

A Conversation About Driving

When did you get your driver's license?

Do you think you're a good driver? Explain.

Have you ever been in an accident? Describe what happened.

Do you think at 16, teens are too young to drive? Explain.

Do you enjoy driving or is it a necessity to you?

What's your favorite car? Why?

If you had a lot of money, would you still drive or would you hire a driver?

Is it difficult to drive in this city? Have you ever driven in other countries? How was it?

Do you like driving on the highway? Why or why not?

What would you change about our streets if you could?



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Distracted Driving

P	R	E	V	E	N	T	I	O	N	I	T	J	N	O	D	T
N	G	N	I	K	L	A	T	V	U	M	N	P	Y	J	I	E
E	R	K	T	P	C	L	E	Y	E	Z	H	H	D	U	S	X
U	E	O	S	Q	J	V	X	A	Y	L	Q	Q	E	L	T	T
Z	Z	O	B	V	I	H	T	A	T	M	N	E	G	S	R	I
L	I	H	S	V	R	S	B	N	U	I	O	A	A	Z	A	N
F	D	S	R	J	B	A	G	J	E	V	N	H	R	X	C	G
J	T	U	N	G	E	R	H	T	F	D	E	G	T	L	T	X
L	S	V	U	V	S	C	T	N	V	E	I	H	G	W	E	X
V	H	V	I	W	A	D	O	Z	Y	O	D	C	E	G	D	L
P	X	E	Q	P	F	D	R	R	S	D	D	N	C	S	V	P
U	U	L	A	S	E	W	U	W	U	X	P	R	A	A	Y	X
E	L	I	J	G	G	J	S	X	I	T	O	J	V	T	R	X
K	C	D	G	F	N	N	N	C	A	F	L	J	O	I	N	P
A	C	A	M	I	E	Z	Q	C	Y	N	I	J	L	O	N	U
M	F	I	V	E	X	S	C	M	U	T	C	E	E	A	R	G
B	K	S	T	E	X	Y	U	G	S	O	E	S	T	I	N	R

survive	accident	police	be safe
prevention	tragedy	injury	crash
talking	eating	texting	driving
distracted	makeup	teens	

Driver Safety Quiz

1. What is the most important driving technique to avoid crashes when driving in icy or snowy conditions?
 - a. Add extra weight to the vehicle to improve traction.
 - b. Get off the highways as quickly as possible.
 - c. Engage 4-wheel drive on the vehicle.
 - d. Reduce speed and increase following distance.
2. A flashing red traffic signal at an intersection has the same requirements as which of the following?
 - a. A slow sign
 - b. A yield sign
 - c. A stop sign
 - d. An intersection sign
3. When approaching a traffic signal that has a flashing yellow indication, what is the appropriate action of the driver?
 - a. Slow down and proceed through the intersection with due caution.
 - b. Speed up while traveling through the intersection.
 - c. Continue through the intersection as normal.
 - d. Stop at the stop line and obey the same requirements of a multi-way stop condition.
4. Unless it is posted otherwise, the speed limit in a residential area is:
 - a. 25 miles per hour
 - b. 20 miles per hour
 - c. 35 miles per hour
 - d. whatever speed you feel comfortable driving
5. Child restraints are required for which of the following?
 - a. All children who are under the age of four and weigh less than 40 pounds.
 - b. All children for whom the driver of the car is the parent or guardian.
 - c. All children who are seated in the front seat.
 - d. All children who are under the age of six when airbags are not present.
6. When traveling on a highway divided into four traffic lanes, which vehicles are required to stop for a school bus that has stopped to unload children?
 - a. All vehicles approaching the bus in either direction.
 - b. Only vehicles approaching the rear of the bus traveling in the same direction as the bus.
 - c. No one is required to stop unless children are in view.
 - d. All vehicles may pass the bus after providing an audible signal.
7. When two vehicles arrive at an intersection at the same time, which one has the right-of-way when no signs or signals indicate rules?
 - a. The car approaching from the right has the right-of-way.
 - b. The car approaching from the left has the right-of-way.
 - c. The car in which the driver sounds his horn first has the right-of-way.
 - d. The car that is traveling faster has the right-of-way.
8. If someone has consumed alcoholic drinks, what will help the person overcome the influence of those drinks?
 - a. Food
 - b. Hot coffee
 - c. Fresh air
 - d. Time

