



Visit Our Website at MottDriveSmart.org

There You Will Find:

- A fun, interactive distracted driving “course” where you can virtually drive down the street and make decisions when faced with common driving distractions.
- A Parent-Teen Driving Agreement where the parent and teen can keep one another accountable for safe, non-distracted driving. This tool serves as a checklist to memorize and remind the driver and passenger(s) what to do before and during driving. It also notes safe driving requirements according to graduated licensure.
- Online request form for our Teen Driving Kit for teens and parents.

For more information about the Drive Smart Program please contact us via email at Mott-drivesmart@med.umich.edu.

Drive Smart Program

The Pediatric Trauma Program at C.S. Mott Children’s Hospital is committed to helping parents and teen drivers through the Drive Smart initiative. Our tools help bridge communication between young drivers and their friends and family.

Our goals are to help:

- teens recognize and prevent the dangers of distracted driving
- parents model safe driving behavior
- passengers in the vehicle limit distractions so that all can arrive safely

For more information about the Drive Smart Program or to connect with us about partnering with your organization for an event, please contact Mott-drivesmart@med.umich.edu and visit www.MottDriveSmart.org.



MottDriveSmart.org



Distracted Driving Prevention

For Young Drivers & Passengers

PEDIATRIC TRAUMA PROGRAM

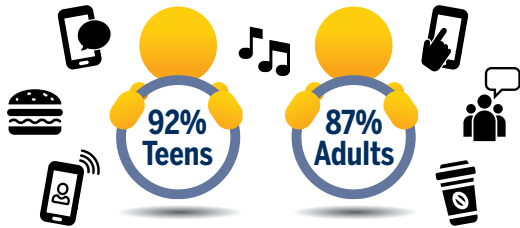


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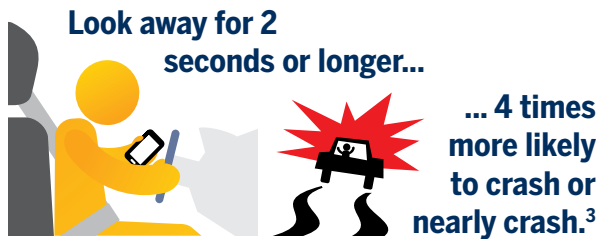


It Is Important for Teens and Parents to Drive Without Distractions!

Most teens and adults report doing at least one distracting activity every time they drive.¹



Anything that takes your eyes, hands, or mind off the road is a distraction.



Teens take eyes off road longer than experienced adults when managing other tasks.²

Are you a parent role model?

Throughout life as passengers, children learn from parents' behavior and copy it later as teen drivers.⁴



¹UMTRI-Toyota Teen Driving Survey, 2014

²Chan et al, 2008

³Simons-Morton et al., 2014 (based on studies that used cameras to observe drivers)

⁴Carter et al., 2014 (UMTRI-Toyota Teen Driving Survey)

Prevent Distractions to Be a Smart Driver

Stay Focused on Driving

- Keep eyes on the road
- Scan for hazards & check blind spots
- Keep both hands on the wheel

Make Preparations Before You Begin

- Secure children & pets
- Find sunglasses
- Store loose items
- Prepare navigation tools
- Set audio and climate controls & adjust mirrors
- Complete personal grooming or adjust clothing
- Fasten your seatbelt

Avoid All Other Activities

- Text or talk later – leave your phone alone
- Wait until stopped before you:
 - Look for something in the vehicle
 - Search for music or change the radio
 - Eat or drink
 - Read map directions or adjust navigator

Rely on Passengers

- To call or text
- To navigate
- To help children or secure pets
- To look for things in the vehicle
- To adjust radio, AC, heat

Text or Talk Later – Leave Your Phone Alone!

- Ask people to avoid contacting you when they know you'll be driving
- Let them know that you don't talk on the phone or text while driving
- Consider an app that blocks phone use while driving

Return the favor: Avoid calling or texting other drivers when they are on the road!

Be a Good Passenger to Minimize Distractions

Research shows that passengers are important!

Here are things passengers can do to help drivers focus on driving...

Before the vehicle moves...

- Fasten your seat belt
- Ensure all passengers (including back seat) in the vehicle wear seat belts
- Help with children's seat belts, car seats, booster seats, etc.
- Turn down the volume on all devices (radio, phones, etc.)
- Offer to hold the driver's phone or other device. Ask if it can be turned off
- Offer to help navigate
- Secure any pets

While the vehicle moves...

- Talk quietly, and avoid sudden movements, yelling or other distractions
- Avoid talking to the driver as much as possible
- Encourage other passengers to stay quiet
- Do things for the driver so he/she can focus on driving:
 - Make calls or texts for the driver
 - Navigate
 - Help children
 - Look for things in the vehicle
 - Adjust the radio, AC, heat, etc.
 - Scan for roadway hazards

