



IS YOUR **TEEN** ROAD-READY?

Receiving your first driver's license is a huge milestone – one that both teens and parents can appreciate! Before you send your child off on this exciting new driving journey, it's important to make sure he or she is adequately prepared to handle the realities of the road.

Did you know that motor vehicle crashes are the number one cause of death among teens in the United States? Before you hand over the car keys, it's important to talk with your teen about driving dangers and take advantage of various resources available to both you and your new driver, including:

- UPS Road Code
- Centers for Disease Control and Prevention (CDC)
– Parents are the Key
- National Highway Traffic Safety Administration (NHTSA)
– Parents Central



UPS ROAD CODE

The UPS Foundation has partnered with Boys & Girls Clubs of America since 2009 to deliver UPS Road Code, a free national program educating teens on safe driving techniques. The UPS Road Code program is based in large part on the same safety training used with UPS's own drivers.

Did you know that UPS drivers world-wide are among the safest on the roads?

- UPS's 127,000 drivers log more than 3 billion miles per year.
- These drivers average less than one crash per million miles driven.
- More than 10,000 UPS drivers have qualified for the company's elite Circle of Honor, which recognizes drivers who have had no avoidable accidents in 25 years.

Taught by approximately 150 UPS employees trained as volunteer instructors, UPS Road Code teaches safe driving techniques to teens and helps them to "Drive Change" surrounding this important issue. The program focuses on different safety principles, from basic instruction to the consequences of risky behaviors such as talking on cell phones, texting or drinking while driving. Teens practice what they've learned on driving simulators, which feature a computer screen that serves as a windshield to the program's interactive animation, a steering wheel and life-like gas and brake pedals.

UPS Road Code is currently available free of charge in 217 Boys & Girls Clubs across the country, reaching thousands of Boys & Girls Club members ages 13-18 annually. Find out if UPS Road Code is available at a local Boys & Girls Club in your area by contacting upsroadcode@bgca.org.



CENTERS FOR DISEASE CONTROL AND PREVENTION

PARENTS ARE THE KEY

The CDC offers a variety of resources and tips for parents/guardians of teen drivers through the online portal, **Parents are the Key**, located at www.cdc.gov/parentsarethekey/index.html.

The main topics covered are:

- Eight Danger Zones (more details are included in this document)
- Parent-Teen Driving Agreement
- Graduated Driver's License
- Share What You've Learned

The CDC also offers a downloadable Parents' Guide to Safe Teen Driving, which is attached at the end of this document.

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

PARENTS CENTRAL

Parents Central is the NHTSA online resource to help parents with the issue of teen safe driving. The website is found at www.safercar.gov/parents/TeenDriving/teendriving.

NHTSA also addresses Graduated Driver's Licenses and dives into the fact that driver's education starts at home. The NHTSA website also promotes its "5 to Drive" campaign, which gives parents and teens a simple, straightforward checklist that can help them talk about good driving skills, and most importantly, prevent a tragedy before it happens. The "5 to Drive" campaign topics are:

1. No cell phone use or texting while driving
2. No extra passengers
3. No speeding
4. No alcohol
5. No driving or riding without a seat belt

REAL ROAD TALK

Talking to your teen about safe driving habits is more than just good parenting. It can literally make the difference between life and death. Remind your teen that driving is a privilege, set some ground rules and discuss driving techniques that can help protect your child now while creating safe, lifelong habits.

To help keep teens safe on the road, The UPS Foundation teamed up with Boys & Girls Clubs of America to create UPS Road Code, a national program educating teens on safe driving techniques. Below you will find important information from the UPS Road Code program on how to decrease your teen's risk of accident or injury so you can both feel more confident as your teen hits the open road!

ROAD CODE REPORT CARD: PARENT/TEEN CHALLENGE

Take the Road Code Report Card test separately at www.roadcodereportcard.com and see who scores the highest – you or your teen! Use this challenge to open dialogue about this important issue.

EIGHT DANGER ZONES

1

DRIVER INEXPERIENCE

Crash risk is higher during the first year a teen has his or her license.

Decrease Your Risk:

- Practice driving with a parent or licensed adult for six months. Try to get 30-50 hours of practice driving.
- Practice driving on a variety of roads, at different times of the day, and in different weather and traffic conditions.



