



Let's Talk...Speeding – Discussion Guide

Best Time to Conduct: During club meetings or as a classroom discussion in physics, health, or leadership classes

How Many People: 3-5 people to lead the discussion

Planning Time: 1 hour

Event Time: 30 minutes

BRIEF DESCRIPTION OF EVENT –This activity will help you facilitate a guided discussion with your peers to address their attitudes and behaviors around speeding and starts a conversation about the negative effect speed has on car crashes and how teens can speak up for their safety.

Items Needed

- Let's Talk...Speeding – Discussion Guide
- *Stop! Stack the Blocks* activity (optional – available for check-out from your regional representative)

Steps

1. Before your group discussion, review the included reference materials and visit the listed additional resources to ensure you are knowledgeable on the subject.
2. Plan out your discussion using these suggested conversation starters and talking points:
 - Conversation starters:
 - In your opinion, what's one reason you or others driver over the posted speed limit?
 - Have you gotten a speeding ticket before?
 - Talking points:
 - Share speed-related statistics related to young drivers
 - Discuss how speed affects a driver's ability to stop
 - Define Stopping Distance: Thinking Distance + Braking Distance
 - What affects Thinking Distance (reaction time)?
 - Tiredness
 - Distractions (phones, music, passengers, etc)
 - Impairment
 - What affects Braking Distance?
 - Weather
 - Road condition
 - Tires
 - Vehicle weight
 - Speed
 - Use the *Stop! Stack the Blocks* activity (optional) to illustrate the effect of speed on stopping distance.
 - Discuss changes you can make as young drivers to break the deadly cycle of speed-related crashes.
 - Challenge your peers to pledge to watch their speed when driving and to speak up when they see others speeding.

3. Additional Resources:

- <https://www.ghsa.org/resources/Teens-and-Speeding-Report21>
- <https://www.speakuptoslowdown.com/Videos>
- <https://youtu.be/HTANxqGQcfl>

4. Post photos of your group discussion on your social media channels to further promote the message of safe driving and tag **@teensdriverseat** so we can see your great work, too.

5. Submit an online activity form at t-driver.com to get credit for your efforts.

Don't Forget

The goal of this activity is to have an easy to manage but educational conversation to help you and your peers learn more about the impact of speed on car crashes and to begin a dialogue on ways to speak up for your safety.

Make it GREAT

- Make sure to post the *No Need for Speed* bulletin board materials (included in your resource kit) in a prominent place on campus to compliment your discussion.
- Check-out the *Stop! Stack the Blocks* activity from your regional representative to use during your group discussions to illustrate the effect of speed on stopping distance.
- Ask other organizations/clubs on your campus if your TDS team can come to a meeting and use this discussion guide to talk to their members about the negative effect speed has on car crashes and how teens can speak up for their safety.

Executive Summary

The U.S. has a speeding problem. Driving at high rates of speed or too fast for conditions is one of the most prevalent factors contributing to serious and fatal crashes on our nation's roadways. Over the past five years (2015-2019), speeding has claimed the lives of approximately one-third of all people killed in motor vehicle crashes. While speeding is risky for all drivers, it is particularly problematic for teens 16 to 19 years of age. A closer look at the speeding data reveals a troubling and persistent trend — **the proportion of fatal crashes that involved speeding was higher for teenage drivers than for other age groups (43% versus 30%).**

Why the disparity? Teen drivers do not have the experience necessary to recognize and quickly react appropriately to dangerous situations, which makes speeding even riskier for them. This propensity to speed, however, is not innate. Teens learn about speeding at an early age, as they ride in vehicles driven by their parents and other adults and observe persistent speeding behavior. They are likely taught by driver education professionals and/or their parents that speeding is dangerous. But as teens gain confidence behind the wheel, their travel speeds are likely to increase and be exacerbated by other drivers on the road. For teens, like the adults they grew up riding with, keeping up with traffic — even if it requires going well over the speed limit — becomes the norm.

This report examines what we know about **speeding-related teen driver fatal crashes — the driver was more likely to be male (37% versus 28%), have run-off the road or rolled over the vehicle and to be unbelted.** While the youngest teen drivers (16- and 17-year-olds) have the highest fatal crash risk due to lack of experience, their older counterparts (18- and 19-year-olds) are more likely to crash later at night (midnight to 5 a.m.) and on highways and freeways. And when it comes to passengers, the risk of a teen driver being involved in a speeding-related fatal crash increases exponentially with each additional peer in the vehicle.

Breaking this deadly cycle is critical for driving down serious injuries and deaths involving teen drivers and their passengers. **The good news is that this problem is not insurmountable. This report identifies some of the best no-tech, low-tech and high-tech resources (many of which are free) available to help families rein-in their speeding teens — and for parents to monitor their own driving speeds, as well.** These include parent-teen driving agreements, state graduated driver licensing systems, peer-to-peer and parent-education programs, online training, and in-vehicle safety technology. Even a teenager's cellphone can be tapped to deliver information to mom and dad about their speeding and other driving behaviors via free or low-cost apps.

The key is convincing parents to not only learn about and leverage these resources, but also to recognize the danger speeding poses for their teen drivers and take appropriate action. The former is the job of the State Highway Safety Offices and their partners working in the teen driving arena, which is why this report includes recommendations directed specifically at them.

Source:
Teens
and

*Speeding – Breaking the Deadly Cycle,
Governor's Highway Safety Administration (GHSA), January 2021*

In fatal speeding-related crashes with teen drivers:

The risk increases exponentially with each additional peer in the vehicle

The driver is more likely to be male (37% versus 28%)

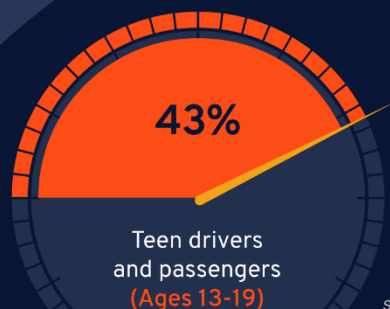
Source: FARS



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Speeding-Related Deaths

Percent of All Driver and Passenger Deaths That Were Speeding-Related, 2015–2019



Source: FARS



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{ **15,510** }

Teen drivers ages 16 to 19 were involved in fatal motor vehicle crashes from 2015–2019



More than one-third of those crashes—**5,202**—involved speeding

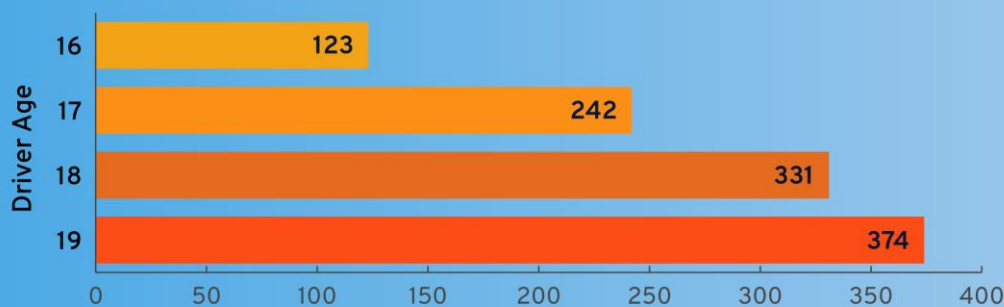
Source: FARS



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Unrestrained Teen Driver Fatalities

Number of Fatally Injured Unrestrained Teen Drivers in Speeding-Related Crashes, 2015–2019



Source: FARS



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