

# Talk to Your Teen About Distracted Driving

Distracted driving is a dangerous and irresponsible habit for motorists of any age or driving history, but teenagers may be at particular risk. Smartphones, friends, busy schedules and lack of experience behind the wheel can all present or exacerbate distractions, potentially leading to serious accidents and injuries.

As a parent, teen drivers in your family are your responsibility, as is teaching them safe habits on the road. According to the National Highway Traffic and Safety Administration (NHTSA), approximately 10% of teens involved in fatal crashes in recent years were distracted at the time.

**Help keep your children safe by talking to them about distracted driving and addressing key concerns:**



## Texting

Consistently reinforce the importance of not texting while driving and avoid texting them yourself if you believe they may currently be behind the wheel. Remind them that even using voice-to-text functionality instead of typing a message can still be a distraction.



## Friends

Make sure your teens adhere to any graduated driver's license laws regarding passengers. Consider who your teen regularly drives with, and make rules if you expect certain friends or acquaintances to be problematic.



## Eating

Food and beverages can become a significant distraction. Even if stopped at a red light, a spill or other mishap could cause a driver's foot to slip off the brake, leading to an accident. Encourage your teens to eat at home, in a restaurant or while parked.



## Navigation

As newer drivers, teens may need extra help finding their way around town. Smartphones' GPS systems can be helpful, but have your children set their destination before they get on the road. Providing a phone holder or mount that attaches to the dashboard can provide greater safety.

**Ultimately, one of the most important things you can do as a parent to curb distracted driving is to provide a good example. Practice good driving behaviors yourself to help instill them in your children.**

For more resources on distracted driving prevention and vehicle safety, contact us today.

