

A photograph of a group of teenagers at a party. In the foreground, a young woman with long brown hair looks directly at the camera with a neutral expression. To her right, another young woman is smiling and looking down. In the background, a young man is holding a dark bottle, and another person is holding a set of keys. The scene is dimly lit, suggesting an indoor party setting.

**Saving Our Teens' Lives:
Parents and Communities Matter**

Flaura Winston, MD PhD

Haverford and Teen Driving

What brought you here tonight?

Have teen crashes touched this community?



The Center for Injury
Research and Prevention
at The Children's Hospital of Philadelphia

Teens are dying needlessly



“ Conrad sped up, but it was so dark, he didn't see the pothole. Next thing I knew, we were flying through the air. ...My heart is broken and shattered.”

- Danielle Lee, 17 years old, sole survivor, only occupant using a seat belt (Nov. 25, 2006)

Why I am here

Goals

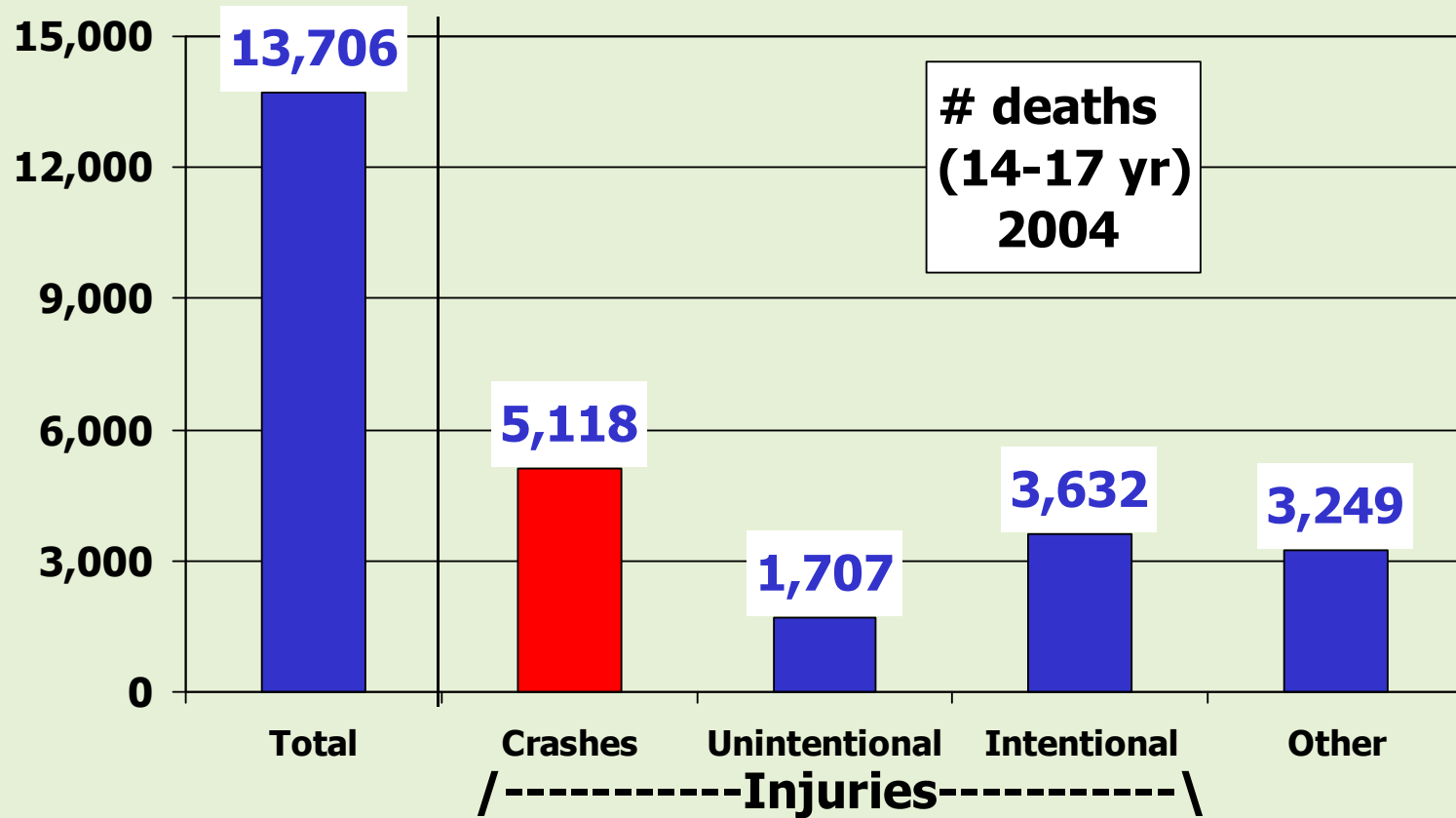
- Share knowledge
- Start the dialogue
- Leave with plan of action

