



Teen Driver Safety Tips

Recent research from the Centers for Disease Control and Prevention found that drivers ages 16-19 are more likely to be involved in a motor vehicle crash than any other age group. Nevertheless, newly licensed teens can avoid accidents by upholding safe driving practices on the road. Be sure to give your teen the following tips for staying safe behind the wheel.

- Always use your seat belt, even if you're just going for a short drive down the block.
- Never drive under the influence of drugs or alcohol. Remember that prescription medications can impact your driving, too.
- Avoid driving at night if you don't have much experience behind the wheel.
- Watch the forecast to avoid any inclement weather.
- Always try to stay at least four seconds behind the vehicle in front of you. This can help give you more reaction time in the event of an emergency.
- Never use your cellphone in your car.
- Don't drive with more than one other person in your car until you feel more comfortable behind the wheel—this will help you to stay focused on the road and the traffic around you.
- If you ever feel uncomfortable driving or feel as though the road conditions are too dangerous, pull over and park your vehicle as soon as it is safe to do so.

Tips for Parents

In addition to giving your newly licensed teen this guidance, you can take precautions to help them stay safe behind the wheel as well. Be sure to have open conversations with your teen about driving risks to ensure they understand how serious the consequences of unsafe behaviors can be.

Further, remember that when it comes to driving, your teen will follow your lead. Make sure you set a good example by following the rules of the road whenever you get behind the wheel. Lastly, it's vital to protect your teen driver as they hit the road by updating your auto insurance policy. For coverage guidance, contact us today.

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