9. When is a driver permitted to turn right on a red traffic signal?

- When the driver has stopped and checked to see that the turn will not interfere with crossing traffic.
- When signs are clearly posted to allow a right turn on red.
- Only at the direction of a police officer.
- After first slowing and verifying the turn will interfere with other traffic and pedestrians.

10. When a stop is required at an intersection and no markings appear to indicate a stop line or crosswalk, which of the following is the appropriate place to make the stop?

- The driver is not required to stop.
- The driver is required to slow down to make sure crossing traffic is clear.
- Only at a place where the driver can see at least 200 feet on either side without regard for the intersecting roadway.
- At the point nearest the intersecting roadway where the driver has a view of approaching traffic on the intersecting roadway before actually entering the roadway.

11. When a driver approaches a traffic signal that is “dark” with no indications, what is the requirement of the driver of an approaching vehicle?

- Slow down and proceed through the intersection with due caution.
- Speed up while traveling through the intersection.
- Continue through the intersection as normal.
- Stop at the stop line and obey the same requirements of a multi-way stop condition.

12. While exiting a driveway where sidewalk runs parallel to the abutting roadway, where is the required location to stop?

- It is a yield condition and stopping is not required.
- At a location where sight distance is obtained to safely pull out into traffic.
- Prior to crossing the sidewalk to look for pedestrians.
- Twenty-feet from edge of roadway regardless of location of sidewalk.

13. As a walking/jogging pedestrian, where is the appropriate place to walk/jog in the roadway when sidewalks or a multi-use path is not present?

- In the center of the roadway.
- Along the edge of the roadway facing approaching traffic.
- Along the edge of the roadway with your back against approaching traffic.

14. While riding a bicycle, where is the appropriate place to ride along a roadway without a designated bike lane?

- On a sidewalk.
- Along the edge line of the roadway facing oncoming traffic.
- Along the edge line of the roadway in the same direction as traffic.
- Along the center line of the roadway so vehicles can pass on either side.

15. When approaching a four-leg intersection with a stop sign, what can the driver look for to help determine if the intersection is a two-way or four-way stop condition?

- Look at the stop sign to see if a “4-WAY” or “ALL-WAY” sign plaque is located under the STOP sign.
- Look to see if STOP signs are located for the cross street.
- Look to see if vehicles on the cross street are slowing down to come to a stop.
- All the above.

ANSWER KEY

1. d
2. c
3. a
4. a
5. a
6. b
7. a
8. d
9. a
10. d
11. d
12. c
13. b
14. c
15. d

A New Driver

It is Friday evening; Ann is going to have dinner with her friends: Victor, Ashley and



Liz. They are all going to a Chinese restaurant that is about twenty miles from her house. The restaurant has great food and the prices are reasonable. Ann is driving, and she is feeling very nervous. She is a new driver and only got her driver's license a month ago, and this is the first time she has driven a car on her own in the evening.

Her husband Mark had been teaching her how to drive for some time. Ann passed the driving test from the first try, but her husband thinks she needs more practice driving to boost her confidence, that is why he did not go out with her. At the moment, she is stuck in a *traffic jam*, which gives her the chance to phone Mark to update him on her driving.



Read the passage again and then answer the questions below:

1. Where is Ann going?

2. How long has she been driving?

3. Who taught her to drive?

4. How is she feeling?

5. What is the meaning of '**Traffic Jam**'?

Discussion: Do you always wear a seatbelt when you are traveling in a car? Why?

Introduction

You may be wondering “Why is there so much attention on teen drivers?”

