

Facts and Tips for Teens & Parents

The Tips

- ✓ Practice, practice, practice – the more the better
- ✓ Practice under different road, weather & traffic conditions
- ✓ Restrict night driving
- ✓ NO cell phone, NO texting, NO distractions
- ✓ Limit the number of passengers
- ✓ ALWAYS wear seatbelts – everyone
- ✓ NO alcohol or other drug use
- ✓ Obey all traffic signs, signals & laws



Attention Parents/Guardians:

1. **Set clear rules, boundaries and expectations for teens.**
Rather than stating, “You’ll do as I say,” explain your reasoning.
2. **It’s about safety, not control.**
Make sure teens understand that rules are in place for their safety, not to control them.
As their skills develop and they become more responsible, introduce new privileges.
3. **Be responsive.**
Listen to teens’ concerns and, when appropriate, modify expectations to fit circumstances.
4. **Recognize teens’ need to become independent.**
Reward responsible behavior with greater privileges.
5. **Let teens know you can be counted on for help and support.**
How a parent shows support may differ from family to family, but it is important that they know you can be relied upon. One way is to be the scapegoat to help them save face with friends.
 - Make sure your teens’ friends know your tough rules.
(“No way, my dad would kill me if I did that!”)
 - Create a code word.
Help teens get out of unsafe situations by calling or texting you with a previously agreed upon code word that signals trouble.
When you hear or see the word, pick them up right away, No questions asked.
6. **Pay attention. To help teens make good safety decisions, keep the lines of communication open.**
Know where they are going and why; discuss how they will get there and get home.
Provide alternatives to allow them to avoid unsafe driving situations.
7. **Lead by example.**
Teens model your actions and may adopt your driving habits.
Obey the rules of the road.
Always wear a seatbelt. Never talk/text on a cell phone while driving.
Do not speed.



What If I Am Stopped By A Police Officer?

1. Stop vehicle in a safe area.
2. Turn vehicle engine off.
3. Do not get out of vehicle.
4. Driver and all passengers – Keep hands in plain sight.
5. Always follow the instructions of the police officer.
 - Do not make any sudden moves
 - Wait for officer to ask you for your license and registration
6. If you are pulled over at night, put vehicle interior lights on.
7. Always tell the truth.



What If I Am Involved In A Motor Vehicle Crash?



1. Try to Stay Calm
 - Stop the vehicle
 - Call 911, then call a parent or guardian
 - Any uninjured occupants should leave the vehicle and move to a safer area
 - Do not move vehicle unless instructed to do so by police officer
 - NEVER LEAVE THE SCENE OF A CRASH
2. Get Necessary Information
 - Exchange license, registration, and insurance information with the other driver
 - Take pictures of damages with cell phone (Do not jeopardize your safety)
3. Limit Discussion of the Crash
 - Talk only with the police, your parents or your insurance company/agent
 - Do not discuss details of the crash with the other driver, passengers or bystanders
4. Notify Your Insurance Company
 - Call your insurance company within 24 hours
 - Report even a minor crash



THE TRUTH ABOUT DRINKING & DRIVING



Myth: Alcohol is a stimulant.

Fact: Alcohol is a depressant. It acts on the central nervous system like an anesthetic to lower or depress the activity of your brain.

Myth: A drink or two makes me a better driver.

Fact: Even one drink can cloud your thinking, dim your vision and slow your reflexes. Small amounts of alcohol can impair your judgment and put you and others on the road at risk of death or disabling injury.

Myth: I'm bigger so I can handle my liquor better.

