



Driving is an important responsibility and the way your teen learns to drive today is how they will drive tomorrow. When I was sixteen I didn't realize, or truly take in all that my mother was teaching me, but her words will be forever be ingrained in my mind. When my brother and I began driving our mom would always remind us about our choices before we left the house. She would say "If you make a bad choice just be prepared for the consequences." She reminded us continually that driving is a privilege and not a rite of passage. Encourage your children to be safe, confident drivers and as their parent you need to model the safe behavior for them.

Here is a great list to help your teen driver to be safe on the road!

- Buckle up always! The car shouldn't even start before everyone in it has their seat belt fastened.
- No alcohol or drugs. Explain the consequences of being caught with alcohol or drugs in their vehicle and that they are responsible for what is in the car, even if it is not theirs. (That one seemed to help me say no to my peers a lot in high school.)
- No texting or talking on the phone while driving.
- Curfew: Think about heading home when it starts getting dusk out.
- Passengers: No more than one at a time.
- No speeding.
- Don't drive while sleepy. According to the AAA Foundation, driving sleepy slows reaction time, impairs judgement and is similar to driving drunk.
- Drive defensively.
- Pay attention. (You would think this would come automatically, but even as adults we need to be reminded.)

For more helpful information please take a look at the NHTSA parent central site.

<http://www.safercar.gov/parents/TeenDriving/teendriving.htm>