

KEEPING YOURSELF SAFE ON THE ROADWAYS

THE GREATEST LIFETIME CHANCE OF CRASHING OCCURS IN THE FIRST 6 MONTHS AFTER LICENSURE.

nhtsa.gov/road-safety/teen-driving

DISTRACTIONS

The under-20 age group has the highest rate of fatalities related to distracted driving.

CELL PHONE USE

- Using a cell phone while driving increases your risk of a crash by 4 times, whether or not it is hands-free.
- The simple act of dialing your phone increases your crash risk by 3 times.
- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds. When traveling at 55 mph, that's enough time to travel the length of a football field. **VA Tech Transportation Institute**
- Texting and driving is unsafe at any age regardless of driving experience or texting abilities.
- Drivers using cell phones look but fail to see up to 50 percent of the information in their driving environment. **nsc.org**



6 OUT OF 10 TEEN CRASHES INVOLVE DRIVER DISTRACTION.

teendriving.aaa.com

FATIGUE

- Teen drivers who sleep less than 8 hours nightly are one-third more likely to crash than those who sleep 8 or more hours nightly.
- Driving after being awake for 18 hours is similar to driving impaired.
- The majority of fatigue-related crashes are caused by drivers under age 25.

DRIVING WITH MY FRIENDS

Having your friends in the car greatly increases your chances of crashing



**1 PASSENGER:
2X AS LIKELY TO CRASH**



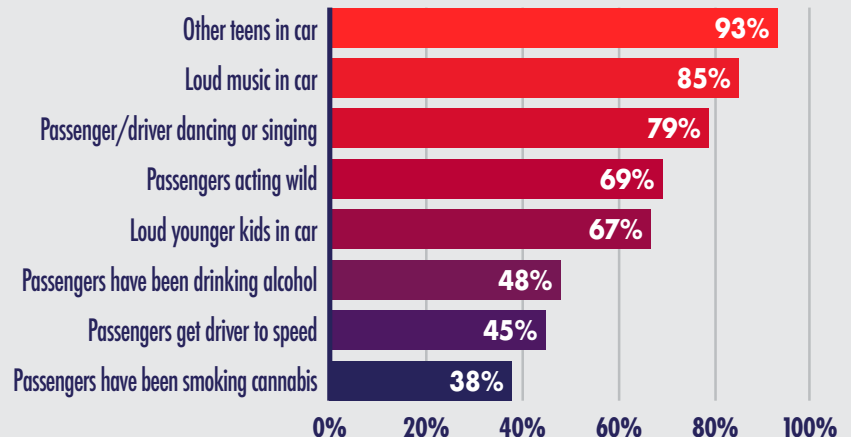
**2 PASSENGERS:
CRASH RISK INCREASES 158%**



**3 PASSENGERS:
CRASH RISK INCREASES 207%**

DISTRACTIONS BY TEEN PASSENGERS

PERCENT OF TEENS WHO REPORT SEEING THESE THINGS AT LEAST SOMETIMES AMONG TEEN DRIVERS



Children's Hospital of Philadelphia

BUCKLING UP: WHY SHOULD I DO IT?

TWO-THIRDS OF TEENS THAT DIED IN CRASHES WERE NOT WEARING THEIR SEAT BELT.

TEENS HAVE THE LOWEST SEAT BELT USE OF ANY AGE GROUP (76%)

TEEN STATEMENT:

*WHY DO I NEED A SEAT BELT?
I'M ONLY GOING DOWN THE STREET
TO THE GROCERY STORE.*

The truth is most crashes happen near or around your home in local neighborhoods, rather than on high-speed roads or on long trips.

TEEN STATEMENT:

*I'M NOT GOING VERY FAST. IF I CRASH, I
CAN HOLD MYSELF BACK FROM HITTING THE
WINDSHIELD. I'M ONLY GOING 25 MPH, IT
WON'T HURT ME.*

If you weigh 160 lbs, and crashed while travelling at a speed of 25 mph, it would take 4000 lbs of restraining force to stop you from hitting the windshield, steering wheel, dashboard, or other passengers – [**weight x pre-crash speed = crash force**]. That is the weight of a wrecking ball, a fully grown great white shark, or a small SUV!

TEEN STATEMENT:

*IT'S MY LIFE, I TAKE MY OWN RISKS!
I'LL WEAR A SEAT BELT IF
I WANT TO, FOR ME.*

In a crash, when you are not wearing a seat belt, you will continue moving until you hit something. This may be part of the car, but there is a good chance it may be a passenger in the vehicle. Hitting someone else with the crash force of your body can cause severe injury.

WHY ELSE? BECAUSE IT IS THE LAW IN FLORIDA

- FS 316.614** Every occupant under 18 years old must be in a seat belt or child restraint.
- Every driver and front seat passenger must be in a seat belt.

SEAT BELTS SAVE LIVES

When a car crashes, it stops very abruptly. Occupants continue to travel until something stops them inside the car.



An **unrestrained occupant** continues to travel forward until rapidly striking the steering column, windshield, or other part of the vehicle, causing serious injury.

In a crash, **wearing a seat belt** helps you to slow down with the car, enabling a more gradual stop. The more gradually your body slows down in a crash, the less likely you are to experience a serious injury.



PROPER SEAT BELT PLACEMENT

Spinal fracture caused by improper placement of lap belt

IMPROPER PLACEMENT OF LAP BELT

Belt positioned over abdomen

PROPER PLACEMENT OF LAP BELT

Belt over hips

