



# TEEN DRIVING SAFETY TIPS



Crashes are the leading causes of teen deaths. Avoiding distractions and risky driving habits will help you stay safe behind the wheel. **Eyes on the road. Hands on the wheel. Buckle up for safety and watch out for pedestrians.**

## **PHONE**

Cell phone use, particularly texting while driving is the most dangerous form of distracted driving. It is against the law for teen drivers to talk or text while driving. Put your phone away.

## **RADIO**

By taking one hand off the wheel to adjust the radio, your reaction time is reduced, and you increase the risk of an accident. Listening to loud music in your car can also be distracting and will take your mind off the road.

## **PASSENGERS**

Driving with friends and siblings can increase a teen's crash risk. Keep your eyes on the road and stay alert especially when pedestrians are present. In fact, it's against the law for a teen driver to have more than one passenger under the age of 21, excluding family members.

## **MULTI-TASKING**

When we multi-task, our brain switches back and forth from one task to the other and slows reaction time. Avoid the distractions of eating or putting on makeup while driving.

## **SPEED**

Slow down and obey posted speed limits, particularly when pedestrians are present. Always yield to pedestrians in a crosswalk. It's the law.