2

DRIVING WITH TEEN PASSENGERS

Crash risk goes up when you drive with other teens in the car. Having one teen passenger in the car doubles the risk of being in a crash, and crash risk continues to go up as the number of passengers increases.

Decrease Your Risk:

- During your first six months as a driver, limit the number of teen passengers to zero or one.
- If you are riding with a teen driver:
 - » Always wear your seatbelt
 - » Reduce distractions
 - » Help the driver if asked
 - » Say something if you feel unsafe

5

DISTRACTED DRIVING

In 2011, 55 percent of high school students ages 16 and older reported they **do not** text/email while driving. Teens who **do** text/email while they drive are also more likely to not wear their seat belt and more likely to ride with a driver who has been drinking alcohol.

Decrease Your Risk:

- Put your phone in a place you cannot reach it while driving.
- Pull over to a safe place if you must use your phone.
- Download a free app that silences incoming text messages and sends an auto-reply (for example, AT&T's DriveMode app).

3

NIGHTTIME DRIVING

For all ages, fatal crashes are more likely to occur at night, but the risk is **HIGHEST** for teens.

Decrease Your Risk:

- During the first six months of driving, be off the road by 9 or 10 p.m.

6

DROWSY DRIVING

Young drivers are at the **HIGHEST** risk for drowsy driving, which causes thousands of crashes every year.

Decrease Your Risk:

- During the first six months of driving, be off the road by 9 or 10 p.m.
- Be fully rested before getting behind the wheel.

4

NOT WEARING A SEATBELT

Young drivers are less likely to wear their seat belt all of the time compared to other drivers. About 60 percent of 13-20 year olds who died in a motor vehicle crash were not wearing a seat belt at the time of the crash. Without a seat belt, drivers and passengers can be ejected or thrown from the vehicle; the majority of people ejected in a crash die.

Decrease Your Risk:

- The easiest way to prevent injury or death in a crash is to buckle up.
- Wear your seat belt on every trip, even if it's a short distance. Using seat belts reduces serious injuries and deaths in crashes by almost 50 percent.
- Always wear your seat belt, no matter where you are sitting in the car.
- Require all passengers to wear a seat belt every time you drive.
- Wearing seat belts is a law; a person is penalized if found not following the law.

7

RECKLESS DRIVING

Teens lack the driving experience needed to understand risky driving behaviors such as speeding and tailgating.

Decrease Your Risk:

- Always follow the speed limit and adjust speed to road and weather conditions.
- Always maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

8

IMPAIRED DRIVING

Even one drink will impair a teen's driving ability and increase the risk of a crash. At all levels of blood alcohol concentration, the risk of being involved in a crash is greater for young people than for older people. Young drivers (ages 16-20) who drink and drive are **17 times** more likely to die in a crash than when they have not been drinking.

Decrease Your Risk:

- Choose to never drink and drive.
- Refuse to ride in a car with anyone who has been drinking.



FIVE VIEWING HABITS

1 LOOK UP AHEAD

It's important to look up ahead at all times when driving. Have you ever played darts? You focus on the bullseye ahead before throwing the dart. What would happen if you were looking up at the ceiling while throwing the dart? The dart would most likely veer off in another direction than the bullseye. The same is true of a car. If you are driving and not looking up ahead, your car will most likely veer off in another direction. Not good!

Another reason to look up ahead is so you can find a safe path in case something ahead of you goes wrong.

2 SEE AS MUCH AS YOU CAN

Being able to see as much as you can while driving is very important. Imagine you're driving and come up behind a large commercial truck. If you are right behind it, there isn't much you can see other than the back of that truck. The best way to see as much as you can is to stay back from the vehicles in front of you.

3 SEE AS MUCH AS YOU CAN

Viewing Habit #1 told you to "Look Up Ahead." But that doesn't mean you only look up straight ahead. If you only stare straight ahead, you may miss hazards that enter your driving path from the right and the left. Move your eyes every two seconds in what's called the Triangle Viewing Method. Look ahead to the left; then look ahead to the right; then look straight ahead. By using the Triangle Viewing Method, you'll be able to see potential hazards such as an animal that wanders into the street.

