driving after even one drink is not worth it. Call someone for a ride.

Someone's life I will help to save. I make this pledge both bold and brave, so someone's life I will help to save. Watch my speed, stay awake and know the difference. Golden rules, simply five. Buckle up and avoid distractions - like texting, cell phones, cell phones - such deadly actions. Strive to keep our drive alive. MY Pledge

**TEENS**  
IN THE DRIVER SEAT  
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