

IN ONE INSTANT

ROAD RAGE

Causes, Effects, & Prevention for Teen Drivers



Hey teens, let's talk about a serious issue that affects drivers of all ages, but especially young and new drivers like you - road rage. It's important to understand the causes, effects, and how to prevent road rage to keep yourself and others safe on the road.

WHAT CAUSES ROAD RAGE IN TEENS?

There are a few key things that can trigger road rage, especially in teen drivers:

- **Emotional immaturity** - As a teen, you have less experience managing strong emotions, which can lead to impulsive reactions behind the wheel.
- **Peer pressure** - When friends are in the car with you, it can amp up aggressive driving, especially for teen guys.
- **Stress and lack of sleep** - Busy schedules and not enough rest can make you more irritable on the road.
- **Inexperience** - You're still learning, so misjudging traffic situations can add to frustration.

THE DANGEROUS EFFECTS

Road rage is no joke - it puts you and everyone else in danger:

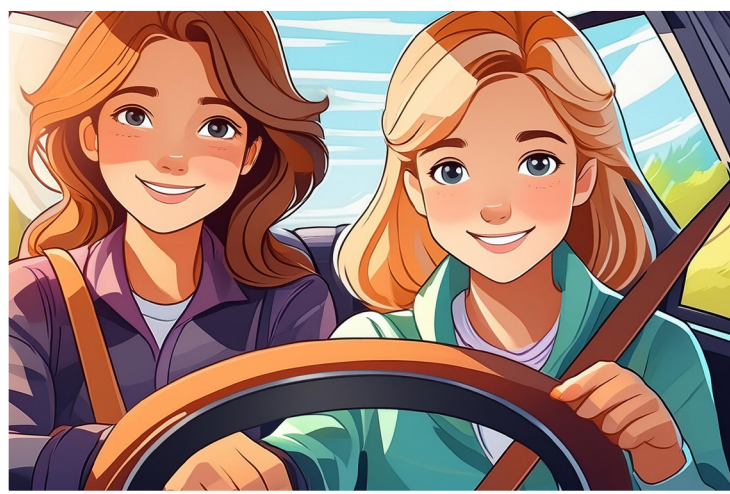
- **Higher chance of crashes** - Aggressive driving from road rage causes a huge percentage of crashes.
- **Legal trouble** - Raging on the road can get you criminal charges and mess up your driving record.
- **Emotional trauma** - Experiencing or seeing road rage can cause serious anxiety and fear.



HOW TO PREVENT ROAD RAGE

The good news is there are ways you can keep your cool and avoid road rage:

- **Learn to manage emotions** - Practice techniques like deep breaths and counting to ten before reacting when angry.
- **Get educated** - Pay attention to road rage prevention strategies in driver's ed.
- **Follow your parents' example** - If your parents stay calm behind the wheel, you're more likely to also.
- **Make an agreement** - Talk to your parents about setting clear rules and consequences for aggressive driving.
- **Be rested and plan ahead** - Get enough sleep and leave early so you're not rushed and stressed while driving.



The road can be a crazy place, but by understanding road rage, you can help prevent it. Stay aware of your emotions, obey traffic laws, give yourself extra time, and always keep your cool. Your safety and the safety of others is always the top priority when you're in the driver's seat.

Sources:

sensibledriver.com, motosafety.com, yourdriversedonline.com, bostonparentspaper.com, apa.org, bankrate.com, prnewswire.com, nhtsa.gov, idivesafely.com