4 KEEP AWAY FROM OTHER VEHICLES

The example in Viewing Habit #2 about not being right behind a large truck is one reason to keep away from other vehicles. You also do not want to be in the middle of two vehicles on both sides of you in case you need to change lanes to avoid an accident. Give yourself a place to go in case something goes bad. Expect the unexpected.

5 KEEP AWAY FROM OTHER VEHICLES

There are two main ways for you to be seen while driving:

- Establish eye contact – Making safe eye contact with the driver of another car or a pedestrian lets him or her know you see them and lets you know he or she sees you.
- Use horn, lights and signals – these features are part of a car for more than cool/funny sounds and to be flashy. They let others on the road know you are there, where you are heading (such as changing lanes) and if they are about to cause an accident.

10-POINT COMMENTARY

01 Look left, right, left before entering an intersection.

Whenever you're starting up at an intersection, you always want to look left, right and then left again. Once you are through the intersection, check your rear- and side-view mirrors. It is important to scan the intersection well in advance.

02 Keep space in front of your car when stopped in traffic.

You should be able to see the rear tires of the vehicle in front of you touching the pavement. This will allow enough space to pull your car around the vehicle ahead if it should stall and give you space in between should it make a turn. Additionally, it will provide you time and space if another driver makes a mistake. Remember: You may not always be able to control the space on the sides or to the rear, but you always control the space in front of your vehicle.

03 Delay your start-up by three seconds after the vehicle in front of you has started to move.

Follow this step when stopped at an intersection behind another vehicle. You already left adequate space between your car and the one in front of you. When the vehicle ahead of you starts to move, count – one thousand-one, one thousand-two, one thousand-three – then begin to move. By allowing three seconds, you automatically establish enough space in case the vehicle ahead of you has to make a sudden stop.

04 Maintain a good following distance.

This allows you to control the space in front of your vehicle. A good following distance also allows you to make smooth adjustments as you drive and to view changing traffic.

10-POINT COMMENTARY

05 Look further down the road – look for changes in your travel path.
This is the best way to keep your eyes ahead of your wheels and provides yourself with the time needed to adjust to ever-changing road conditions around you.

06 Scan parked cars – look for signs of movement.
Look and see whether or not cars at the curb are occupied. This is the only time they are a threat. If they are occupied, the driver is probably about to exit from the car or pull out from the curb. Some things to look for are lights, reverse lights, tires turned, movement inside the vehicle, door partially open, dome light on, kids playing around the vehicle, exhaust from the tailpipe, hood up and trunk open.

07 Identify stale green lights.
A “stale green light” is a light you did not see turn green. It is already green when you come upon it. Stale green lights can be dangerous because you don’t know when the light will turn yellow then red, requiring you to stop. Since you do not know how long the light has been green and when it will turn yellow then red, you must be mentally prepared to stop.

08 Look for eye contact.
Only when you have eye contact can you expect the other person to act reasonably. You can establish eye contact by using your horn. Usually, a friendly tap on the horn is all that is needed to get someone’s attention. Sometimes a longer blast of the horn may be needed. Remember: If you don’t see their eyes looking back at your eyes, you cannot expect them to react reasonably. Something serious could happen because they did not see you.

09 Look over your shoulders when changing lanes.
Your car mirrors have blind spots, which are areas of the road or other vehicles that cannot be seen while through the mirrors. By looking over your shoulders when changing lanes, you will prevent a sideswipe accident from occurring.

10 Check mirrors every 5-8 seconds.
Not all hazards that may cause an accident are always in front of you. In some cases, hazards can be on the side of you or behind you. By scanning your mirrors every 5-8 seconds, you will constantly be reminded of the changing conditions on the side and back of your vehicle while you travel.

Interested in the full UPS Road Code program?

Find out if this free safe driving program for ages 13-18, which includes practice on driving simulators, is available at a local Boys & Girls Club in your area by contacting upsroadcode@bgca.org.



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ONE OF THE MOST IMPORTANT SAFETY FEATURES
FOR YOUR TEEN DRIVER IS YOU.



MANY PARENTS DON'T REALIZE IT,

BUT THE **#1 THREAT** TO

THEIR TEEN'S SAFETY IS DRIVING OR

RIDING IN A CAR WITH A TEEN DRIVER.