Motor vehicle crashes are the leading cause of death for American teenagers. One in three teen deaths are due to motor vehicle crashes.¹ Young people age 15-24 represents only 14% of the United States population. However, they account for 30% (\$19 billion) of the total costs of motor vehicle injuries among males and 28% (\$7 billion) of the total costs of motor vehicle injuries among females.²

*America has the **second** highest rate of teen driver fatalities.¹⁶*

It is important to educate inexperienced drivers, parents, and educators on teen driver issues and safety. Learning to drive and becoming a good driver does not stop once you have your license. This tool kit is meant to supplement your education and provide additional resources for teens, parents, and educators.

The tool kit will provide information on state and national statistics, restraint and graduated driver's license laws, how brain development can affect driving, driver distractions, and other conditions that impact safe driving.

Teachers: This tool kit is meant to be used in any classroom, not just driver's education. There will be sample essay questions for English class, math or physics questions, and general quiz questions that you can use in your classrooms to increase your students' exposure to driving related issues. There will also be a website resource page that you can use to find additional information, videos, quizzes, and games. Please contact us if you need education materials for other age groups.

Parents: There are teen driver issues and safety materials provided for parents. They will find website resources and a parent-teen contract. I encourage you to include parents in your efforts to educate teens on driving.

Teens: Any section of this tool kit can be copied and handed out to students. There will also be a website resource section that is geared towards teens. Also included is a friend-to-friend driving agreement they can use to promise each other to practice safe driving habits.

Class Discussion

1. Why is there a restriction on using handheld communication devices?
2. What type of devices does this include?
3. Why is there a restriction on the number of passengers?
4. A driver with a learner's permit must complete 30 hours. Do you think this is enough time? Why or why not?
5. For most situations, teens with a GDL cannot drive between the hours of midnight and 6 a.m. Do you understand why this is a restriction?
6. In some states the restriction on nighttime driving begins at 10 p.m. Do you think Alabama should have an earlier driving curfew?
7. Pay attention to the details the next time you hear about a teen vehicle-related death on the news. What do they mention about the accident? Did they wear their seat belt, drive past the curfew, speed, or carry too many passengers? Was alcohol or drugs involved? Could the crash have been prevented?

Class Discussion

1. Do you text or talk on your cell phone while driving? Does your parents? Friends? Do you think a law banning this will change your habits?
2. Do you think passing local or state laws banning the use of cell phones while driving will decrease the number of distracted driving wrecks? Why or why not?
3. What additional ways can you persuade others to not text or talk on their cell phone while operating a motor vehicle?
4. Have you offered to make calls or return texts, operate GPS, or other devices for the driver of a vehicle you were riding in? How can you help the driver be less distracted?

Discussion Questions:

1. Imagine a friend has had a few beers and is about to drive home from a party. What would you say to persuade him or her not to drive?
2. Your friend has just bought a new car and wants to take you for a ride. He or she is driving through your neighborhood 20 miles over the speed limit. What would you say?
3. A defensive driver anticipates danger to avoid accidents. Give examples of defensive driving.

Seat Belts

Every 9 seconds, someone is injured in a traffic crash and every 13 minutes someone is killed in a traffic crash.⁸

In 2007, 80 cases involving child deaths (under age 18), due to motor vehicle involvement, were reviewed by the Alabama Child Death Review System. Forty-one of these deaths (54%) were the result of not using seat belts or other safety restraints.

Teens have the lowest rate of seat belt use than any age group. Male high school students are more likely to rarely or never wear their seat belts than female students.⁷

The American Academy of Pediatrics' analysis of fatal crashes with teen drivers found that teen's safety belt use is lower in high risk situations (when carrying multiple teen passengers, driving at night, driving in an older vehicle, driving under the influence of alcohol, or when the driver is male).

Medical costs for unbelted crash victims are 50% higher than belted crash victims, according to the National Highway Traffic Safety Administration.

In 2008, three out of four teen drivers killed after drinking and driving were not wearing their seat belt.⁹



What are some of the reasons given for not wearing a seat belt?

