

Teen Driving Safety

The highest lifetime crash risk is in the first months after a teen gets their license. Follow these tips to help them stay safer on the road.

Wear a Seat Belt

Teens have the lowest rate of seat belt use among all age groups.



Wearing a seat belt reduces the risk of death in a crash by about **50%**.¹

"Always buckle up before driving or riding in a vehicle, regardless of distance or familiarity with the route. It's a simple habit that can save your life."



Distracted Driving

Distracted driving involves any activity that takes your mind off driving, your eyes off the road, or your hands off the wheel. It only takes 2 seconds of distraction to cause a crash.

23x

Texting while driving increases crash risk by 23 times.²



To stay safer on the road, put down your phone and keep your focus on driving. If you need to use your phone, pull over or ask a passenger to help.



Keep your phone in a designated spot out of reach.

Speeding and Street Racing

"Your choices on the road impact not only your life but also the lives of others. Drive responsibly to ensure everyone's safety."



Obey speed limits



Drive defensively



Resist the urge to speed or race

Teen drivers are less safe when they speed or participate in street racing. According to NHTSA, speeding is a factor in **about a third** of all fatal crashes involving teen drivers.³ Street racing, often glamorized in media, is illegal and extremely dangerous, leading to **severe injuries and fatalities.**

Learn more: bit.ly/T4CIP-RulesForTheRoad

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TRAINEES FOR CHILD INJURY PREVENTION

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Nighttime & Drowsy Driving



Driving at night is riskier for teens because it's **harder to see and react** to road signs, upcoming curves, pedestrians, and others sharing the road.



Driving when you're tired **slows down** how fast you react and makes it harder to make good decisions.⁴



In 2020, almost half of motor vehicle crash deaths among teens occurred between **9 pm and 6 am**, and half occurred on **Friday, Saturday, or Sunday**.⁵



Prevent crashes by getting enough **rest**, **avoiding distractions**, and paying **close attention** while driving.

Impaired Driving

While impaired crashes are less common in teens, when a teen drives under the influence of alcohol or drugs, they are at a very high risk of a serious or fatal crash. The combination of poor skills and impairment is very dangerous for teens. If teens are impaired, they can stay safer by:



Designating a sober driver, or a "DD"



Calling or texting a trusted adult



Using rideshare services

"Always plan ahead and never hesitate to seek help. Your decisions behind the wheel affect not only your life but those around you. Drive responsibly and protect yourself and others on the road."



While every state law is different, the American Academy of Pediatrics recommends...⁶

- 6 month learner's permit at age 16
- 50 hours of behind-the-wheel training | 10 hours at night
- Midnight-5:00 a.m. driving restriction until age 18
- No passengers during learning permit phase then 1 passenger until age 18
- No cell phone use
- Seat belt use required
- Strong penalties or loss of license for violations



References

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3. Teen Driving | NHTSA. (n.d.). NHTSA. www.nhtsa.gov/road-safety/teen-driving
4. Drowsy Driving | NHTSA. (n.d.). NHTSA. www.nhtsa.gov/risky-driving/drowsy-driving
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