

# Safety Tips for Teen Drivers

**Drive sober.** Alcohol and drugs are illegal, slow your reaction-time, and distort reality. At the same time, they may make you think you're an awesome driver. Avoid this bad combination.

Ride with sober drivers...if you're in doubt about their sobriety... **DON'T GO WITH THEM**...call someone to come get you. Your parents would rather come get you than have you take the risk of riding with someone that has been drinking or using drugs

**Always use your safety belt.** These are the facts: air bags are made to work with safety belts, and most crashes happen close to home. So "Get Buckled" for every trip, every time and everyone in the car.

**Don't tailgate.** Tailgating is a stupid reason to get in a crash. Try to keep four car lengths following distance between your car and the vehicle in front of you.

**Focus on your driving.** Don't blast the music, talk on the phone, text message eat, study, or put on makeup while driving. Driving is NOT the place to multi-task!!

**Don't load up your car with too many friends.** Focus on your driving and resist distractions and peer pressure.

**Don't get stressed out.** Pretend everyone else on the road is a close, personal friend. If the traffic situation around you makes you nervous, pull over and relax a minute, then get back on the road. If it becomes more than you can handle, call someone to come get you.

**Check the rearview mirror** before and after you brake--every time.

**Follow traffic safety rules and don't drive faster than the speed limit.**

**Never let friends drive your car.** If your friends drive your car and crash, you could lose money, car privileges, a friendship, and even your life.

**Drive like your life depends on it.....because it really does.**