- 1. Feel seat belts are as likely to harm as to help.** In most cases of seat belt related injuries, the individual was improperly wearing it. In general, these injuries happen to children that are too small for adult seat belts and need to be placed in a booster seat. Never wear a shoulder strap without using the lap belt. There will always be a slim possibility that you can become injured wearing your seat belt, however, your risk is greatly increased by not wearing your seat belt during a crash*. *"Ejection from the vehicle is one of the most injurious events that can happen to a person in a crash. In fatal crashes, 75% of passenger car occupants who were totally ejected from the vehicle were killed."*¹⁰
- 2. Teens were more likely to agree that a crash close to home was usually "not as severe."** Being close to home can lead to a false sense of security. As a driver you need to be just as vigilant close to home for other distracted drivers, pedestrians, or animals running out in front of your car, and continuing to stay alert when you are drowsy. Progressive Insurance found that 77% of their policy holders that were involved in a crash were less than 15 miles from home and more than half were less than five miles from home. If you were to run off the road and strike another car or tree you can become severely injured, regardless of the distance from home.
- 3. Wearing a seat belt makes them "worry more about being in an accident."** Motor vehicle crashes are the leading cause of death for young adults age 16-20. During 2002, a young person died in a traffic crash an average of once every hour on weekends (6 p.m. on Friday through 5:59 a.m. on Monday) and nearly once every two hours during the week.¹⁰ Being prepared for an accident is the mature and safest way to approach driving. Being prepared can also lessen the severity of a crash.
- 4. They feel self-conscious going against the group norm in wearing seat belts.** In 2009, 90% of Alabama drivers surveyed were wearing their seat belt (survey does not specify age of drivers). Not wearing your seat belt is going against the norm.

**Using the term accident implies there was nothing that could have been done to prevent the action. The majority of motor vehicle fatalities are the result of careless or distracted drivers, speeding, or intoxication.*

Fun Fact: The first speeding ticket was given out in January 1896 for going 8 mph.

Speeding

Speeding is defined as exceeding the posted speed limit or driving too fast for the road and weather conditions. Speeding is a factor in about one-third of all fatal crashes. According to the American College of Emergency Physicians, the government has estimated the economic cost of speed related crashes is more than 40 billion dollars per year. Excessive speed reduces a drivers' ability to react to unexpected road hazards. It also increases the distance needed for braking, and can increase the severity of a crash. In 2004, speeding was a factor in 30% of fatal crashes killing an average of 1,000 people a month.¹⁵ Speeding is a factor in 40% of teen driver fatalities.¹⁴

The National Safety Council states that your chance of dying in a crash doubles for every 10 mph that you travel above 50 mph. A vehicle's kinetic energy increases exponentially as the speed increases. This increase in energy requires a greater stopping distance. If a vehicle's speed doubles, the driver will need four times the distance to stop the vehicle. If a vehicle's speed triples, it will take nine times the distance to stop. Greater stopping distances mean you have less time to react to hazards or changes in the road conditions. An increase in speed will increase your vehicles stopping distance, reduce your control of the vehicle, and increase the force of impact.¹⁶

Who is the most likely to speed:

Teens

Male Drivers

Intoxicated Drivers

In 2004, 40% of intoxicated drivers involved in fatal crashes were speeding.¹⁶ Alcohol impaired drivers are more likely to speed. Speeding drivers are less likely to wear their seat belts. Combining no seat belt use with alcohol and speeding is a deadly combination.

Did You Know?

Driving the speed limit can increase fuel efficiency and decrease wear to the tires and engine.

Driver Distractions

FYI: Listening to music with headphones/ear buds on while you drive can prevent you from hearing an ambulance or police sirens.

What is distracted driving? Distracted driving is any non-essential activity a person engages in that has the potential to distract the driver from the primary task of operating a motor vehicle.¹¹ Distracted driving increases your risk of a crash.

There are three main types of distractions:

- **Visual** - Takes your eyes off the road
- **Manual** - Takes your hands off the wheel
- **Cognitive** - Takes your mind off what you are doing

Class Discussion

1. Can you give examples of visual distractions?
2. Can you give examples of manual distractions?
3. Can you give examples of cognitive distractions?
4. Can you give examples of distractions that involve all three?

