

IN ONE INSTANT

# DRIVE SAFE, STAY SAFE

## Celebrating National Teen Driver Safety Week



National Teen Driver Safety Week is October 15-21st, and it's important to know the facts. Teen drivers are the most vulnerable group when it comes to car accidents, and it's only gotten worse since the pandemic. Here are some tips to help you stay safe on the road: Share these tips with your friends and help save lives!

### ALARMING STATISTICS HIGHLIGHT THE DANGERS ON THE ROAD

- Teen drivers are 3X more likely to be in a fatal crash than drivers aged 20 and older.
- Crash risk increases 44% and more with additional teen passengers in the vehicle.
- 23% of teen drivers in fatal crashes were using a cell phone.

### TEEN SAFE DRIVING TIPS

- 1. STAY CALM:** Focus on the road and avoid getting agitated or stressed while driving.
- 2. CUSTOMIZE YOUR COCKPIT:** Get to know your car and its features and controls. Before you drive off, make sure your mirrors are adjusted and your



seat is in the correct position. Make sure everyone is buckled up before driving.

- 3. KEEP A SAFE DISTANCE:** Pretend there's a few invisible cars between you and the vehicle in front of you to avoid collisions.

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**4. DITCH DISTRACTIONS:** Put your phone on silent and save the snacks and makeup for when you're parked.

**5. OBEY SPEED LIMITS:** Stick to the speed limit and adjust for road conditions and weather.

**6. LIMIT PASSENGERS:** Reduce the passengers in the car to minimize distractions.

**7. DESIGNATE A CO-PILOT:** Assign a friend to help with navigation, music, and other tasks so that your only focus is driving.

**8. KNOW YOUR CREW:** Make sure you're familiar with your passenger's habits and preferences so you can anticipate their actions and avoid surprises while driving.

**9. ESTABLISH GROUND RULES:** Make it clear that everyone in the car should wear a seatbelt and avoid distracting behavior like yelling or horseplay.

**10. TAKE BREAKS:** If you're on a long trip, schedule regular stops to stretch, rest and switch drivers if needed.

**11. PRACTICE DAYTIME AND NIGHTTIME:** Get as much experience as you can with a parent or guardian in the car. Get comfortable driving in the dark by practicing with a trusted adult. It can be nerve-racking initially, but you'll get the hang of it over time.

**12. BRING OUR PEER-DRIVEN IN ONE INSTANT TEEN SAFE DRIVING PROGRAM TO YOUR SCHOOL!** Be a safe driving advocate and tell your school administrators and counselors about it.

Remember, safe driving is a responsibility we all share. By following these tips and encouraging your friends to do the same, you can help make the roads safer for everyone. Drive smart, stay safe, and enjoy the journey!

**Sources:** NHTSA, NSC, CDC, Teen Driver Source, State Farm, Car Insurance.org, Denmonpearlman.com, Bankrate Insurance, Consumer Reports, Mercury Insurance, Farm Bureau Financial Services, Frankenmuth Insurance, Kleinman Lessman, Drive Safe Colorado, Safekids, Florida Teen Safe Driving Coalition



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