THE FACT IS, ABOUT 3,000 TEENS

LOSE THEIR LIVES EVERY YEAR IN

CAR CRASHES. THAT'S EIGHT TEENS

A DAY TOO MANY. THE MAIN CAUSE?

DRIVER INEXPERIENCE.

There are steps you can take to help make sure your teen stays safe on the road. The first thing to do? Be the parent. Get involved in your teen's driving. Putting a teen behind the wheel of a 2-ton vehicle — sometimes with friends, brothers, or sisters — is something that deserves extra supervision on your part. As it turns out, your guidance is pretty effective. Studies show that parents are an important factor in their teen's driving behavior.

On the next few pages you'll find some easy-to-follow steps that will help keep your teen safe on the road.



PRACTICE. PRACTICE. PRACTICE.

While it seems like a given, many parents don't realize that driver inexperience is one of the biggest factors in car crashes. The risk is highest in the first year drivers have their license. Experience truly is the key to safer driving. The more they practice, the better. Bikes start with training wheels for a reason. It's the same with driving. It takes time to become skilled.

Here's what you can do: Ride along with your teen for at least 30-50 hours. Watch closely and make suggestions on how they can improve. Practice at different times of the day, in different kinds of weather, and in heavy and light traffic. Make sure your teen has experienced what it's really like to drive in the real world — not just on the way home from the grocery store or school. Your guidance — and helpful, calm advice — will stay with your teen long after he or she takes the car out alone.



PUT THE BRAKES ON PASSENGERS.

The risk of crashing goes up when teens ride with other teens. And it's no wonder. They have a lot to talk about. School. Sports. Music. Boys. Girls. All of those subjects can be real distractions. Follow your state's teen driving law for passenger limits. If your state doesn't have a rule, limit your teen to zero or one young passenger for at least the first six months they have a license.



WATCH THE CLOCK.

Fatal crashes for every age group are more likely to happen after the sun has gone down. For your teen driver, the risk is especially high.

Here's what you can do: Make sure your teen is off the road at night. For the first six months your teen is behind the wheel, make sure they're home by 9:00 p.m. But don't forget to practice nighttime driving with your teen when you think they are ready.



BUCKLE UP!

Make buckling up a family rule that is simply not broken. With seat belt use, the risk of dying or being badly injured in a crash is cut in half. Yep, half. There's no better way to keep your teen driver, the rest of the family, and friends safe. Even if you think your teen always buckles up, ask them if they do. Stress the importance of always buckling as both a driver and passenger. Buckling up saves lives.



DO NOT TEXT AND DRIVE. EVER.

There's already enough to keep track of while driving without adding a cell phone to the mix. Texting while driving takes your teen's hands off the wheel, their eyes off the road, and their mind off of driving. Distractions increase the risk of crashes, injury, and death. Tell your teen if they need to use or check their phone while driving to pull over to a safe place first.

When it comes to texting and driving, don't just warn your teen. Show them. Set an example. Put that phone away when you are behind the wheel. And then repeat the lesson over and over. Don't forget, the example you set while driving with your phone, will be the example your teen follows while driving with theirs.



GET ENOUGH SLEEP.

Did your teen stay up all night cramming for a test? Did she get home late from practice and then write a term-paper due in the morning? These are just two examples of when you may not want your teen to drive. He's tired. She's exhausted. Drowsy drivers cause thousands of crashes every year. Young drivers are at high risk. If your teen is worn out, don't let them drive. Take them yourself. Arrange a ride with someone else. Or, have them ride the bus.



S-L-O-W DOWN.

There are lots of risky driving behaviors to warn your teen about. Driving too fast in general and driving too fast for poor road or weather conditions — regardless of what the speed limit is — are two important ones. Tailgating, failure to use turn signals, and being distracted are among several other common risky habits that lead to crashes. Point out these behaviors. Your teen will gain more experience over time and begin to see them more instinctively, on his or her own.



SET A GREAT EXAMPLE.

Your teen is watching every last thing you do. Even though they may seem bored, even embarrassed by what you say and do, they're taking mental notes. So, as much as they roll their eyes, they're probably listening. (Don't tell them you know, it will ruin the act.) Set a good example. Every time you get behind the wheel. Set the example by always buckling up, never driving impaired, never driving distracted, driving the speed limit, and driving safely. Remember Parents Are the Key to safe teen driving.

