

## Teen Driving Tips

- **Wear your seat belt.** Seat belts can lower your risk of injury in a crash by 45 percent.
- **Don't drink and drive.** About 36 percent of crashes killing young people each year involve alcohol.
- **Don't speed.** About 45 percent of crashes killing young people involve speed.
- **Don't talk on the phone while you drive.** A recent study found that talking on the phone while driving quadruples the risk of having a crash.
- **Don't turn the radio up too loud while driving.** Drivers should be concentrating on the road and loud music is distracting.
- **Don't ride with too many passengers.** Having a lot of friends riding in your car can also be distracting.
- **Don't drive when you're sleepy.** If you find yourself becoming sleepy, pull over at a safe place and get out of the car for a few minutes. Walking around can clear your head and wake you up.
- **Avoid driving in clumps of cars on the road.** This will prevent you from being involved in someone else's crash.
- **Watch the traffic.** Look far down the road and keep your eyes moving so you can identify any problems before you reach them. Check your mirrors frequently.
- **Don't hog the left lane.** The left lane is for passing, not a "fast" lane. Keep right except when passing. Don't try to block speeders.
- **Think ahead.** Keep thinking of possible traffic emergencies, and plan escape routes.
- **Use your signal!** Signal when you change lanes as well as when turning.
- **Wait to turn left.** When you're stopped in traffic, waiting to turn left, keep the wheels aimed straight ahead until the traffic has cleared. If you wait with the wheels turned to the left, another car could hit you from behind and push you into incoming traffic.
- **Help other motorists merge.** When traveling in the right lane of a multilane highway, you can help traffic merge safely by temporarily moving into the left lane if traffic permits.
- **Don't brake too fast.** Slow down to a safe speed when entering a turn. Hard braking in mid-corner can effect the car's balance.
- **Be safe at night.** Don't stare at oncoming headlights. If you're blinded by headlights, focus on the right shoulder of the road.

