

IN ONE INSTANT

# ALCOHOL & DRUG IMPAIRED DRIVING

Causes, Effects & Prevention for Teen Drivers

## How Marijuana Messes with Your Driving

- Slows your reaction time and decision-making
- Throws off your coordination and messes with your perception
- Affects parts of your brain that control movement, balance, and judgment

## Alcohol's Impact on Teen Driving

- Makes it harder to steer and handle emergencies
- Impairs your ability to stay in your lane and brake properly
- Even small amounts can make driving riskier, especially for teens

## Mixing Marijuana & Alcohol = Double Trouble

- Combining them makes impairment even worse and more unpredictable
- Increases the chances of causing a fatal crash
- Linked to more severe driving problems than using either one alone



## HEY THERE, High School Drivers!

It's time to get real about the risks driving under the influence of alcohol and marijuana and how to stay safe on the road. Did you know that nearly 1 in 8 high school student drivers admit to driving after taking up on marijuana? Not surprising that after alcohol, marijuana is the second most commonly found drug in crashes.



## What Impaired Driving Can Cost You

- Legal trouble like jail time and massive fines up to \$10,000
- Higher risk of causing crashes, injuries, or even deaths
- Messes up your driving record and skyrockets your insurance rates

## Dangerous Effects on Your Driving

- More swerving and slower reaction times
- Less focus and misjudging time and speed
- Harder to use past driving experience to make good choices

## How to Prevent Impaired Driving

- Never drive after drinking or using marijuana - period!
- Use a designated driver or call a ride-share/taxi
- Know and follow your state's Graduated Driver Licensing (GDL) laws

Bottom  
Line!

Impaired driving is never worth the risk.  
Keep yourself and others safe by always driving sober.  
Please share with your friends and fam.

Together, we can help prevent these  
dangerous and deadly crashes!

### Sources:

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