

# IN ONE INSTANT



## “DRIVE” INTO SUMMER WITH IN ONE INSTANT’S TOP 10 TEEN DRIVER SAFETY TIPS

As temperatures continue to rise, so do the number of traffic collisions on America’s roadways. Sadly, many inexperienced teen drivers are among those who are involved in severe crashes during summer break. So, it’s the right time to review essential summer safety tips for teen drivers. By establishing safety habits early on, teens will have a far better chance of enjoying a safe and fun summer vacation.

### Top 10 Summer Travel Tips For Teen Drivers

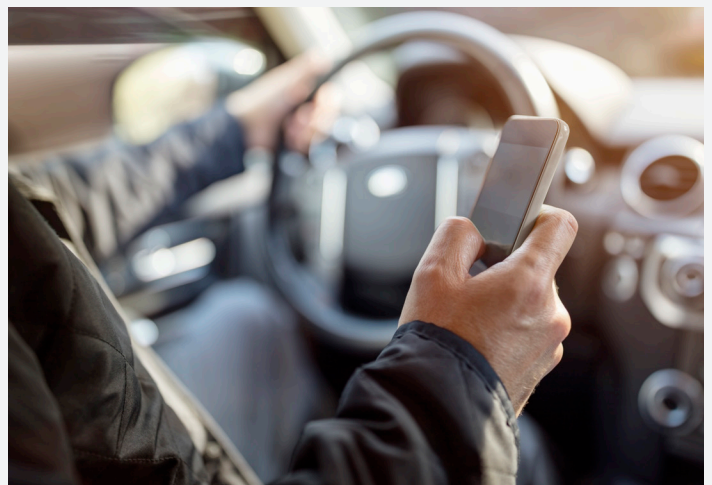
#### 1. Be Extra Aware Of Summer Travel Risks

During the summertime, everyone likes to get out and take a drive. Unfortunately, this increased traffic also means there’s a higher likelihood of significant car crashes.

According to road safety experts, the “100 Deadliest Days” for drivers occur between Memorial Day and Labor Day. AAA estimates there’s usually a 15% spike in teen car crashes between these holidays.

#### 2. Never Shrug Off Seat Belts

According to recent surveys, about one in four teens admit to driving without a seatbelt from time to time. However, parents aren’t in the clear when it comes to overall seat belt skills! The CDC estimates that one in seven American adults still don’t wear a seat belt every time they’re in a car.



Whether you’re a driver or a passenger, buckling up should be a habit. Remember that a seat belt cuts the risk of a fatal accident by a staggering 45%. Among teen drivers and passengers 16–19 years of age who died in car crashes in 2019, almost half were unrestrained at the time of the crash.

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### 3. Pre-Trip Communication Is Critical

Teens may want independence on the road, but they need to meet their parents halfway. Before heading out on a summer drive or trip, teens should share a detailed itinerary of where they intend to go.

As long as parents and friends know where their teens should be, it will be easier to ensure they're safe on the roads.

### 4. Watch Out For Sweltering Summer Weather

Although snow and ice are potentially deadly issues, the summer has its fair share of weather-related issues. In fact, clear summer weather often makes teen drivers feel a false sense of security. Chances are drivers take more precautions if they're navigating a snowstorm versus a fine summer day.

Summer-specific weather issues include overheating engines, blowout tires, and sudden rainstorms. Teens should review these issues and watch a weather report before leaving for any travel destination.

### 5. Don't Text And Drive!

Cell phones are never car friendly. Unfortunately, many teens and even their parents aren't aware of the latest statistics on the dangers of distracted driving.

According to the CDC, 39% of high school drivers used a mobile device at least once in the past month while driving. Researchers also claim it's more likely for drivers between 15 and 20 to use a cell phone while driving versus those over 21. The National Safety Council says

that 1 in 4 accidents are caused by drivers who are texting while driving.

Thankfully, Apple and Android smartphones now have built-in safety features like "Driving Focus" and "Google Driving Assistant." There are also many apps high schoolers could download that will temporarily disable their phones while driving.

To learn more about how to help teens put down their phones while driving, be sure to check out the safety tips in this post.

### 6. Feeling Tired? Pull Over!

Summer road trips are super exciting once students take off, but driver fatigue is nothing to yawn at! According to NHTSA, there are roughly 90,000 drowsy-driving-related crashes each year.

Road safety experts claim the best way to avoid drowsy driving is to get a good night's sleep before a big trip. If teens feel sleepy behind the wheel, they need to find a safe place to pull over ASAP.

Despite what energy drinks may claim, there's no "quick fix" to getting over drowsiness. These caffeinated beverages can give drivers a false sense of confidence. NHTSA says sleep-deprived drivers can temporarily lose consciousness even after drinking something like coffee.



### 7. Review The Car Manufacturer's Safety Features

Considering how much time people drive in their cars, it's surprising how little drivers know about their vehicles. Recent surveys suggest only 29% of car owners could



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explain their vehicle's safety features. Even more surprising, 1 in 10 drivers admitted to disabling safety functions before hitting the road.

Teens should review all of the safety features in their car and how to make the most of them. This simple tip will also allow parents to compare their car's safety features versus current safety standards.

## 8. Know The Dangers Of DUI

The legal drinking age doesn't stop some teens from driving under the influence. In fact, NHTSA estimates about 24% of teen drivers who died in a crash had a blood-alcohol content of at least .01 – 0.7. The CDC also claims at least 1 in 10 high school students admit to drinking while driving.

What's extra scary about the summer is that most of the year's "highest DUI holidays" occur during the "100 Deadliest Days." Memorial Day, July 4th and Labor Day often rank as some of the worst days for DUIs.

Teens need to know the severe consequences of driving under the influence.

## 9. Don't Forget About Drugged Driving!

When people talk about DUI, they often focus on alcohol-related crashes. True, alcohol remains the primary culprit behind fatal DUIs, but other substances can seriously mess with a teen driver's reflexes.

For instance, the Children's Hospital of Philadelphia recently discovered that 49% of teens who smoke cannabis admitted to driving under the influence of THC. Plenty of studies show THC will decrease reflexes and stall motor function. Also, since legal cannabis is now easier to find in many states, fatal weed-related crashes have gone up to about 21% in recent years.

Teens also must ensure that any prescription medications are safe to take before driving. Just because a pill is doctor-approved doesn't mean it won't impair driving reflexes. Teens need to understand the side effects of their medications.

## 10. Avoid Night Travel If Possible

Driving at night presents unique safety challenges for teen drivers. Recent statistics suggest most fatal teen crashes happen between 6 PM and 3 AM. These figures are even worse on the weekend.

Not only is nighttime driving dangerous due to poor visibility, but there are also more drunk drivers later in the day. Ideally, teens should plan the bulk of their travel during the daylight hours when most drivers are vigilant, and the chances of crashes are lower.



## More About In One Instant

A fantastic way to "drive home" the message of teen road safety is to check out In One Instant's free teen safe driving program which is now in over 4,000 schools nationwide. Endorsed by major automakers, health and safety departments, and educators. In One Instant is the only program designed by teens for teens. Its empowering video program and engaging activities targeting teen driver safety have proven results in safer decision making behind the wheel.

For more details go to [InOneInstant.org](https://InOneInstant.org).