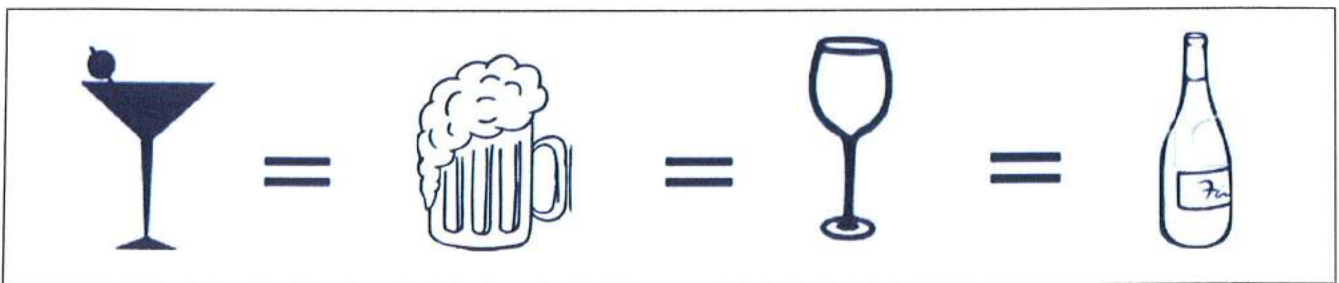
Fact: Size is only one factor in how alcohol affects you. Body chemistry, how tired you are, the amount of food in your stomach and other factors all play a part in how you handle liquor. Your reflexes and judgment can be affected with the first drink.

Myth: Drinking coffee and or taking a cold shower sobers me up:

Fact: Coffee or a cold shower cannot rid your system of alcohol. It just makes you a nervous, wide-awake, wet drunk. It takes time to get drunk, therefore only time gets you sober.

Myth: I always stay away from the hard stuff.

Fact: Alcohol is alcohol. Beer has the same effect as straight scotch. One 12-ounce beer has as much alcohol as a 1.5 ounce shot of 80-proof whiskey or a 5-ounce glass of wine. Alcopops- sweet drinks laced with malt liquor often contain more alcohol than beer.



