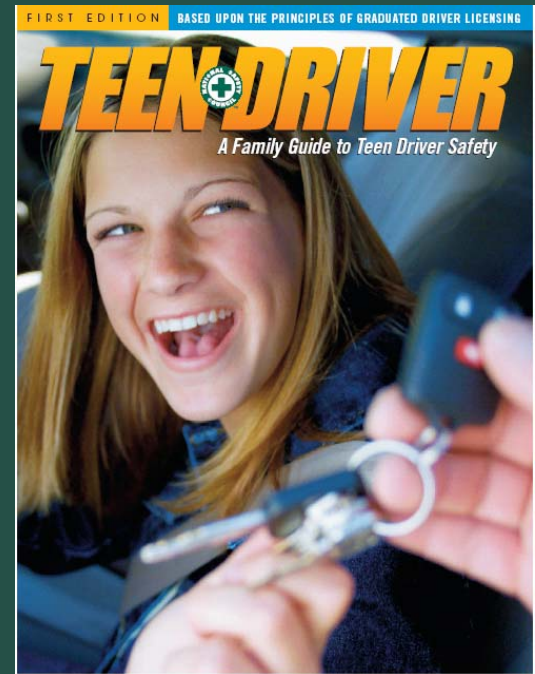




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# A Family Guide to Teen Driver Safety





# Teens Are Highest-Risk Drivers

- No driver is at greater risk of being killed in a collision than a teenage driver.
- Crash risk is at lifetime high during first 12-24 months of driving.
- Risk is greater due to youth and lack of driving experience.





# How Can We Reduce Teen Crashes?

- Driver Education?
- State Laws?
- Better Teen Behavior?
- Community Programs & Advertising?
- Reducing Exposure to High-Risk Situations?
- Parents?





# Development of The Family Guide

- NSC sponsored a symposium at which experts presented findings on what is proven to reduce teen crashes.
- Results were peer-reviewed and published in NSC Journal of Safety Research.
- Science was then translated into a family risk management strategy.





# What Are the Issues?

## Skills

- How skills are obtained has little impact.
- Driving experience is the most important factor.

## Behaviors

- Behavior is a factor in many crashes.
- Teen brains can't fully regulate risk-taking.

## Exposure to Risk

- Reducing exposure reduces crash involvement.





# There Is No Substitute for Experience

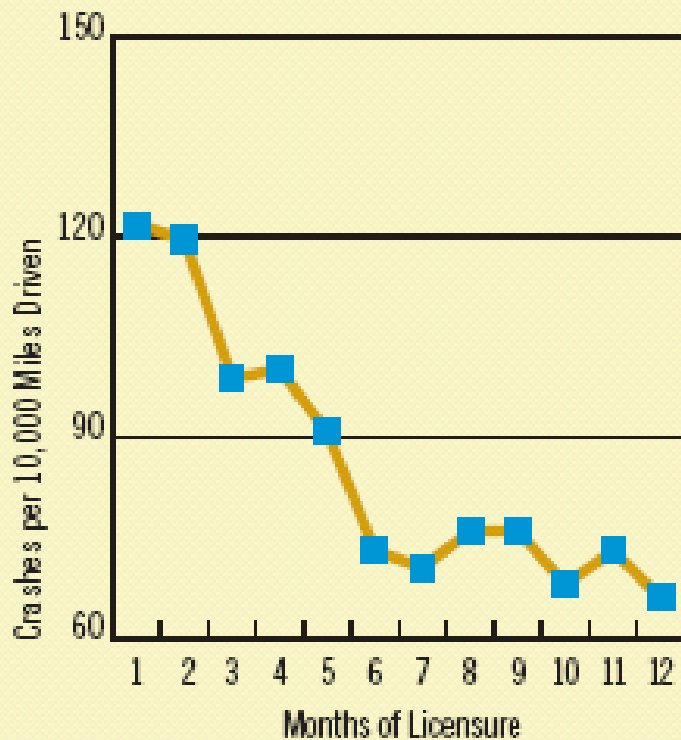
- Novice drivers need significant experience in low-risk, supervised situations.
- Parents must be role models and guides.
- Parental involvement in teaching best practices is critical.



