

# TIPS FOR PARENTS: HOW TO COMMUNICATE, SET EXPECTATIONS AND LIMITATIONS

**TEENS WHO SAY THEIR PARENTS SET RULES AND MONITOR WHERE THEY ARE GOING AND WITH WHOM IN A HELPFUL, SUPPORTIVE WAY ARE HALF AS LIKELY TO BE IN A CRASH AND 70 PERCENT LESS LIKELY TO DRIVE INTOXICATED THAN TEENS WHO DESCRIBE THEIR PARENTS AS LESS INVOLVED.**

TeenDriverSource.org

## STATE YOUR POSITION CLEARLY

- › It is important that your teen understands your views on safe driving.
- › Set rules for driving: always use restraints, no impaired driving.
- › Set rules for learning: no peer passengers, restricted access to the vehicle.

## STATE THAT YOU WILL MONITOR THE RULES

- › Research has shown parental involvement and monitoring helps teens make safe choices. Ask questions, be clear and stress that you care.

## MAKE IT EASIER TO FOLLOW THE RULES

- › Peer pressure can be hard to navigate for a teen. Give them ways to get out of difficult situations so they do not feel as though they need to engage in high risk behaviors. Select a code word that a teen can say to you if they feel uncomfortable in a given situation.

## LET THE LAW BACK YOU UP

- › Utilize the provisions of Florida Graduated Driver Licensing laws during the learner's license phase and the driver license phase to enforce your rules and limitations.

## GIVE YOUR TEEN MOTIVATION TO ACT RESPONSIBLY

- › Let your teen know it's about safety, not control. Talk about why the rules are in place – because you care.

Authoritative parenting is seen as the most effective, balanced approach. These parents have clear rules, boundaries and expectations but rather than saying "You'll do as I say," they explain their reasoning.

Research demonstrated that teens who said their parents set rules, knew their whereabouts and whom they were with, and were helpful and supportive, are half as likely to be in a crash.

## PARENTING STYLES: THE BALANCE BETWEEN SUPPORT & CONTROL



# UNDERSTANDING TEEN RISK BEHAVIOR

- Research is giving us insight as to why some teens have difficulty regulating risk-taking behaviors.
- The area of the brain that weighs consequences, suppresses impulses and organizes thoughts does not fully mature until about age 25.
- Hormones are more active in teens, which influence the brain's neurochemicals, resulting in thrill seeking behavior and experiences that create intense feelings.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC3621648](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621648)



## TIPS FOR PARENTS

- Set an example.
- Know the rules of the road.
- Make sure your vehicle is safe and maintained.
- Be familiar with the requirements of teaching your teen to drive.
- Talk about driving.
- Allow your teen to practice in various situations, times of day and weather types.
- There is no such thing as too much practice.

## AFTER YOUR TEEN RECEIVES THEIR LICENSE

- Enforce a curfew.
- Set a passenger limit.
- Gradually increase the time and distance you allow your teen to drive.
- Do not allow your teen to start bad habits in the car: eating, drinking, and using cell phones.
- Ride with your teen occasionally to monitor their skill.

For more information visit

[www.flhsmv.gov/safety-center/driving-safety/teen-drivers](http://www.flhsmv.gov/safety-center/driving-safety/teen-drivers)

## PARENTS MUST LEAD BY EXAMPLE!

Be a role model and demonstrate good driving behaviors for your teen. Your teen will learn from your actions behind the wheel. If you talk and text when driving, speed or drive without your seat belt, it sends the message to your child that these behaviors are acceptable.

[www.cdc.gov/Motorvehiclesafety/Teen\\_Drivers/index.html](http://www.cdc.gov/Motorvehiclesafety/Teen_Drivers/index.html)