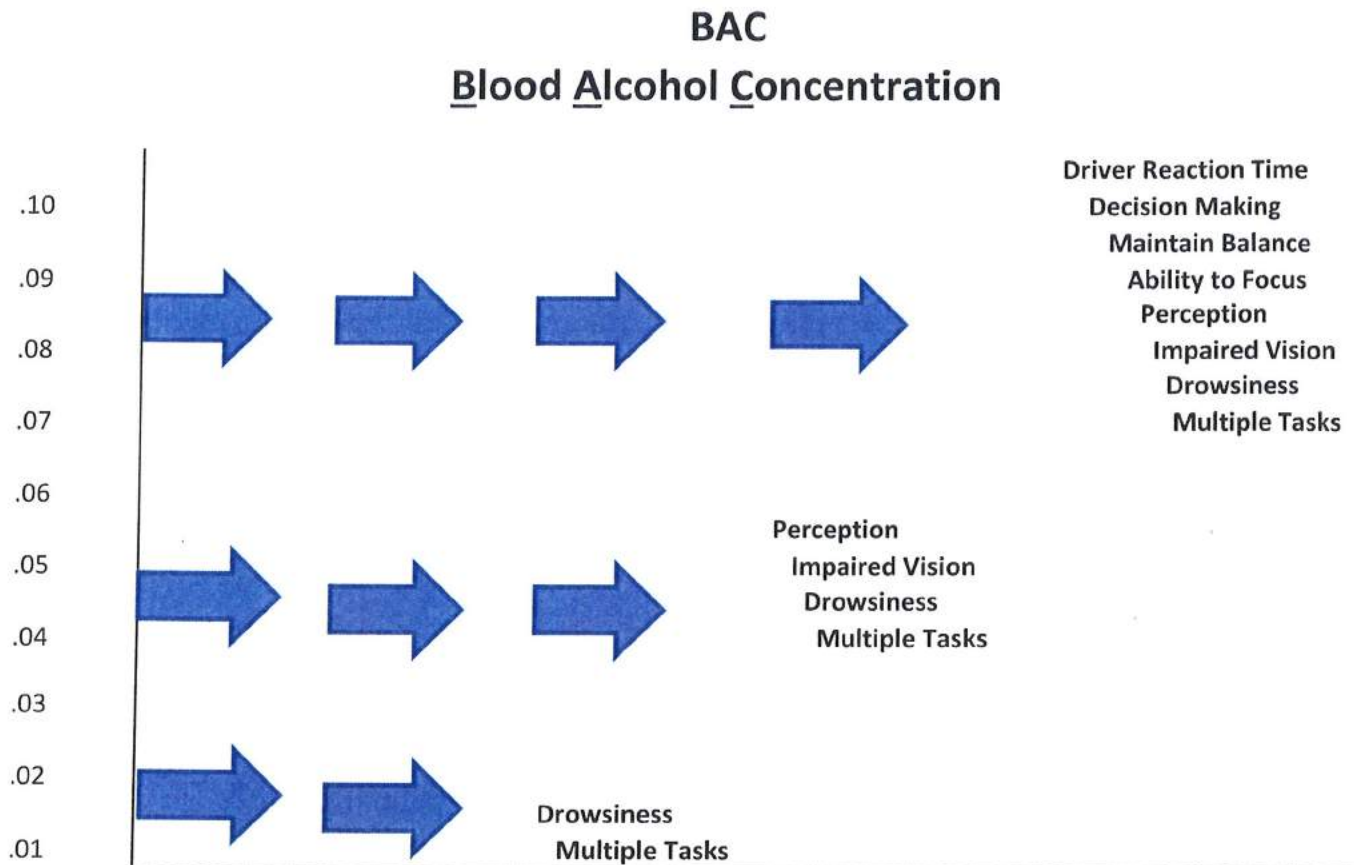
**ALCOHOL IS ALCOHOL
ONLY TIME CAN MAKE YOU SOBER!**



THE TRUTH ABOUT DRINKING AND DRIVING

YOUR BAC, IMPAIRMENT & RISK OF HAVING A CRASH INCREASES WITH EACH ALCOHOLIC DRINK CONSUMED!

- The percentage of alcohol in your blood determines your Blood Alcohol Concentration (BAC)
- Mixing alcohol with certain other drugs causes unpredictable increased impairment
- Many prescription or over-the-counter drugs impair your ability to drive



DRUGS & DRIVING

What You Should Know



Drugged Driving is a public health concern that causes danger to the drugged driver, other drivers, passengers and pedestrians who share the roadways and nearby walkways.

What is Drugged Driving?

Driving after having consumed alcohol or other drugs that make the driver incapable of driving safely or causes the driver to be impaired.

Why is Drugged Driving Dangerous?

Drugs impair motor skills, reaction time, judgment and negatively affect driving skills. The effects of specific drugs differ depending on how they are used, the amount consumed, the history of the user, and other factors.

How Do Drugs Affect Driving Skills?

Alcohol and Other Depressants

- Slow reaction time
- Blurred vision
- Mental confusion
- Poor judgment of speed and distance
- Coordination

Marijuana

- Reaction time
- Poor Judgment
- Concentration
- Coordination
- Attention

Stimulants

- Speed up body = Aggressive Driving
- Blurred vision
- Fatigue as drug effects wear off

Hallucinogens

- Distort time and space
- Lack of concentration
- See things not there



Over the Counter Drugs

- Drowsiness
- Excitability
- Blurred vision
- Poor coordination
- Stronger reaction with alcohol or other drugs

Prescription Drugs

- Most prescription drugs come with warnings about operating machinery or motor vehicles while taking the drug
- When prescription drugs are abused or misused the risks are even greater

What are the Laws against Drugged Driving?

Drugged driving laws cover all types of mind-altering substances, legal and illegal including prescription and over the counter drugs.

All 50 states & the District of Columbia have laws that target drugged drivers.

In New York according to Vehicle and Traffic Law 1192, a person is guilty of a DUI if he or she operates a motor vehicle while his or her ability to operate such a motor vehicle is impaired by the use of a drug, or he or she is impaired by the combined influence of drugs or of alcohol and any drug or drugs.

Possible Warning Signs of an Impaired Driver

- Exaggerated or unusual driving
- Inconsistency in speed – very fast or too slow
- Frequent lane changing and following too closely
- Unusually wide, abrupt or illegal turns
- Ignoring traffic sign and signals
- Jerky stops and starts; weaving or swerving
- Driving at night without lights
- Driving too close to the curbs and shoulders; hugging the edge of the road or straddling the center line
- Driving with the windows down in cold weather, or driving with the head partly or completely out the window
- Nearly hitting an object or another vehicle
- Driving on surface other than the road
- Stopping for no apparent reason or sitting at stop signs for long periods of time

If you are concerned about a driver:

- do not confront the driver
- if you can, safely get the license plate number/vehicle description
- call 911 to report your concern

