KNOW YOUR 5 DANGERS

1. DRIVING AT NIGHT/TIRED
2. SPEEDING AND STREET RACING
3. DISTRACTIONS, SUCH AS CELL PHONES AND TEEN PASSENGERS
4. NOT BUCKLING UP
5. DRIVING IMPAIRED

@TEENSDRIVERSEAT

TEENS IN THE DRIVER SEAT
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ABOUT 2,800 TEENS DIE EACH YEAR FROM CAR CRASHES.

- MOST TEENS WHO ARE DRIVING AT 11P.M. AT NIGHT ARE SO SLEEP DEPRIVED (ESPECIALLY THURSDAY THRU SATURDAY) THAT THEY EXPERIENCE THE SAME IMPACT ON THE BRAIN AND RESPONSE SYSTEM AS A DRUNK DRIVER.

  PAY ATTENTION TO SIGNS YOU ARE TIRED AND IT'S TIME TO PULL OVER. IF YOU HAVE BEEN GETTING LITTLE SLEEP OR HAVE BEEN AWAKE FOR A LONG PERIOD, LEAVE THE DRIVING TO SOMEONE ELSE.

- MORE THAN 1/3 OF TEEN CRASHES INVOLVE SPEEDING.

  KNOW THE SCIENCE OF SPEEDING - SPEED INCREASES THE DISTANCE A VEHICLE TRAVELS WHILE THE DRIVER IS REACTING TO DANGER; INCREASES THE BRAKING DISTANCE, AND INCREASES THE CRASH ENERGY.

- DRIVERS WHO USE HAND-HELD DEVICES ARE FOUR TIMES MORE LIKELY TO GET INTO A CRASH THAT CAN INJURE YOU.

  KEEP DISTRACTIONS OUT OF THE CAR. IF YOU KNOW YOU'LL BE TEMPTED, LOCK PHONES, GAMES AND MUSIC PLAYERS IN THE TRUNK.

- PASSENGERS ARE A HUGE DISTRACTION. HALF OF TEENS WHO WERE KILLED IN A CAR CRASH WERE IN CARS BEING DRIVEN BY OTHER TEENS.

  KEEP PASSENGERS TO A MINIMUM AND ASK THEY OBEY YOUR RULES WHILE THEY ARE IN THE CAR. ALSO, BE A GOOD FRIEND BY NOT DISTRACTING THE DRIVER WHEN YOU'RE THE PASSENGER.

- 2/5 OF TEENS WHO DIE IN CAR CRASHES AREN'T WEARING SEAT BELTS.

  A SEAT BELT IS YOUR BEST AND LAST PROTECTION IN A CRASH. GET IN THE HABIT OF ALWAYS PUTTING YOUR SEAT BELT ON WHEN YOU GET INTO A CAR.

- IN 2013, 21.9% OF STUDENTS NATIONWIDE HAD RIDDEN ONE OR MORE TIMES IN A CAR OR OTHER VEHICLE DRIVEN BY SOMEONE WHO HAD BEEN DRINKING ALCOHOL IN THE PAST 30 DAYS.

  JUST DON'T DO IT. YOUR CHANCES OF GETTING CAUGHT ARE GREATER THAN EVER AND A DUI FOLLOWS A TEEN FOR MANY YEARS AND COULD COST BETWEEN $9,000 AND $24,000.

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