



Stay Alert ~ Stay Alive

Driving Contract

Did you know that motor vehicle crashes are the 2nd leading cause of death for teens in the United States?

We all talk about the dangers of drunk driving and the importance of wearing seatbelts. But there is another traffic safety issue we all need to be aware of so we can stay safe behind the wheel. This danger is distracted driving. Sadly, our youngest and most inexperienced drivers are often the most at risk for injury and/or death resulting from a motor vehicle crash.

The statistics below can be found online at www.CDC.gov :

(Timeframe for statistics is calendar year 2019)

- Almost 2,400 teens in the United States aged 13-19 were killed in motor vehicle crashes
- About 258,000 teens were treated in emergency departments for injuries suffered in motor vehicle crashes.
- Every day, about seven teens aged 13-19 died due to motor vehicle crashes and hundreds more were injured.
- Per mile driven, teen drivers 16-19 are nearly three times as likely as drivers aged 20 or older to be involved in a fatal crash.
- The motor vehicle death rate for male drivers aged 16-19 was over two times higher than the rate for female drivers of the same age.
- 40% of motor vehicle crash deaths among teen drivers and passengers aged 13-19 occurred between 9pm and 6am. 52% occurred on Friday, Saturday, or Sunday.
- Compared with other age groups, teens and young adults often have the lowest seat belt use rates. 43.1% of U.S. high school students did not always wear a seat belt when riding in a car driven by someone else.
- Results from the 2019 national Youth Risk Behavior Survey revealed that, among U.S. high school students who drove, 39.0% texted or e-mailed while driving at least once during the 30 days before the survey.
- 16.7% of U.S. high school students rode with a driver who had been drinking alcohol at least once during the 30 days before the survey.

Today I'm asking you to sit down and discuss this important issue with your teen. Have them sign the [Parent-Teen Driving Contract](#). It's a conversation that could save their life!

Parent-Teen Driving Contract

1. **CELL PHONES:** Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of an entire football field blindfolded

RULE: NO CELL PHONES.

Agreement	Consequences

2. **EXTRA PASSENGERS:** The risk of fatal crashes goes up in direct relation to the number of teens in the car. The presence of teen passengers increases the crash risk of unsupervised teen drivers. The risk increases with each additional teen passenger.

RULE: NO EXTRA PASSENGERS.

Agreement	Consequences

3. **SPEEDING:** Speeding is a major factor for teen (ages 15-19) drivers in fatal crashes.

RULE: NO SPEEDING.

Agreement	Consequences

4. **ALCOHOL:** Drinking alcohol is illegal for people less than 21 years of age, as is driving after drinking any amount of alcohol. In 2018, 24% of drivers aged 15–20 who were killed in fatal motor vehicle crashes had been drinking.. In 2018, 69% of drivers aged 15–20 who were killed in motor vehicle crashes after drinking and driving were not wearing a seat belt (based on known restraint use). For young drivers involved in fatal crashes, alcohol involvement is typically higher among male drivers than among female drivers. In 2018, 21% of male drivers aged 15–20 years and 14% of female drivers aged 15–20 years involved in fatal crashes had been drinking prior to the crash. www.cdc.gov

RULE: ABSOLUTELY NO ALCOHOL!

Agreement	Consequences

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5. **SEATBELTS:** Among teen drivers and passengers 16–19 years of age who died in car crashes in 2019, almost half were unrestrained at the time of the crash (when restraint

use was known). Research indicates that seat belts reduce serious crash-related injuries and deaths by about half.

RULE: ALWAYS BUCKLE-UP.

Agreement	Consequences

OTHER RULES:

Teen Signature _____

Date _____

Parent Signature _____

Date _____

Parent/Witness Signature _____

Date _____