Parents and communities matter.



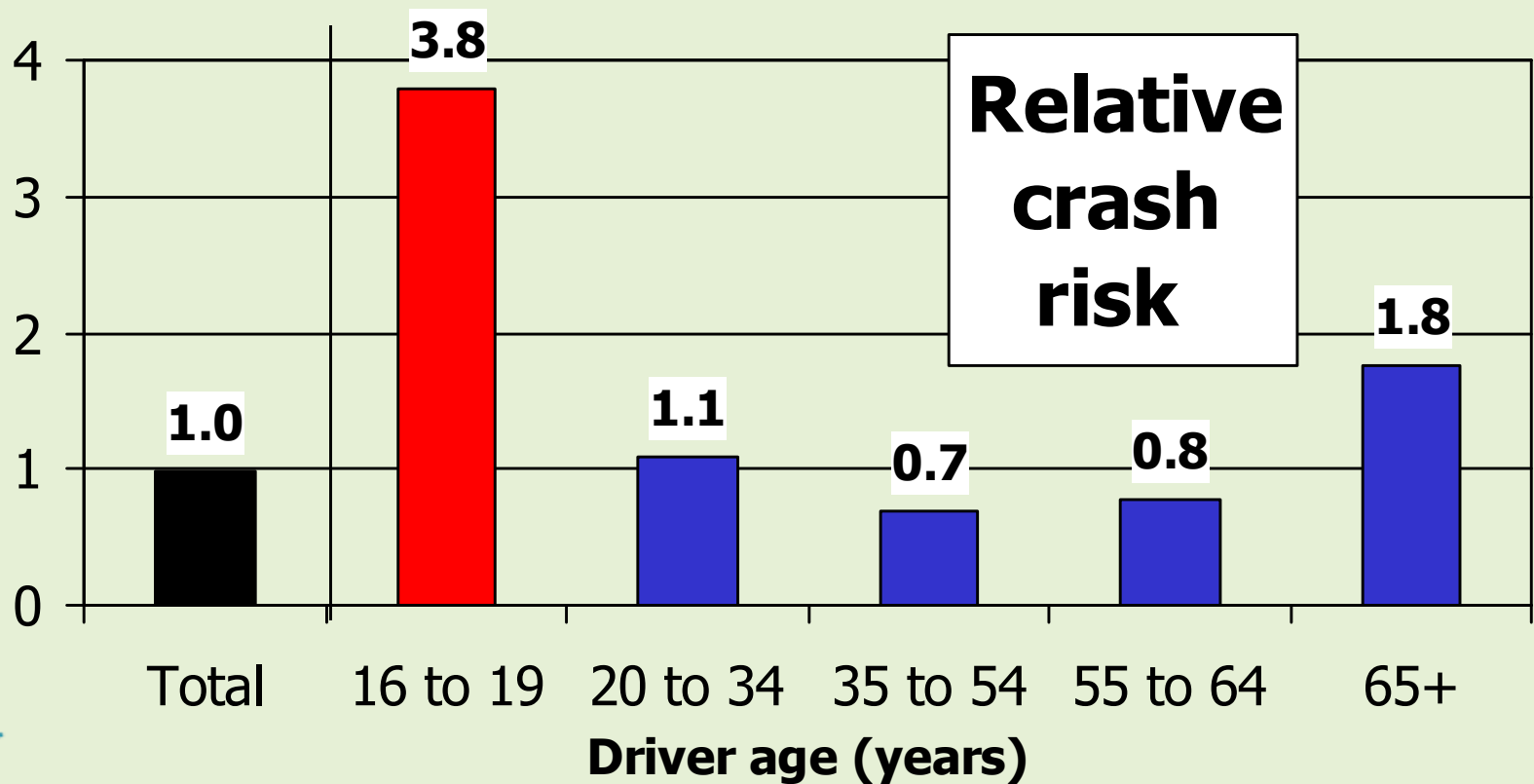
The facts

Crashes: leading cause of death



76% of deaths

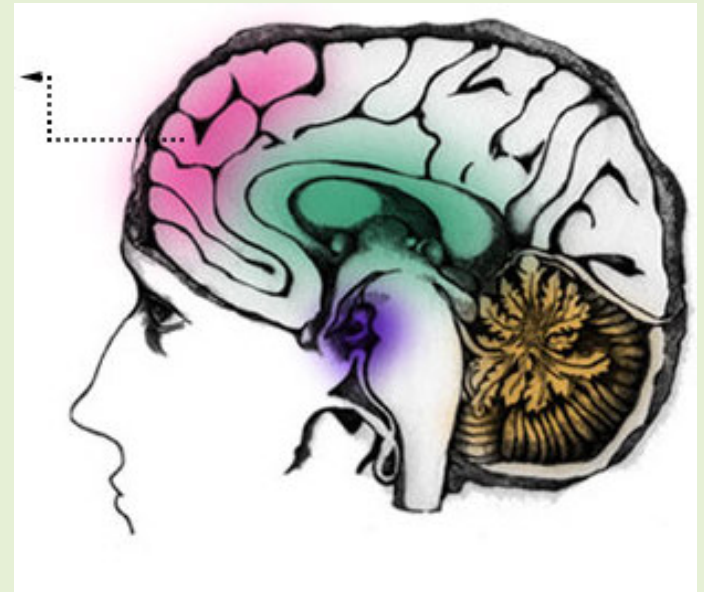
Teen crash rate is highest of any age



Teens, peers, driving

The perfect storm

- Brain: Cognitive > emotional development
 - Know what to do, but...
 - Impulses get in the way
 - Difficulty handling peers