Examples:

- Texting - involves all three types of distractions
- Using electronic devices (cell phones, PDAs, Navigation systems)
- Talking to other passengers
- Changing the radio station, MP3 player, or CD
- Eating or drinking
- Grooming
- Dancing or singing
- Reading
- Daydreaming or dealing with strong emotions
- Looking at outside person, object, or event

Driver Distraction Facts

Nearly half of crash-involved teens reported violating the passenger restrictions more than a few times.

Eighty percent of crashes and 65% of near crashes involve some sort of driver distraction within the three seconds before the event.¹⁰ A vehicle can cover the length of a football field in five seconds going 55 mph.

A car pulls out in front of you or slams on their brakes. A pedestrian crosses the road. A child on a bicycle pulls out between two parked cars. Any of these situations and more could occur during the time it takes you to travel the distance of a football field. If you are distracted, will you be able to stop in time?

Distracted driving can lead to serious injury or death after a vehicle crash. In 2009, 5,474 people were killed and an estimated 448,000 people were injured in the United States in motor vehicle crashes that were reported to involve distracted drivers.¹⁰ Of those deaths, 18% were due to cell phone distractions.¹⁰

Drivers under 20 years old were reported as having the greatest percentage of driving distractions. Sixteen percent of that age group involved in fatal crashes, were reported to have been distracted while driving. Below we will discuss three common distractions: talking on a cell phone, texting, and passengers.

Cell Phones: The NHTSA estimates that 11% of all drivers are using cell phones while driving. Cell phone use while driving reduces the amount of brain activity associated with driving by 37%. The National Safety Council estimates that cell phones were being used during crashes for more than one in four motor vehicles. In 2008, an estimated 1.4 million crashes involved talking on cell phones.

Are hands free cell phones safer? The answer is no. But why? Using a hands free device still involves cognitive distraction and can lead to “Inattention Blindness.” Inattention blindness (or perceptual blindness) is a phenomenon of not being able to perceive things in plain sight. It is similar to tunnel vision in that the driver may be looking out of the windshield, but fails to see up to 50% of the information in their driving environment.¹² People often do not realize they are cognitively distracted and so the risky behavior lasts longer leading to an increased risk of crashes. For example, a driver may not notice other vehicles stopped at a red light and they might run straight through it into oncoming traffic even though they were looking straight ahead.

***Using a cell phone while driving can be as dangerous as driving intoxicated.¹³**

Texting: An estimated 200,000 motor vehicle crashes involved texting while driving. Drivers are 23 times as likely to crash while texting. Texting involves all three types of distractions: visual, manual, and cognitive. You take your eyes off the road to read an incoming text or to reply. You take your hand off the wheel to push the buttons on the phone. You take your mind off of driving while reading, thinking about, and responding to a text message.

Look at the last text you received. Read it out loud to your class. Would reading or responding to that text message from behind the wheel of a moving vehicle be worth getting into a car wreck? Is there any message that is so important that it cannot wait until you have safely pulled off the road to respond?

Class room activity:

Have a student open his or her textbook. Give them a specific word to find on the page during a five second time frame (word needs to be used only once on the page or document). This five second time frame correlates to the average time it takes to read or send a text message. Would you be able to scan the document and drive at the same time? Scanning the document trying to find one word in a short time period gives an example of the visual and cognitive distractions a driver faces while texting. In that same time frame they may have driven the length of a football field.

Passengers: Why does the presence of passengers, especially teen passengers, increase the risk of a motor vehicle crash? Passengers can cause additional distractions by talking, dancing/singing in the car, changing radio stations, or pointing to outside people, objects, and events. They may also influence or increase risk taking behaviors such as speeding, driving past curfew, not wearing a seat belt, or driving while intoxicated.

Did you know?

Two out of three people killed in crashes, involving teen drivers, are people other than the teen driver. This may include the passengers of the teen driver, occupants of other vehicles, motorcyclists/bicyclists, and pedestrians.

