

Facts and Tips for Teens



- ✓ **Practice, practice, practice**
Practice makes perfect. Encourage your parents to give you as much practice time as possible. Make a schedule and hold them to it when possible. Keep up the practice even after you get your license
- ✓ **Practice under different road and weather conditions**
Get experience on side streets first, and then major roads and highways. Even when you feel confident, it's a good idea to avoid driving in bad weather without supervision.
- ✓ **Wear your seat belt – ALWAYS**
If you think it's not cool to wear a seat belt, think how un-cool you'll look with a smashed face. With seat belts, if you are in a crash, you'll come away with less severe injuries. Make sure your parents buckle up, too.
- ✓ **Drive a safe car**
As much as you'd like to drive that SUV or truck, it's not as safe. Airbags are also important. Check out safety statistics on federal and consumer report web sites. Try the Insurance Institute for Highway Safety at www.highwaysafety.org
- ✓ **Cell phone use is a No-No!**
Even hands free. So is text-messaging. Save that cell phone for emergency use. (And make sure you pull off the road if you do need to make a call.)
- ✓ **Never drink and drive**
Underage alcohol & drug use are illegal! Your brain can't function normally even with one drink or one joint.
- ✓ **Put the brakes on passengers**
Don't let those friends in your car. As tempting as it is to let your friends or siblings ride with you, your risk of a fatal crash increases enormously with each additional passenger.
- ✓ **Speed can kill**
Speed is one cause of fatal crashes. You should always obey posted speed limits and allow enough time to reach your destination.
- ✓ **Restrict late-night driving**
Night driving is risky. You are three times more likely to be killed at night than during the day.
- ✓ **Have the right attitude**
A car is the most powerful weapon you'll probably ever handle. 1½ tons of fast-moving metal is not child's play but a big responsibility. Take that responsibility seriously and drive safely.