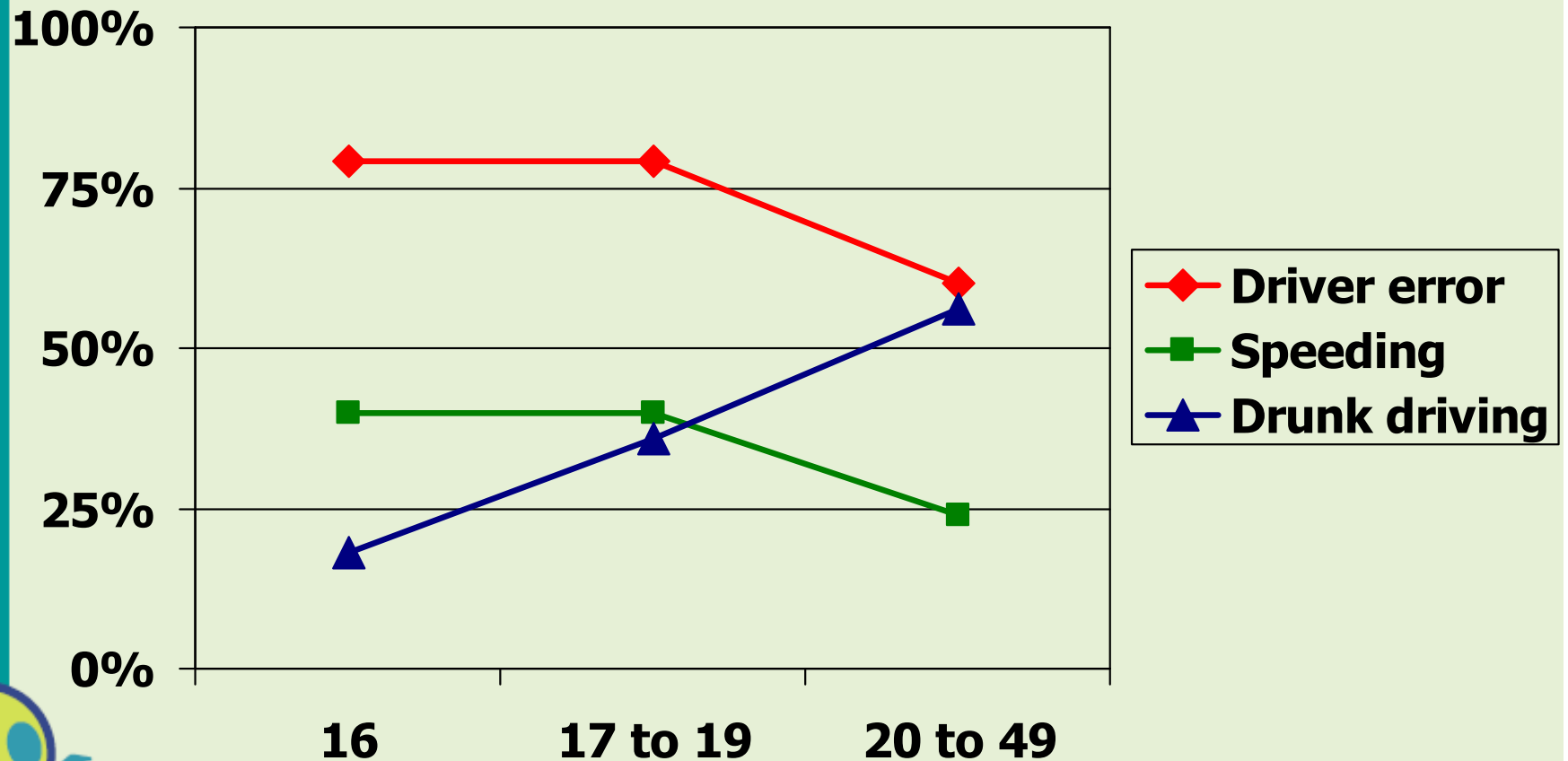
- Desires
 - Fit in
 - Appear mature
 - Independence
 - Thrill-seeking

