

Zero Fatalities

# Parent-Teen Night Workbook



**zero Fatalities**<sup>®</sup>  
*A Goal We Can All Live With*

## WELCOME TO THE ZERO FATALITIES PARENT-TEEN NIGHT


Our hope is that as you watch tonight's presentation, it will encourage a discussion about the responsibility each driver has on the road. Research indicates that car crashes are a leading cause of death and disability among teens in the United States\*. This is a statistic that Zero Fatalities is determined to change, but we need your help.

- Parents, tonight you'll learn that your involvement is key to your teen driver's safety.
- Teens, this driving opportunity brings great responsibility and trust, and it must be taken seriously.


Use this workbook to write down what you've learned and then apply those things into your driving practice. We have included a "New Driver Agreement" on the last page of the workbook. The agreement puts rules in writing to set clear expectations and limits.

### Teens who say their parents monitor their activities in a helpful supportive way are:\*

  
**HALF**  
as likely to speed

  
**70%**  
less likely to  
drink and drive

  
**2X**  
more likely to  
wear seat belts

  
**30%**  
less likely to talk on a  
cell phone while driving

## UTAH GRADUATED DRIVER LICENSING LAWS

GDL laws are designed to protect teens in a few ways:

- They allow teens to learn to drive in safe conditions.
- They safeguard teens from situations known to increase crash risk.
- They help teens gradually increase their independence while learning safe driving habits.

### Utah's GDL laws include the following:

- Teens may get a learner permit at age 15.
- Teens under age 18 must have a learner permit for six months before applying for a driver license.
- Teens need at least 40 hours of drive time with a parent/guardian – 10 of them at night.
- Teens must be at least 16 before applying for a driver license.
- No passengers except immediate family until 6 months after receiving a driver license.
- No nighttime driving between the hours of 12 a.m. - 5 a.m. for teens under 17 years old.

### Other important laws:

- ANY use of a cell phone while driving is illegal for all drivers under age 18.
- Not a Drop Law: Absolutely no alcohol or drugs in your system or in the car while driving.

\*Source: Children's Hospital of Philadelphia (CHOP) Center for Injury Research and Prevention

## TEACHING YOUR TEEN TO DRIVE

The overwhelming majority of serious teen driver crashes are due to "critical errors," with three common errors accounting for nearly half of these crashes:

- Lack of scanning that is needed to detect and respond to hazards
- Going too fast for road conditions
- Distractions inside or outside of the vehicle

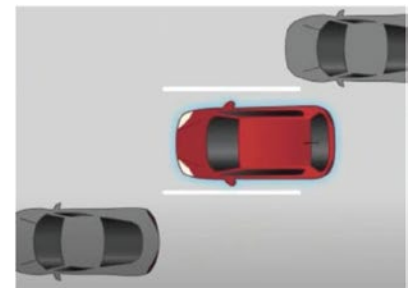
Zero Fatalities, in partnership with CHOP's Center for Injury Research and Prevention, is sharing free, short videos to help parents teach teens how to avoid those critical errors and how to be a safe driver in all driving environments. Go to [ZeroFatalities.com/learner-permit](https://www.ZeroFatalities.com/learner-permit) to learn more.



Parking Lots



Residential Roads



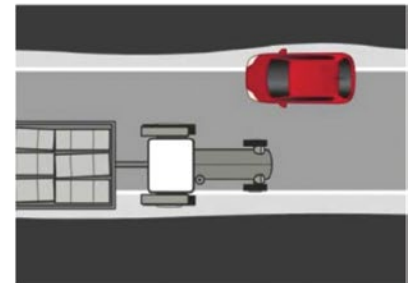
Intermediate Roads



Commercial Roads



Highways



Country Roads

**Text "Drive"**  
to  
**435-710-7373**

for biweekly text messages that link you to videos that help you teach your teen driving skills in different environments. Once you've subscribed, you can text STOP to opt out at any time.

*\*Source: Children's Hospital of Philadelphia (CHOP) Center for Injury Research and Prevention*

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## Drive Focused

Write down what stood out to you about the dangers of distracted driving and discuss ways you can drive focused.

**Tips**

**Notes**




## Drive Calm

Write down what stood out to you about the dangers of aggressive driving and discuss ways you can drive calm.

**Tips**

**Notes**




## Drive Sober

Write down what stood out to you about the dangers of impaired driving. Discuss how parents or friends can help you avoid impaired driving situations.

**Tips**

**Notes**




## Drive Alert

Write down what stood out to you about the dangers of drowsy driving and discuss how you can drive alert.

**Tips**

**Notes**




## Drive Buckled

Write down what stood out to you about the dangers of being unbuckled. Set household rules to make sure everyone in the vehicle buckles up.

**Tips**

**Notes**


## Notes

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**Parents/guardians must sign for financial responsibility until their teen is 18.**

## WHAT IS A NEW DRIVER AGREEMENT and why is it important?

It's an agreement between a parent and teen driver that explains driving privileges, responsibilities and expectations. It also includes elements of the Utah Graduated Driver Licensing (GDL) laws.

