

# Teen Safe Driving

## Driving Safety (After visit summary)

Motor vehicle crashes are the leading cause of death in teenagers. Many of these crashes are due to lack of experience and distractions. You can drive more safely by following these guidelines:

- Always buckle up. Close to ½ of teen deaths could be prevented with seat belt use.
- Never drink and drive. Don't ride with someone who has been drinking. When in doubt call your parents for a safe way home. Your parents would much rather hear from you in the middle of the night than a receive a phone call from a hospital.
- Learning to drive a car safely takes a lot of experience, that's why California has a Provisional Driver's License. Make sure you know and follow the rules. Most importantly:
  - No teen passengers for the first year of driving
  - No driving between 11 pm and 5 am
  - Absolutely no cell phone use until you are 18 years old, this includes hands free devices. No text or phone call is worth a life.
- Try to limit distractions: eating, drinking, putting on makeup or even changing a radio station can wait until you are stopped.
- Don't be afraid to speak up if someone you know is taking risks behind the wheel. The life you save may be your own.

For more information about staying safe behind the wheel, check out the DMV teen driving pages: <http://www.dmv.ca.gov/coi/teen/teen.htm>.