



WWW.CDC.GOV/PARENTSARETHEKEY

EIGHT DANGER ZONES FOR TEENS BEHIND THE WHEEL

Six teens a day are killed in car crashes. Make sure your young driver is aware of the leading causes of teen crashes, and put rules in place to help your teen stay safe.

NO. 1: DRIVER INEXPERIENCE. Most crashes happen during the first year a teen has a license. Provide at least 30 to 50 hours of supervised driving practice over at least six months. Make sure to practice on a variety of roads, at different times of day, and in varied weather and traffic conditions. This will help your teen gain the skills he or she needs to be safe.

NO. 2: DRIVING WITH TEEN PASSENGERS. Crash risk goes up when teens drive with other teens in the car. Follow your state's teen driving law for passenger restrictions. If your state doesn't have such a rule, limit the number of teen passengers your teen can have to zero or one. Keep this rule for at least the first six months.

NO. 3: NIGHTTIME DRIVING. For all ages, fatal crashes are more likely to occur at night; but the risk is higher for teens. Make sure your teen is off the road by 9 or 10 p.m. for at least the first six months of licensed driving.

NO. 4: NOT USING SEAT BELTS. The simplest way to prevent car crash deaths is to buckle up. Require your teen to wear a seat belt on every trip. This simple step can reduce your teen's risk of dying or being badly injured in a crash by about half.

NO. 5: DISTRACTED DRIVING. Distractions increase your teen's risk of being in a crash. Don't allow activities that may take your teen's attention away from driving, such as talking on a cell phone, texting, eating, or playing with the radio.

NO. 6: DROWSY DRIVING. Young drivers are at high risk for drowsy driving, which causes thousands of crashes every year. Teens are most tired and at risk when driving in the early morning or late at night. Be sure your teen is well rested before he or she gets behind the wheel.

NO. 7: RECKLESS DRIVING. Research shows that teens lack the experience, judgment, and maturity to assess risky situations. Help your teen avoid the following unsafe behaviors.

- **Speeding:** Make sure your teen knows to follow the speed limit and adjust speed to road conditions.
- **Tailgating:** Remind your teen to maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

NO. 8: IMPAIRED DRIVING. Even one drink will impair your teen's driving ability and increase their risk of a crash. Be a good role model: never drink and drive, and reinforce this message with your teen.

Take the next step and download the Parent-Teen Driving Agreement at www.cdc.gov/parentsarethekey.



Passenger	For the entire time a driver holds a learner's permit, he or she may not have any passengers except for either: <ul style="list-style-type: none"> • A licensed driving instructor giving instruction and others accompanying that instructor. • One person who is providing instruction and is at least 20 years old, has held a driver's license for four or more consecutive years and whose license has not been suspended during the four years prior to training. Parents or legal guardian may accompany the instructor.
Curfew	No curfew, but must be accompanied by a qualified trainer.
Seatbelts	All passengers in vehicle must use permanently installed seat belts.
Cell phones, etc.	May not use cell phones (even if hands-free) or other mobile electronic devices while driving. This includes any hand-held computer or other device with a video display.

Driver License Restrictions for 16 and 17 Year Olds

Passenger	For the first 6 months after obtaining a driver license, may only drive with: <ul style="list-style-type: none"> • Parents or legal guardian at least one of whom holds a valid driver license • Licensed driving instructor or • Person providing instruction who is at least 20 years old, has held a license for at least 4 years with no suspensions during the last 4 years <p>For the second 6 months, may drive with the above people and may also drive with immediate family (e.g., brothers, and sisters).</p>
Curfew	Until 18th birthday , may not drive between hours of 11 p.m. – 5 a.m. unless it is for: <ul style="list-style-type: none"> • employment • school • religious activities • medical necessity <p>*See exemptions below</p>
Seatbelts	Until 18th birthday , all passengers in vehicle must use permanently installed seat belts.
Cell phones, etc.	Until 18th birthday , may not use cell phones (even if hands-free) or other mobile electronic devices while driving. This includes any hand-held computers or other device with a video display.

***Passenger and Curfew Exemptions:**

The **passenger** and **curfew** restrictions do not apply to:

- active members of a volunteer fire company or department responding to an emergency
- active member of volunteer ambulance service or company responding to an emergency

Motorcycle Restrictions for 16/17 Year Olds

»» THE FIRST 3 PRACTICE DRIVES

- Begin in an empty parking lot.
- Instruct your new driver to always wear a seatbelt.
- Have the driver adjust their seat and rear-view and side mirrors.
- Review the instrument panel and basic vehicle controls.
- Instruct them to hold the steering wheel at 9 and 3 o'clock (this avoids injury from a deployed airbag).
- Practice starting, stopping, and turns.
- Keep your practice to 15 or 20 minutes to start.
- Practice driving in reverse (turning their head all the way around to see what is in back of the vehicle).

»» SPECIAL EVENTS

- Have your new driver go to a gas station and show them how to put gas into the vehicle.
- Show your new driver how to put air into the tires.
- Make sure they know how to open the hood and check their oil.
- Point out where they can find the spare tire and jack.
- Consider subscribing to a roadside assistance service.
- Instruct them on what to do if they hear the siren or see the lights of an emergency vehicle on the road.
- Practice what they should do if they are pulled over by the police.

»» RESOURCES

Review the CT DMV's training guide for parents:
www.ct.gov/dmv/lib/dmv/20/29/Howto.pdf

Review the CT DMV Driver's Manual:
www.ct.gov/dmv/lib/dmv/20/29/r12eng.pdf



»» WWW.KOHLROADSAFETY.ORG

»» PRACTICE ON LOCAL ROADS

- Plan out your route before beginning the drive and talk it over with your new driver.
- If a mistake is made, have your teen pull-over in a safe location and explain the error.
- Be on the lookout for hazards and make your teen aware of them. New drivers have very weak scanning abilities.
- Follow what the driving instructor says your driver should do.
- Ask your teen to tell you what they are doing before they do it (ex. "I am going to make a right turn up ahead").
- Practice having them come to a complete STOP at all stop signs.

»» OTHER TIPS

- Follow other vehicles at a safe distance to give your new driver enough time to react to sudden braking (at least 3 seconds).
- Do not exceed the speed limit.
- Use your turn signals so that other drivers know what you are doing.
- Always yield to pedestrians.
- Do not allow the use of GPS.

»» AFTER YOUR TEEN HAS MASTERED LOCAL DRIVING

- Bring your new driver onto a highway or other divided roadway. Practice entering and exiting the highway.
- Practice driving at night with your teen on local roads.
- Bring your new driver out on the road when it rains. Have them adjust their driving for road conditions by slowing down and leaving more distance between them and the car ahead.
- Practice parking in an active parking lot.