Other Conditions

That Impact Safe Driving

Did you know?
Being awake for 18 hours is similar to having a blood alcohol concentration of 0.08.

Night Driving: Why are new drivers not allowed to drive late at night? The National Safety Council states that teen drivers with passengers are four or five times as likely to crash, per mile driven, at night than teen drivers driving alone during the day. Teenagers are twice as likely to crash between the hours of 9 p.m. and 6 a.m. There can be several reasons. The human eye does not see as well at night. We also lose a great deal of our visual field. Headlights on a vehicle only cover so many feet in front of a vehicle. It may be hard to see the beginning of a dangerous curve, potholes, and even animals that run out in front of a vehicle. New drivers fail to realize the danger of night driving and drive the same way they do during the day; sometimes at increased speeds and with passengers. The Texas Transportation Institute conducted a study and found that over 80% of teens named alcohol as a driving risk, but only 3% of teens are aware that driving at night is risky. Few realize that night time driving magnifies the risk of their inexperience. Add with that fatigue and distractions like cell phones and it can create a perfect environment for a collision. Teens that die as a result of motor vehicle wrecks late at night are also less likely to have been wearing their seat belt.

Fatigue: The National Sleep Foundation states that most teenagers need approximately nine hours of sleep at night, but most get less than seven hours. Fatigue, especially late at night, can impair driving similar to intoxication. Over 100,000 motor vehicle wrecks occur each year due to drowsiness or falling asleep behind the wheel. Your brain needs sleep to function and will force you to fall asleep whether or not you are ready. If you feel tired stay at home and if you are out, call someone to give you a ride home. It is also important to be aware of other drivers that may be driving drowsy or intoxicated.

Did You Know?

Highway Hypnosis is a state in which the driver is able to drive long distances, responding to external events, without conscious memory of doing so. A condition of drowsiness or unawareness brought on by monotony. To prevent this and fatigue, remember to take short breaks on long driving distances. Move your eyes from side to side and read signs as they pass by on the road.

Other Conditions

That Impact Safe Driving

Did you know?

Most insurance plans will not cover the cost of damage if you wreck driving on closed roads during winter weather storms?

Weather: It is important to practice driving with an adult in different weather conditions. Driving on a sunny day will not prepare you to drive at night during a thunderstorm. Will you be prepared to drive across black ice in the winter? How will you handle hydroplaning during a hard rain? Will you have the same visibility? Do you need to decrease your speed? Can you delay your trip until the weather conditions are more favorable? A lot of times we fail to realize that we will encounter these conditions and that we need to prepare for them in advance.

Medication: Some medications have warning labels that the medicine can make you drowsy. Do not operate heavy machinery. You may feel fine one minute and the next you cannot keep your eyes open. It is important to remember this fact. You may have to delay driving or delay using the medication until you are safely at your destination. Always read the label, and if you are unsure, ask your parents if they are comfortable with you driving after using a certain medication.

Emotions: Strong emotions can impact your driving ability. This relates back to the cognitive distractions. If you are angry, sad, or daydreaming, you will be unable to focus all of your attention on the task at hand. This is important for both drivers and passengers. If you are a passenger, do not start a discussion with the driver that could lead to strong emotions. Wait until you have reached your destination to discuss those matters.

Reckless Driving: Speeding, aggressive driving, tailgating, and thrill seeking all lead to increased risk for collisions in all drivers, especially teens. It is higher in teens because more teens engage in this risky behavior. Combine bad weather and speeding, along with a newly licensed driver that is easily distracted and you can see why there are so many restrictions on the new driver. Can you name some thrill seeking behaviors that can lead to collisions?

Not all poor driving decisions are deliberate; some poor choices may be due to lack of brain development. This will be discussed on the next page. Knowing this can help you adjust your mindset and driving style accordingly.

Brain Development

Why are we discussing brain development? The adolescent brain does not process actions and consequences at the same level as the adult brain. The human brain is still developing and will continue to grow and mature until around the age of 24 or 25.