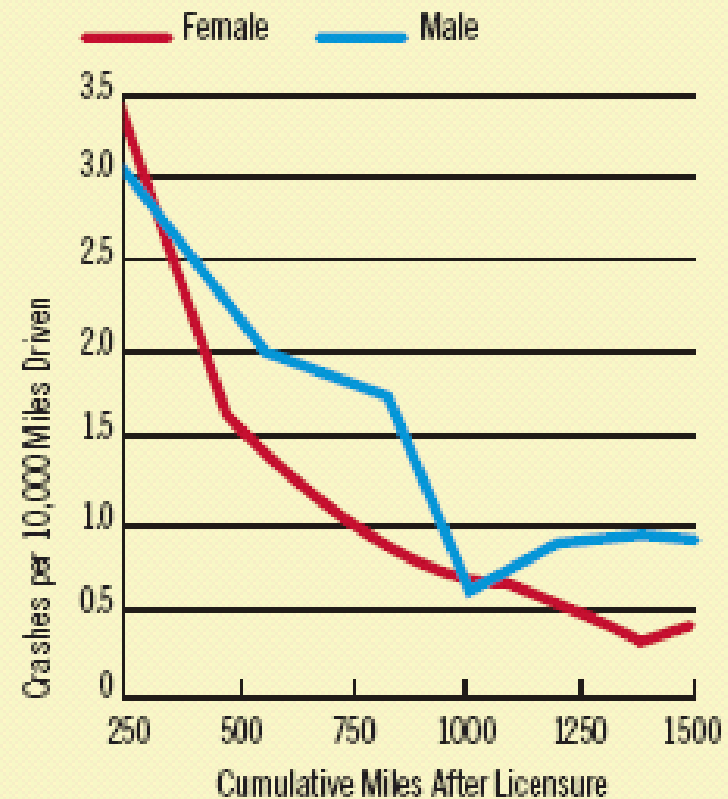


# Crash Involvement Drops with Experience

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Source: Mayhew, 2002



Source: McCart, Shabanova & Leaf, 2001





## Certain Factors Raise the Risks

- Driving with passengers
- Driving at night
- Alcohol use
- Not wearing seat belts
- Cell phone use
- Vehicle selection

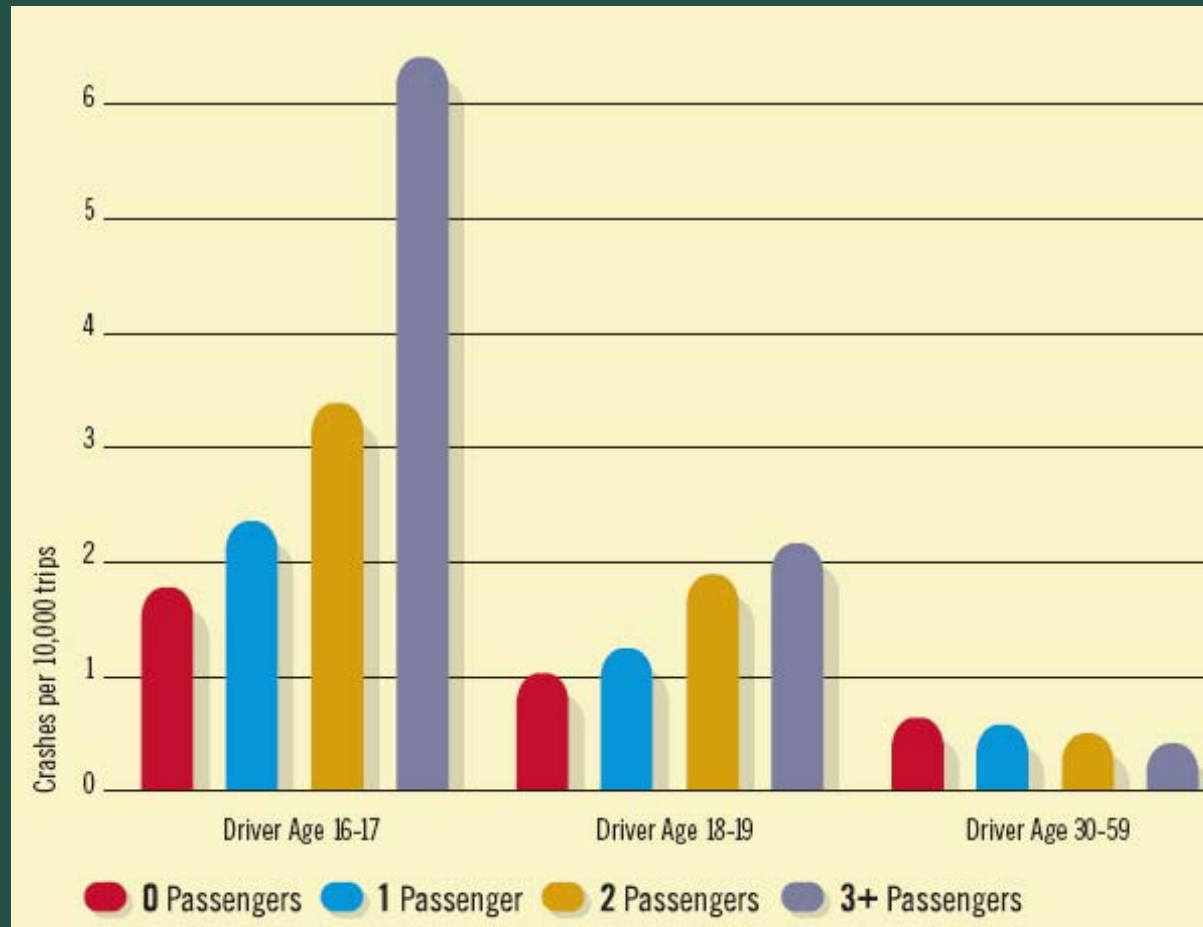




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# Reducing Risk

## 1. Limit Passengers



Crash Risk by Age & Number of Passengers





# Reducing Risk

## 2. Limit Night Driving

- Night driving represents
  - 15% of teen drivers' miles
  - 40% of teen drivers' fatal crashes
- Nighttime restrictions on 15–17 year olds reduce driver fatality rates
  - multiple-vehicle fatality rates -28%
  - single-vehicle fatality rates -25%





