



Teen Safe Driving

COACHING TIPS FOR PARENTS OF TEEN DRIVERS



About half of teens will likely crash before graduating high school.

**Are you ready to steer them in the right direction?**



**Allstate**<sup>®</sup>

**Foundation**

# Help your teen head down the right road

Car crashes are the No. 1 killer of teens in America causing far more teen deaths than drugs, illness, violence or suicide. According to research from The Allstate Foundation, parents are the No. 1 influence on their teen when it comes to learning to drive.

## So, how do you steer them in the right direction?

It begins with you.

Your teen looks up to you. You need to model the right behavior every time you drive. You need to stress safety as soon as your teen receives a learner's permit and continue to do so until at least the first year after he or she earns a driver's license.

Helping your teen head down the road to safe driving is a long journey. But, working together, you can help ensure your teen always heads down the right road. It's just another way you can enable him or her to be a confident, capable driver—and help give you peace of mind, too.

## Be ready to guide your teen whenever he or she gets behind the wheel.

The teen safe driving information in this brochure will help you practice important skill sets and coach your teen to safer driving each time you get in the car together.

Remember: Inexperience is the leading cause of teen crashes.

### PARENTS OF TEENS WITH LEARNER'S PERMITS

Information on this side is designed to supplement your teen's driver education curriculum and help him or her prepare to earn a driver's license.

### PARENTS OF NEWLY LICENSED DRIVERS

Information on the back side is designed to help keep your newly licensed teen driver safer during the dangerous first year of independent driving.

Keep this comprehensive brochure in your purse, your briefcase or the glove compartment of your family's car—anywhere you'll have it close at hand to refer to during your driving sessions.

# Skill Set

*Skills to practice after your teen gets a learner's permit*

## 1 Basic Skills in an Empty Parking Lot

### TWO ONE-HOUR SESSIONS

- Understand all controls, gauges and safety devices.
- Check and adjust seats, mirrors and safety belts (including passenger seat).
- Start, drive and stop smoothly.
- Make accurate turns using correct signals.
- Drive in reverse (straight and turns).

## 2 Light Traffic in Daylight (25 - 35 mph)

### FOUR ONE-HOUR SESSIONS

- Watch for trouble and plan next move.
- Keep speed consistent.
- Make complete stops.
- Safely follow behind vehicles.
- Check mirrors and blind spots.
- Understand how to navigate intersections and yield the right of way.

## 3 Moderate Traffic in Daylight (35 - 50 mph)

### FIVE ONE-HOUR SESSIONS

- Smoothly enter and exit highways.
- Understand how to pass and get passed on highways.
- Understand how to respond to traffic signs, lights and pavement markings.
- Navigate busy intersections, change lanes and yield to drivers.

## 4 Expressways in Daylight

### TWO ONE-AND-A-HALF-HOUR SESSIONS

- Practice entering and exiting expressways (during nonpeak and rush hours).
- Practice varying speed, position and path.
- Understand how to use defensive skills and be aware of others' blind spots.

## 5 Light Traffic at Night (25 - 35 mph)

### TWO ONE-HOUR SESSIONS

- Increase following distance and space around the car.
- Practice how to properly use headlights.
- Understand the need to adjust speed as road conditions change.

## 6 Moderate to Heavy Traffic at Night (35 - 65 mph)

### SEVEN ONE-HOUR SESSIONS

- Understand how to adjust glare in rearview mirror when on multiple-lane highways and expressways.

## 7 Adverse Weather Conditions in Daylight and at Night

### SIX ONE-HOUR SESSIONS

- Recognize and respond to dangerous and/or changing road conditions.
- Recognize when to decrease speed and increase space around the car.
- Understand how to avoid and recover from skids and spins.
- Practice using windshield wipers and defrosters.

## 8 Complex Situations in Daylight and at Night

### SIX ONE-HOUR SESSIONS

- Practice performing three-point turns, turning around by pulling into driveways (right and left sides of street), backing into driveways and performing U-turns.

## 9 Most Commonly Used Roads

### FIVE ONE-HOUR SESSIONS

- Drive on roads your teen will most frequently travel.
- Practice perpendicular, angle and parallel parking.
- Understand what to do in the event of a crash.
- Review routine car maintenance requirements.

