



Before your teen gets in the car with another teen

Questions to ask:

- Who is the driver?
- How old is the driver?
- How long has s/he been driving?
- What make of car will s/he drive?
- How long has s/he been driving the car your child will ride in?
- Is the route the driver is taking to the destination the safest one?

Reminder to give:

- Call if you think you'll be late.
- Don't rush to make curfew.
- Don't get in a car if you feel the driver is unsafe.
- Call a trusted adult for a ride back home.
- A car accident is the #1 cause of death for teens.
- The driver does not have to be drunk or drugged to have an accident - inexperience and immaturity play a huge role.

Before you let your teen drive others

- Make sure your teen has driven alone for 6 to 12 months after the provisional licence.
- Make sure your teen has had exposure to different driving conditions including nighttime, inclement weather, beltway, country roads, etc.
- Make sure your teen can recognize and will take the safest route.
- Make sure your teen will not to speed under any circumstances.
- Make sure your teen will avoid cell phones while driving.

Make sure your teen will call a trusted adult if s/he feels his or her driving is impaired

Make sure your teen doesn't drive during restricted hours when covered by the provisional licence.

Stress the importance of being cautious; When you drive another person you have a life in your hands.

3. Recognizing safe drivers

A truly safe driver has had 1000 miles of driving experience in all conditions, including nighttime and inclement weather.

A safe driver doesn't speed.

A safe driver doesn't drink and drive.

A safe driver wears his seatbelt.

A safe driver doesn't break the law.

A safe driver avoids talking on the phone while driving.

A safe driver selects the safer route.

A safe driver avoids dangerous situations.

Courtesy Montgomery County, Maryland

Tips based on science and compiled by Arturo Betancourt, MD, bereaved father of Alicia



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