

# Teen Safe Driving:

## 7 Things to Know (& How to Stay Safe)

Risky Behavior	What the Data Shows	Tips to Stay Safer
 <p><b>Skipping seat belts</b></p>	<p>More than 1/2 of teens killed in crashes weren't wearing seat belts.</p>	<p>Buckle up — every person, every time. Seat belts are non-negotiable.</p>
 <p><b>Texting while driving</b></p>	<p>Texting takes your eyes off the road for 5 seconds! Driving 55 mph equals traveling the length of a football field.</p>	<p>Don't text &amp; drive. Use "Do Not Disturb" modes, pull over if you need to send a message, or let someone else respond.</p>
 <p><b>Afraid, and not speaking up</b></p>	<p>Half of teen passengers report feeling unsafe riding with a driver.</p>	<p>Speak up when any driver is driving unsafely. Passengers have a right and responsibility to help.</p>
 <p><b>Too many passengers</b></p>	<p>More passengers equals more distraction/risk.</p>	<p>Limit the number of passengers in a car. Fewer people equals fewer distractions.</p>
 <p><b>Drinking and driving</b></p>	<p>15% of teen drivers are killed in crashes with a blood alcohol content of .08% or higher.</p>	<p>Don't drink and drive. Plan ahead with a sober driver or ride-share. Make the choice before the risk.</p>
 <p><b>Driving when it's dark</b></p>	<p>The risk of a fatal crash at night can be <b>more than three times higher</b> for teen drivers.</p>	<p>Only drive at night after getting extra practice. Build up experience in daytime &amp; avoid late hours.</p>
 <p><b>Speeding</b></p>	<p>More than 1/3 of teens killed in crashes were speeding.</p>	<p>Follow the speed limit. Speed reduces reaction time and increases crash severity.</p>

# Do's and Don'ts of Teen Driving

According to the Florida Teen Safe Driving Coalition, teen drivers in Florida were involved in approximately **80,865 crashes** resulting in **323 fatalities** and **1,785 serious injuries** in 2023. Follow these do's and don'ts to stay safe while on the road.



## ✓ DO'S

- Learn the rules of the road: how to merge, pedestrian rights, different traffic signs, etc.
- Anything from phones to eating while driving can be classified as a distraction.
- Make sure everyone in your car has a seatbelt and is wearing it properly before you put the car in drive.
- Understand your car and its controls.
- Know the responsibility you have when you are behind the wheel.

## ✗ DON'TS

- Don't drive distracted. Drivers can not only be physically distracted (on their phone) but also mentally distracted.
- Don't have more people in your car than there are seatbelts.
- Don't ignore local laws about curfews while driving as a teen.
- Don't drive in bad weather that might make you uncomfortable or interfere with your ability to make safe decisions.
- Don't succumb to peer pressure. Know your boundaries as a driver and understand that there are lives in your hands.