## 10 Mixture of Situations

### FOUR ONE-HOUR SESSIONS

- Maintain focus for at least one hour of driving.
- Obey all traffic laws (including speed limits).
- Use directions to get to unfamiliar locations.
- Understand how to use maps and/or GPS systems when needed.



# Coaching Tips

*Tips for coaching your teen with a learner's permit*

## Practice Helps Make Perfect

- Practice driving with your teen at least 50 hours (including 10 at night and five in inclement weather)—more if required by your state.
- Hold first lessons in an empty parking lot, then move onto local roads.
- Experience a variety of driving situations.

## Review the Game Plan

- Ask your teen's driver education teacher what skills your teen should practice each week.
- Before each session, discuss with your teen the route and the skills that will be practiced.
- Encourage your teen to explain how he or she plans to perform new skills.

## Read the Signs

- Make sure your teen's arms are relaxed, not overstressed.
- If your teen seems nervous, take a break and resume later.

## Maintain Concentration

- Make sure your teen isn't distracted.
- Turn off all music and keep cellphones out of sight.
- Provide simple, clear instructions well in advance of maneuvers.
- Occasionally ask your teen to comment on what he or she is seeing or thinking.

## Celebrate Each Success

- Be generous with your praise.
- Encourage your teen to continue to build new skills.
- Evaluate each session together when it's fresh in your minds.
- Let your teen point out successes and mistakes before you do.

## Learn from Mistakes

- If a mistake is made, ask your teen to move the car safely off the road.
- Talk through how to correct it.
- Use a calm voice and be patient.
- Encourage your teen to practice the skill again.

## Lead by Example

- Your teen learns from you—especially when you're driving.
- Follow the same rules your teen is learning.
- Keep distractions to a minimum.
- Point out potential driving issues when your teen is a passenger.

## Assess Their Readiness

- Take note of your teen's ability to use good judgment, resist peer pressure, control emotions, follow state driving laws, and feel comfortable and confident behind the wheel.
- Talk with your teen about his or her readiness to apply for a driver's license.

Encouraging your teen to develop the right attitudes today can lead to a lifetime of safety for all American families.



For more information on teen safe driving, visit [www.AllstateFoundation.org/SaferLives](http://www.AllstateFoundation.org/SaferLives)

# Skill Set

*Skills to practice for your newly licensed teen driver*

## 1 Seat Belts Are Never Optional

- Make sure your teen always buckles up and checks to make sure passengers do, too.
- Teens are least likely to wear seat belts.
- Most teens killed in crashes were not wearing seat belts.

## 2 Passenger Maintenance

- Watch how your teen focuses on driving with family in the car.
- Passengers—and the distractions they represent—can be deadly.
- Crashes increase with even one teen passenger.
- Consider allowing no teen passengers for the first six months of driving.

## 3 Speed Management

- Observe how your teen manages speed.
- Determine if your teen sees and responds to speed limit signs.
- Point out how to adjust speed to the situation.
- Weather, traffic, hazards and experience factor into a safe driving speed.

## 4 Scanning the Road Ahead

- Encourage your teen to regularly look far down the road, then closer in, and then through mirrors.
- Teach your teen to identify and avoid potentially reckless drivers and hazards on the road.

## 5 Hazard Detection and Response

- Help your teen anticipate the actions of other drivers.
- Drivers have three seconds to respond to a hazard: one to recognize the hazard and two to react.
- Ask your teen to point out risky situations and discuss how to avoid the dangers.

## 6 Keeping Their Distance

- Encourage your teen to keep a three-second distance between his or her car and the car in front.
- Instruct your teen to watch the rear bumper of the car in front pass an object.
- Ask your teen to count out loud for three to four seconds before his or her car passes the same object.

## 7 Night Driving

- Watch how your teen adjusts to night driving.
- Point out that routes your teen drives during the day look different in low-light conditions.
- Fatal crashes are more likely at night than during the day for teen drivers.
- Continue to practice with teen, and consider banning unsupervised night driving for at least the first six months of licensed driving, and in accordance with the law.



