

## **Teen driving**

Car crashes are a leading causes of death and injuries in teenagers. New drivers need help building their driving skills and confidence. Education, parent help, and lots of driving practice will help everyone stay safe on the road.

### **How can we avoid teen driving risks?**

- **Wear a seat belt.** Wearing a seat belt is the best protection. Always fasten your seat belt before starting the car. Everyone should wear a seat belt.
- **Drive distraction-free.** Avoid distractions when driving. Anything that takes the focus from driving is a distraction, such as
  - Texting or talking on the phone.
  - Talking with people in the car.
  - Changing the music.
  - Eating and drinking.
- **Be more careful at night.** Most serious crashes happen on weekends after dark. When the sun sets, risks increase. There are many hazards to watch for. This is why the law limits nighttime driving for new drivers.
- **Stay under the speed limit.** Speeding is a major cause of teen car crashes. Drive the speed limit and slow down in bad weather conditions. Be careful at crosswalks and areas where people are.
- **Ride with fewer passengers.** More teens in the car increases the crash risk for new drivers. The law limits the number of teens that can be in the car.
- **Only drive when alert and not impaired.** Impaired driving can be caused by alcohol, drugs, medicines, or too little sleep. It is not safe to drive when impaired. Do not get in the car with a driver who is impaired.
- **Be involved parents.** Involved parents can lower their teen's crash risk by half. Set rules and check on your teen's driving habits in a supportive way. Parents can be a good role model for safe driving.
- **Know Wisconsin law.** The Graduated Driver Licensing (GDL) law has rules that help keep new drivers safe. See the website below for details.

### **Where to get more information**

Crossroads Teen Driving is a program of Children's Hospital of Wisconsin that provides resources and education to about driving safety. Visit [crossroadsteendriving.org](http://crossroadsteendriving.org) for more information about teen driving, including Wisconsin's Graduated Driver Licensing Law.