Parents, your agreement encourages two-way communication and can help guide your discussions when setting and revisiting driving rules, especially when your teen is driving without supervision. As your teen gains experience and maturity, new driving privileges may be introduced. However, if rules have not been kept, driving privileges can be reduced.



Those who average 6 hours of sleep or less, are **3X MORE LIKELY TO CRASH**



**PEER PASSENGERS ARE A DEADLY DISTRACTION**  
Just one teen passenger doubles the risk a teen driver will get into a fatal crash; two or more passengers triples the risk\*



**SEAT BELTS** are the single most effective traffic safety device for preventing death and injury

## HELPFUL HINTS FOR PARENTS

- Encourage two-way communication with your teen. Let your teen know that the reason you set rules is for safety, not to control his or her life.
- Use the New Driver Agreement to guide your discussions.
- Get plenty of nighttime driving practice in before allowing your teen to drive alone at night.
- Easy out...Utah law states: No friends in the car for the first 6 months of licensure. Crash risk doubles when one friend is in the car. The risk increases with more passengers.
- After 6 months of having their license and you feel your teen is ready for passengers, allow them gradually.



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*\*Source: Children's Hospital of Philadelphia (CHOP) Center for Injury Research and Prevention*

# NEW DRIVER AGREEMENT

I, \_\_\_\_\_, will drive carefully and cautiously and will be courteous to other drivers, bicyclists and pedestrians at all times.

## **I PROMISE THAT I WILL OBEY ALL THE RULES OF THE ROAD.**

- Always wear a seat belt correctly and make my passengers do the same.
- Obey all traffic lights, stop signs, other street signs and road markings.
- Stay within the posted speed limit.

## **I PROMISE THAT I WILL STAY FOCUSED ON DRIVING.**

- Drive with both hands on the wheel.
- Never use a cell phone while driving.
- Never drive when I am tired or drowsy.
- Control my emotions when I am behind the wheel, I'll never drive when I am upset or angry.
- Call my parents for a ride home if I am impaired in any way (such as illicit drugs, prescription drugs or alcohol).
- Never eat food, put on makeup or use earphones while I drive.

## **I PROMISE I WILL RESPECT LAWS ABOUT DRUGS AND ALCOHOL.**

- Drive only when I am alcohol- and drug-free.
- Never allow any alcohol or illegal drugs in the car.
- Only get in cars where the driver is alcohol- and drug-free.

## **I PROMISE THAT I WILL BE A RESPONSIBLE DRIVER.**

- Don't drive (or allow anyone else to drive) the car without permission.
- Pay for all traffic citations or parking tickets.
- Abide by rules set by parents as listed below:

## **RESTRICTIONS:**

I agree to the following restrictions, but understand that these restrictions will be modified by my parents as I get more driving experience and demonstrate that I am a responsible driver.

- For the next \_\_\_\_ months, I will not drive after \_\_\_\_\_ p.m.
- For the next \_\_\_\_ months, I will not transport more than \_\_\_\_\_ teen passengers (unless I am supervised by a responsible adult).
- For the next \_\_\_\_ months, I will avoid adjusting the stereo, electronic devices, or air conditioning/heater while the car is moving.
- For the next \_\_\_\_ months, I will not drive in bad weather.
- Additional restrictions: \_\_\_\_\_  
\_\_\_\_\_

## **PENALTIES FOR AGREEMENT VIOLATIONS:**

- Drove while texting (composed, read or sent message or email with phone). NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Drove while using a cell phone (including hands-free or speakerphone, video chat etc). NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Drove after drinking alcohol or using drugs. NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Got ticket for speeding or moving violation. NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Drove after night driving curfew. NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Drove too many passengers. NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Broke promise about seat belts (self and others). NO DRIVING FOR \_\_\_\_ WEEKS/MONTHS
- Other penalties: \_\_\_\_\_  
\_\_\_\_\_

**I PROMISE TO FOLLOW ALL THE RULES AND RESTRICTIONS IN THIS AGREEMENT:**

- I understand that driving is a privilege, not a right.
- I understand that I am responsible for my driving actions.
- I understand that my parents will impose penalties, including removal of my driving privileges, if I violate our agreement.
- I also understand that my parents will allow me greater driving privileges as I become more experienced and as I demonstrate that I am always a safe and responsible driver.

**Driver:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**AS A PARENT, I PROMISE TO:**

- Teach you how to drive with patience and support.
- Be a positive role model by driving safely and following the laws myself.
- Enforce the Utah Graduated Driver Licensing laws.
- Establish a schedule of training and provide you with 40 hours of supervised driving practice, including 10 hours at night and in different weather conditions on different types of roads.
- Pick you up or arrange for a safe ride home, regardless of the situation or time you may call.
- Consider your requests for changes to our agreement with respect and careful consideration.
- Be involved in your driving.

**Parent (or guardian):** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent (or guardian):** \_\_\_\_\_

**Date:** \_\_\_\_\_



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