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Safety Tips for Teen Drivers



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- **Before you start driving**, you should:
 - Set your GPS or navigational device.
 - Choose a radio station, CD, etc.
 - Adjust the mirrors and temperature of your car.
 - Put on your seatbelt and make sure everyone else in your car is also wearing a seatbelt.
- **Wait until you are stopped** for activities such as:
 - Eating or drinking.
 - Changing the radio station, heat, air conditioning, etc.
 - Looking for something in your car.
- Leave your cell phone alone - **Do not talk or text while driving!**
- Always follow the **speed limit and traffic laws**.
- Never drive after taking drugs or drinking alcohol. Also, never ride with a driver who has used drugs or alcohol.

Quick Facts:

- Research shows that **texting causes drivers to lose focus of the road for 4.6 seconds**.
- Teens are **4 times more likely to crash or nearly crash** when they look away from the road for 2 seconds or longer.