



5 TIPS FOR TEACHING YOUR TEEN TO STAY SAFE WHILE DRIVING.

According to the Centers for Disease Control and Prevention, motor vehicle crashes are the leading cause of death for U.S. teens. October 18-24, 2015 is National Teen Driver Safety Week. For parents, it's an ideal time to start a conversation with your teen about how to stay safe when they're behind the wheel.

Here are 5 tips to get the conversation started with your teen!

1 Don't Drink and Drive.

Set a good example for your teen by not driving after you drink. Remind your teen that drinking before the age of 21 is illegal and that consuming alcohol and driving don't mix.

2 Wear Your Seat Belt. Every Trip. Every Time.

You are a big influence on your teen so lead by example. If you wear your seat belt every time you're in the car, your teen is more likely to follow suit when it's their turn behind the wheel. Remind your teen that it's important to buckle up on every trip, every time.

3 Don't Text and Drive.

Remind your teen about the dangers of texting while driving. Let your teen know that the phone is off-limits when they are on the road.

4 Pay Attention to Your Speed.

Always drive the speed limit and require your teen to do the same. Remind your teen that every time their speed doubles, the distance they have to stop safely quadruples.

5 Extra Passengers in the Car Can Lead to Distractions.

With each passenger in the vehicle, your teen's risk of a fatal crash goes up. Extra Passengers = Possible Distractions.



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