

SAFE DRIVING TIPS FOR TEEN DRIVERS

- **Always wear your seat belt**--and make sure all passengers buckle up, **especially if you possess an intermediate drivers license.**
- Adjust your car's headrest to a height behind your head--not your neck--to minimize whiplash in case you're in an accident.
- Never try to fit more people in the car than you have seatbelts for them to use.
- Obey the speed limits. Going too fast gives you less time to stop or react. Excess speed is one of the main causes of teenage accidents.
- Don't run red lights or stop signs.
- Use turn signals to indicate your intention to turn or to change lanes. Turn it on to give the cars behind you enough time to react before you take the action. Also, make sure the signals turns off after you've completed the action.
- When light turns green, make sure intersection clears before you go.
- Don't drive like you own the road; drive like you own the car! Be courteous to other drivers!
- Make sure your windshield is clean. At sun rise and sun set, light reflecting off your dirty windshield can momentarily blind you from seeing what's going on.
- Make sure your car has gas in it. Don't ride around with the gauge on empty--who knows where you might get stranded.
- Don't drink and drive, and don't ride with anyone who has been drinking. Call parents or friends to take you home if you need a ride.
- Don't take drugs or drive if you've taken any. Don't ride with anyone who has been using drugs. Even some over the counter drugs can make you drowsy. Check label for warnings.
- Don't blast the radio. You might miss hearing a siren or a horn that could warn you of possible trouble.

- Don't drive with small children or even small teenage friends as passengers in a front seat that has a passenger-side air bag. They should be buckled up in the back seat. Recent transportation studies show that small children may be injured by the air bags even in low impact collisions. (Actually, it's safer not to drive with friends and kids in the car when you're learning to drive. They can be distracting.)
- Don't talk on your cellular phone, put on make-up, comb your hair, or eat while driving. People who talk on cellular phones while driving are four times more likely to have an accident. If you need to make a call, pull off the road to a safe spot and park.
- Don't leave your car in cruise control when you're driving late at night or when you're tired. If you fall asleep at the wheel, the car will crash at the speed you've set your control to maintain.
- Don't fiddle with the radio while you are driving. It's better to wait until you can pull over and stop because even taking your focus off the road for a few seconds could lead to an accident. Adjusting the radio is one of the top three distractions for teen drivers. • Use good quality tires and make sure they are inflated to the right pressure (check your owners manual for what is right for your tires and car).
- Maintain your car. Bald tires, a slipping transmission, or a hesitant engine could lead to accidents.
- Use headlights during daylight driving, especially on long stretches of highway and rural roads to make you more visible to oncoming drivers.
- Be on the lookout for motorcycles, bikes, and pedestrians
- **Drinking and driving do not mix, YOU DRINK, YOU DRIVE, YOU LOSE. BUZZED DRIVING IS DRUNK DRIVING!**

