

The teen driver 'danger zones'

Every day, six teens are killed in car crashes. But many of these injuries and deaths can be prevented. Know the eight "danger zones" of teen driving to help keep them safe.

1. **Inexperience.** Make sure your teen gets at least 30 to 50 hours of driving practice with an adult. Practice at different times and in different places.
2. **Teen passengers.** Limit your teen's passengers for at least the first six months. Keep the number of passengers at zero or one.
3. **Nighttime driving.** Limit their nighttime driving for at least the first six months.
4. **Not using seat belts.** Tell them everyone buckles up. Always.
5. **Distracted driving.** Don't play with the radio or eating while driving. And absolutely NO cell phones.
6. **Drowsy driving.** Don't let them drive when they might be tired. Make sure they get enough sleep.
7. **Reckless driving.** Teach them to leave space between cars and obey speed limits and traffic laws.
8. **Impaired driving.** Stress that alcohol and driving don't mix. Even one drink is too many.



What is distracted driving?

Anything that takes your attention away from driving is a distraction. This includes:

- Looking at a map or directions
- Eating
- Talking on the phone
- Sending a text message or looking at email

When you send or read a text message, you take your eyes off the road for about 5 seconds. This is long enough to go the length of a football field at 55 mph.

Source: Centers for Disease Control and Prevention