GET IT IN WRITING.

Don't just talk about safe driving; set your family's own driving rules and get your teen to agree to them in writing through a Parent-Teen Driving Agreement. Put a copy of your agreement on the refrigerator. Keep it visible as a daily reminder of the importance of safe driving. Then update your agreement as your teen gains new skills. This will help them see their progress and give you an opportunity to continue talking about safe driving. The key to your teen's safe driving is in your hands. Use it.

1. Download a Parent-Teen Driving Agreement here: www.cdc.gov/ParentsAreTheKey/agreement or use the one in this brochure.

2. Read it.

3. Discuss it.

4. Make changes that fit your teen's schedule and your family's driving needs.

5. Have you and your teen sign it. Today.

It doesn't guarantee your teen won't have a crash, but it does guarantee everyone in the family is on the same page when it comes to driving safely.

**PARENTS ARE THE KEY TO SAFE
TEEN DRIVING. LEARN HOW.**



PARENT-TEEN DRIVING AGREEMENT

I, _____, will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times.



I promise that I will obey all the rules of the road.

Always wear a seat belt and make all my passengers buckle up

Obey all traffic lights, stop signs, other street signs, and road markings

Stay within the speed limit and drive safely

Never use the car to race or to try to impress others

Never give rides to hitchhikers



I promise that I will make sure I can stay focused on driving.

Never text while driving (writing, reading, or sending messages.)

Never talk on the cell phone — including handsfree devices or speakerphone — while driving

Drive with both hands on the wheel

Never eat or drink while driving

Drive only when I am alert and in emotional control

Call my parents for a ride home if I am impaired in any way that interferes with my ability to drive safely, or if my driver is impaired in any way

Never use headphones or earbuds to listen to music while I drive



I promise that I will respect laws about drugs and alcohol.

Drive only when I am alcohol and drug free

Never allow any alcohol or illegal drugs in the car

Be a passenger only with drivers who are alcohol and drug free



I promise that I will be a responsible driver.

Drive only when I have permission to use the car and I will not let anyone else drive the car unless I have permission

Drive someone else's car only if I have parental permission

Pay for all traffic citations or parking tickets

Complete my family responsibilities and maintain good grades at school as listed here: _____

Contribute to the costs of gasoline, maintenance, and insurance as listed here: _____

RESTRICTIONS:

I agree to the following restrictions, but understand that these restrictions will be modified by my parents as I get more driving experience and demonstrate that I am a responsible driver.

For the next _____ months, I will not drive after _____ pm.

For the next _____ months, I will not transport more than _____ teen passengers (unless I am supervised by a responsible adult).

For the next _____ months, I won't adjust the stereo, electronic devices, or air conditioning/heater while the car is moving.

For the next _____ months, I will not drive in bad weather.

I understand that I am not permitted to drive to off limit locations or on roads and highways as listed here: _____

Additional restrictions: _____



I agree to follow all the rules and restrictions in this agreement. I understand that my parents will impose penalties, including removal of my driving privileges, if I violate the agreement. I also understand that my parents will allow me greater driving privileges as I become more experienced and as I demonstrate that I am always a safe and responsible driver.

PENALTIES FOR AGREEMENT VIOLATIONS

Drove while texting (composed, read or sent message or email with phone).
NO DRIVING FOR _____ MONTHS

Drove while talking on the cell phone (including handsfree or speakerphone).
NO DRIVING FOR _____ MONTHS

Drove after drinking alcohol or using drugs.
NO DRIVING FOR _____ MONTHS

Got ticket for speeding or moving violation.
NO DRIVING FOR _____ MONTHS

Drove after night driving curfew.
NO DRIVING FOR _____ WEEKS/MONTHS

Drove too many passengers.
NO DRIVING FOR _____ WEEKS/MONTHS

Broke promise about seat belts (self or others).
NO DRIVING FOR _____ WEEKS/MONTHS

Drove on a road or to an area that is off limits.
NO DRIVING FOR _____ WEEKS/MONTHS

SIGNATURES

Driver: _____ Date: _____

Parent promise: I also agree to drive safely and to be an excellent role model.

Parent (or guardian): _____ Date: _____

Parent (or guardian): _____ Date: _____