The pre-frontal cortex is still forming during adolescence. This part of the brain is responsible for complex cognitive behaviors, personality expression, decision making, weighing consequences, and moderating social behavior. Reasoning and judgment are still being developed. This may make you more susceptible to peer pressure. Stressful and emotional decisions make it hard to make rational decisions. Teens take more risks and are more impulsive without realizing the danger or why they do it.

You may make good grades, work a part-time job, and play sports, but you can still make poor decisions. Knowing that your decision making abilities are still being developed means it is wise to take extra precautions while driving.

The neural pathways are also continuing to develop at this stage. They are being formed and pruned. The phrase “Use It or Lose It” refers to this process. Repetition creates neural pathways. The more you practice safe driving the more it reinforces that pathway.

As your brain develops you may make different decisions under calm conditions than you would under stressful or highly excitable conditions. One example is the addition of passengers in the vehicle. Young drivers take more driving risks when their friends are present in the vehicle. This is why there are passenger restrictions with the graduated driver’s license.

Class Discussion

Have students bring in news articles related to motor vehicle collisions involving teenagers.

1. Was the cause of the collision listed?
2. Was speeding or reckless driving involved?
3. Did the driver violate the night-time driving or passenger restrictions?
4. Were any serious injuries or deaths reported?
5. Could this have been prevented? How?
6. Do you know anyone that was seriously injured or died in a collision? Did this change your driving habits?

PRACTICE DRIVING LOG

*New drivers need a **minimum of 30 hours** supervised driving time before applying for their Stage Two Restricted License. Feel free to add additional sections to this log, for example you may want to add what skill was practiced during that lesson.

Friend-to-Friend Contract

Alabama has the second highest rate of teen driver deaths in the United States. I will do whatever it takes to decrease that risk for myself and my friends. My friends are really important to me. I am signing this agreement to show them how much I care about them. I hope my friends will also include me in their contracts.

I understand that driving a vehicle can be fun and lead to more independence. However, I also know that it is an extremely serious matter. (Please initial each item)

I promise...

I will wear my seat belt every trip, every time. Seat belts save countless lives in vehicle wrecks. It is also the law in Alabama. I know that violations will result in an extension of the restrictions (on my graduated driver's license) by six months or until I reach 18 years old.

I will not begin driving until all the passengers have on their seat belts.

As a new driver I know it takes a lot of concentration to drive a vehicle and watch out for other drivers and hazards that may come up. Adding additional distractions can limit my ability to adapt to changing driving conditions. I promise to not read or send texts while driving or use other electronic equipment. I will wait until I can safely stop or pull over to use them.

I promise to obey posted speed limits, signs, and traffic lights.

I promise to only carry the amount of passengers allowed by the restriction level of my graduated driver's license (GDL), my parents, and for the number of seat belts available.

I promise to not drive between midnight and 6 a.m., unless there is an emergency and my parents have agreed. I understand that driving at these hours is not only against the restrictions on my GDL, but also a very deadly time for teen vehicle wrecks.

Because I care about my friends I promise to talk to them when...

I see that they have not buckled their seat belt.

If they are about to drive with more passengers than is allowed by their GDL restriction or the number of seat belts available.

I promise to not call or text my friends when I know they are driving. I will wait to text them after they have let me know they have arrived safely to their destination.

They are driving distracted due to electronics. I will offer to return a text for them, phone calls, or adjust other electronic equipment so that they can drive safely.

_____ I will tell them when I feel they are driving too fast or not obeying traffic laws. This can affect their safety as well as my own.

_____ If they asked me to drive somewhere between midnight and 6 a.m. I will say no. If an emergency arises we will contact our parents or call 911.

I am signing this agreement and will abide by the statements above. My friends and I can add additional items, but will not take any off the agreement. Having my friends sign this agreement shows that they care about me and my safety and know that I will protect them as well.

DRIVER _____ **DATE** _____

FRIEND _____ **DATE** _____

FRIEND _____ **DATE** _____

FRIEND _____ **DATE** _____