

Prevent Speeding & Help Keep Your Teen Driver Safe



Congratulations! As a parent of a new or soon-to-be driver, this is an exciting time. It can also be a nerve-racking time. To help keep your child safe behind the wheel, have ongoing conversations about driving safety, including the dangers of speeding. Teens are more likely than older drivers to speed and not allow enough headway or distance between cars, which can be an issue when stopping. Use the information below to talk with your teen about speeding and take a pledge together to drive safely.

1 Did You Know?

- › Crash risk is highest the first year a teen has his or her license.¹
- › Six teens a day are killed in crashes.¹
- › In the United States in 2015, 9,557 lives were lost in fatal car crashes involving at least one driver who was speeding.²
- › The highest percentage of these fatalities is among young drivers ages 15 to 24, especially males.²

2 Why Drivers Speed

- › They are late or in a rush.
- › There's an emergency.
- › They are distracted and not paying attention to their speed.
- › They are angry or upset.
- › They are keeping up with traffic flow.
- › They enjoy going fast.
- › They overestimate their ability to control the car.

3 Consequences of Speeding

These include crashes, which could involve injury or death, and speeding tickets or fines.

4 What You Can Do

- › **Talk** with your child about speeding and the hazards of driving over the speed limit.
- › **Discuss** the importance of keeping a safe distance from the car ahead of you and not tailgating. Remind your child that the faster the car is going, the longer it will take the car to stop.
- › **Ensure** your child wears a seat belt. Teens have among the lowest rates of seat belt use compared to other drivers.³
- › **Help** your child recognize and avoid triggers that cause some to speed: rushing, distractions, and driving when emotional.
- › **Establish** consequences if your child has been speeding.
- › **Be** a good role model—follow speed limits yourself.
- › **Practice** driving with your child on different road conditions and during different times of day.
- › **Supervise** your child's driving and establish rules and expectations.
- › **Know** the Graduated Drivers Licensing (GDL) laws in your state. These laws are designed to create longer practice periods for new drivers and limit driving under high-risk conditions.

Sources

1. "Parents Are the Key to Safe Teen Drivers." Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Oct. 14, 2016. Available at www.cdc.gov/parentsarethekey/danger/index.html.
2. NHTSA's National Center for Statistics and Analysis, "Traffic Safety Facts—2015 Data," July 2017. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812409>.
3. "Teen Drivers: Get the Facts, Risk Factors." Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, May 12, 2017. Available at www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html.



I Promise Pledge

Driving is serious business. Before you get behind the wheel, pledge to practice responsible and safe driving habits, whether you're the driver or the passenger. Discuss other promises your family should add and then fill them in on the blank lines below. Safe driving!

I Promise...

- I will always follow the speed limit.
- I will always wear a seat belt.
- I will obey all streetlights and traffic signs.
- I will not tailgate.
- I will keep a safe distance from the car in front of me.
- I will not rush when driving.
- I will focus on driving and not drive distracted.
- I will not text or talk on the phone while driving.
- I won't drive when I'm drowsy.
- If I am driving, I agree to have the legal number of passengers in the car, with everyone buckled up.
- As a passenger, I will respect the driver and refrain from creating distractions so that he or she can concentrate on driving.
- As a passenger, I will speak up if I feel unsafe and I will find an alternate ride.
- I will learn my state's Graduated Drivers Licensing (GDL) laws.
- I agree to drive sober and will not drink alcohol or use substances that impair my judgment.
- I will call my parents for a ride if I feel tired or am not able to drive.
- _____
- _____

I recognize that speeding, distracted driving, and impaired driving injure and kill thousands of people each year. I promise to keep my pledge.

Teen's Signature: _____ Date: _____

Parent's/Guardian's Signature: _____ Date: _____