



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 is 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 its 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 lose 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 365 nights of the year can go to the I Promise Web site and print out a registration form. (ipromiseprogram.com)

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