## 8 A Safe State of Mind

- State of mind affects driving ability.
- No drinking or drugs while driving.
- Watch how your teen's mood (tired, excited, nervous, sad) or medications affect his or her driving.

## 9 Managing Cellphones

- Be sure your teen routinely turns off and puts away any cellphone before starting the car.
- If your teen needs to make a call, he or she should pull over and stop for the duration of the call.

## 10 Avoiding Distractions

- Encourage your teen to fully concentrate on driving.
- Ask your teen to avoid activities that take the focus off the road, including eating, drinking, reaching for an object, reading billboards or adjusting/programming electronics.



# Coaching Tips

*Tips for coaching your newly licensed teen driver*

## Practice Helps Make Perfect

- Ride with your new driver at least 30 minutes each week for the first full year after he or she gets a license.

## Be Patient and Encouraging

- Turn each drive into a learning experience.
- Give advice calmly and gently.
- Be honest and sincere when you encourage.
- Invite your teen to analyze his or her skills, too.

## Lead by Example

- Your teen learns from you—especially when you're behind the wheel.
- Drive the way you want your teen to drive.
- If your teen catches you making a mistake, admit it.
- Show your teen that it's never too late to start doing the right thing.

## Make Safety Part of Your Community

- For 16- and 17-year-olds, the risk of death increases 44 percent with one teen passenger, doubles with two teen passengers, and quadruples with three or more teen passengers.
- Encourage parents of teens in your community to also set appropriate driving rules to make sure your teen is safer as a passenger.

## Empower Teens to Speak Up

- Discourage risky behavior as a driver or passenger.
- Emphasize that everyone in the car is responsible for safe driving.
- Reinforce the importance of speaking up in dangerous situations.

## Review the Rules

- Know your state's driving laws.
- Laws help new drivers get on-the-road experience under lower-risk situations.
- View laws as minimum standards for establishing family rules.

## Make It Official

- Establish family rules about when, where, how and with whom your teen may drive.
- Work with your teen to set consequences for breaking rules.
- Create a Parent-Teen Agreement at [AllstateFoundation.org](http://AllstateFoundation.org).
- Review your teen's progress every three months.

## Be Your Teen's Biggest Fan

- Encourage your teen to tell you about experiences on the road—as a driver or passenger.
- Keep cheering them on to driving success each and every day.



For more information on teen safe driving, visit [www.AllstateFoundation.org/SaferLives](http://www.AllstateFoundation.org/SaferLives)

## Teen safe driving partners



Founded in 1913 and chartered by Congress, the **National Safety Council** ([nsc.org](http://nsc.org)) is a nonprofit organization whose mission is to save lives by preventing injuries and deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. NSC advances this mission by partnering with businesses, government agencies, elected officials and the public in areas where we can make the most impact—distracted driving, teen driving, workplace safety and safety beyond the workplace. To learn more, visit [www.NSC.org](http://www.NSC.org).



The **National Organization for Youth Safety** is a collaboration of more than 70 national, youth-serving organizations, including nonprofit organizations, business and industry leaders, and government agencies. The common goal is to promote safe and healthy behaviors among America's youth. Explore the organization's resources at [www.noys.org](http://www.noys.org).



A program of The Allstate Foundation, **SaferLives<sup>SM</sup>** provides important safety information that helps keep people safer *In the home. On the road. In the community.<sup>SM</sup>* Focused on three Foundation safety initiatives—teen safe driving, disaster preparedness, and domestic violence—the program is offered through Allstate agency owners in communities across the country. For more details, check out [www.AllstateFoundation.org/SaferLives](http://www.AllstateFoundation.org/SaferLives).



Established in 1952, **The Allstate Foundation** is an independent charitable organization made possible by subsidiaries of The Allstate Corporation (NYSE: ALL). Through partnerships with nonprofit organizations across the country, The Allstate Foundation brings the relationships, reputation and resources of Allstate to support innovative and lasting solutions that enhance people's well-being and prosperity. With a focus on teen safe driving and building financial independence for domestic violence survivors, The Allstate Foundation also promotes safe and vital communities; tolerance, inclusion, and diversity; and economic empowerment. For more information, visit [www.AllstateFoundation.org](http://www.AllstateFoundation.org).