# Reducing Risk

## 3. No Alcohol Use

- 25% of teen drivers killed in 2002 crashes had BAC of .08 or higher
- .05 – .08 BAC increases fatality risk
  - 7x for females
  - 17x for males
- .08 – .10 BAC increases risk even more
  - 15x for females
  - 52x for males



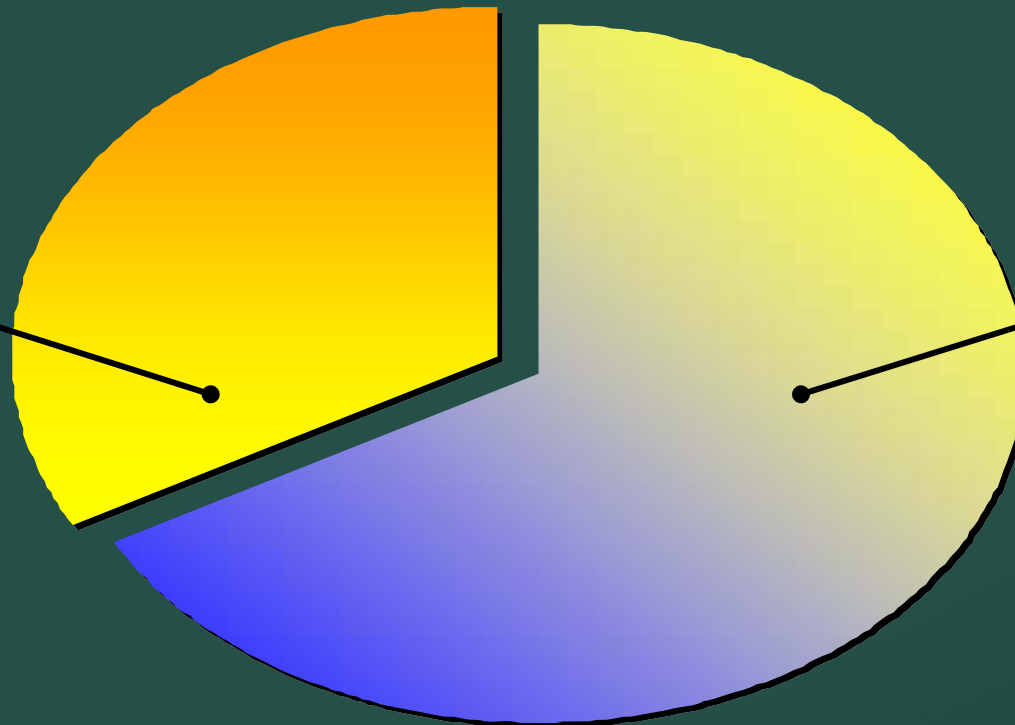


## Reducing Risk

### 4. Mandatory Seat Belt Use

Seat belts are 50% effective in saving lives, but only if teens wear them.

Teen victims wore safety belts (33%)



Victims did not wear safety belts (67%)





# Reducing Risk

## 5. Ban Cell Phone Use

- Scientific research shows:
  - Cell phones are significant distractions
  - Teen reaction times reduced with cell use
  - Hands-free does not reduce risk
- NSC advocates a ban on teen cell phone use while driving.





# Reducing Risk

## 6. Choose The Right Car

- Best choice for teens is “basic” car with excellent safety characteristics.
  - Size matters
  - Style/horsepower should not encourage “show off” behavior





## Keys to Success

- Understand that state laws and driver education are not enough.
- Parents and teens need to work together to improve skills and behaviors, and reduce risks.





# The Family Plan

- Develop a family plan and contract.
- Parents are role models and guides.
- Gradually introduce greater driving challenges and risks.





# Success Leads to Expanded Privileges

PRIVILEGES	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4
NIGHTTIME	Sundown or 9 pm	10 pm	11 pm	Midnight
TEEN PASSENGERS	None	Daytime 1, sometimes	1	2, sometimes
		Nighttime none	1, sometimes	1
WEATHER	Dry	Daytime Dry, light rain	Moderate	Most
		Nighttime Dry	Dry, light rain	Moderate
ROAD TYPES	Neighborhood	Daytime Local	All but highways	Most
		Nighttime Neighborhood	Local	All but highways
RECOMMENDED TIME IN EFFECT	FIRST 1-3 MONTHS AFTER LICENSURE	NEXT 1-3 MONTHS	NEXT 3-6 MONTHS	NEXT 3-6 MONTHS
NEXT REVIEW DATE	_____	_____	_____	_____





*Your Safety & Health Leader for 90 Years*