

## Ten Tips to Help Keep Your Teen Safer on the Road



**Tip #1:** Buckle Up! It takes two seconds. No matter how far you're going, your seat belt must be worn properly each and every ride. It is your best line of defense in a car crash.

**Tip #2:** Set an example. You are the number one influencer of your teen's attitudes and behaviors. This means that as parents, it is important to be the driver you want your teens to be.

**Tip #3:** Talk to your teens about how to drive distraction-free. Teach them to put all distractions away before they start driving. Being safe behind the wheel means two hands on the wheel, eyes on the road, mind on driving, and ears alert.

**Tip #4:** Talk to your teens about how to be an aware and vocal passenger. Teach them to be an extra set of eyes for the driver, and make sure they know how to speak up if they feel unsafe inside a car.

**Tip #5:** Teach your teens to know their driver. Choose safety over convenience every ride. It's important as parents to know who your teen is getting into the car with, how long they have been driving, and their driving history.

**Tip #6:** Follow the Graduated Driving Licensing Laws. Educate yourself on the provisions of your teen's license and remember these laws are in place to keep your teen driver safe while they gain experience.

**Tip #7:** Practice, practice, practice! Your new teen driver needs as much behind-the-wheel practice with you as they can get. After they are a licensed driver, check in to see how they are doing. If they have picked up any bad habits, correct them during the check in.

**Tip #8:** Talk to other parents about your expectations when you aren't there. Make sure the parents of your teen's friends are on the same page with you when it comes to following the rules of the road.

**Tip #9:** Drowsy driving is distracted driving. Ensure you and your teen understand the importance of getting adequate sleep before driving.

**Tip #10:** Advocate for the Graduated Driver Licensing Laws at your teen's school. Get the administration on the same page about keeping young drivers safe at school events.



**Interested in scheduling a Parent-Teen workshop?**  
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