Safety Tips for Teen Drivers

- 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.