- Inexperience

- Several thousand pounds of steel at 55 mph



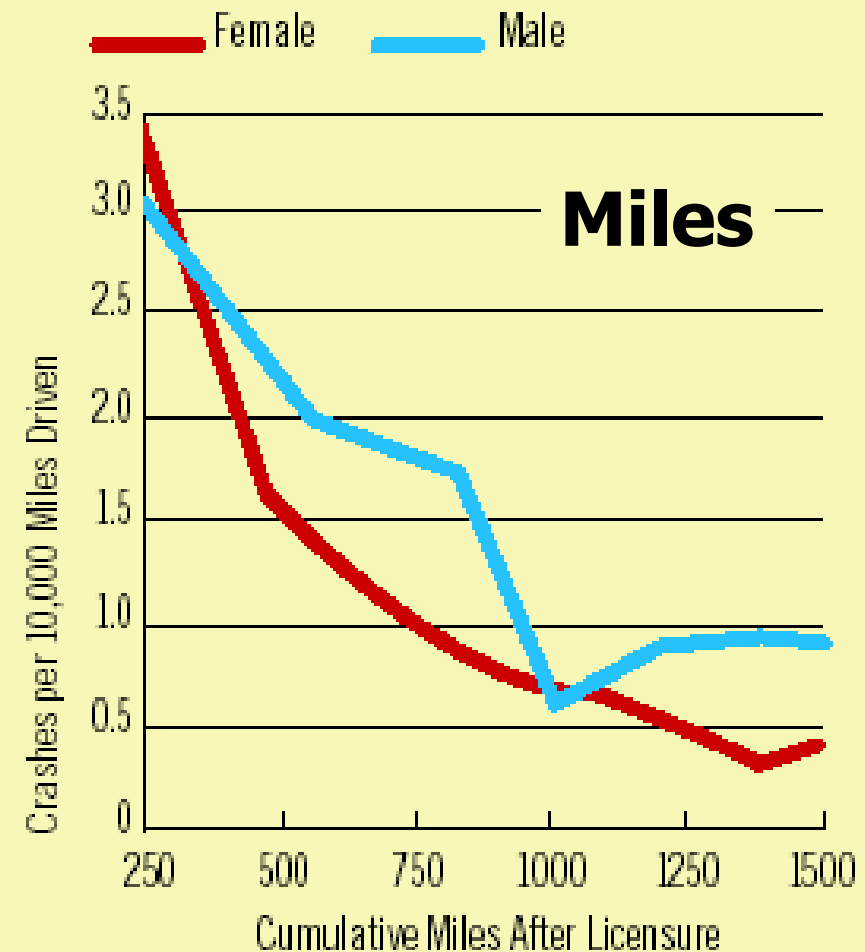
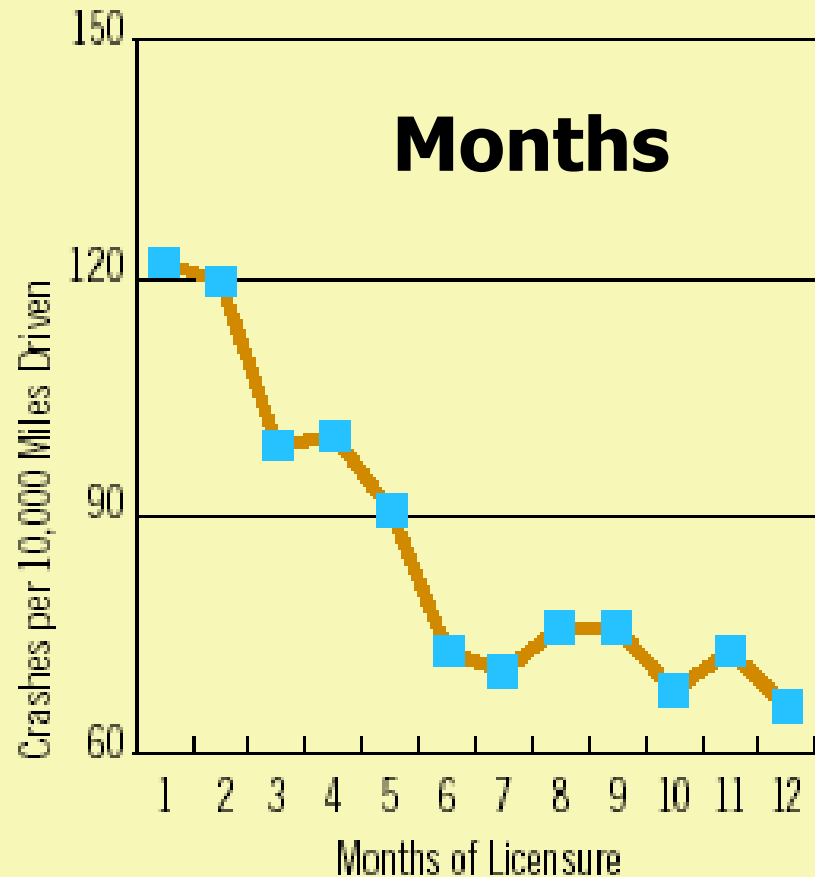
Causes of fatal crashes: Much more than drunk driving



“Rookie mistakes”

The first 6 months: Highest risk

Novice driver crash risk



The challenge

Guide non-driving teenagers...

dependent on their parents & others for mobility,

To become independent individuals who must...

1. learn to make safe driving decisions
2. manage their passengers and peers
3. avoid the hazards of the road, and
4. establish life-long safe driving orientation

While...

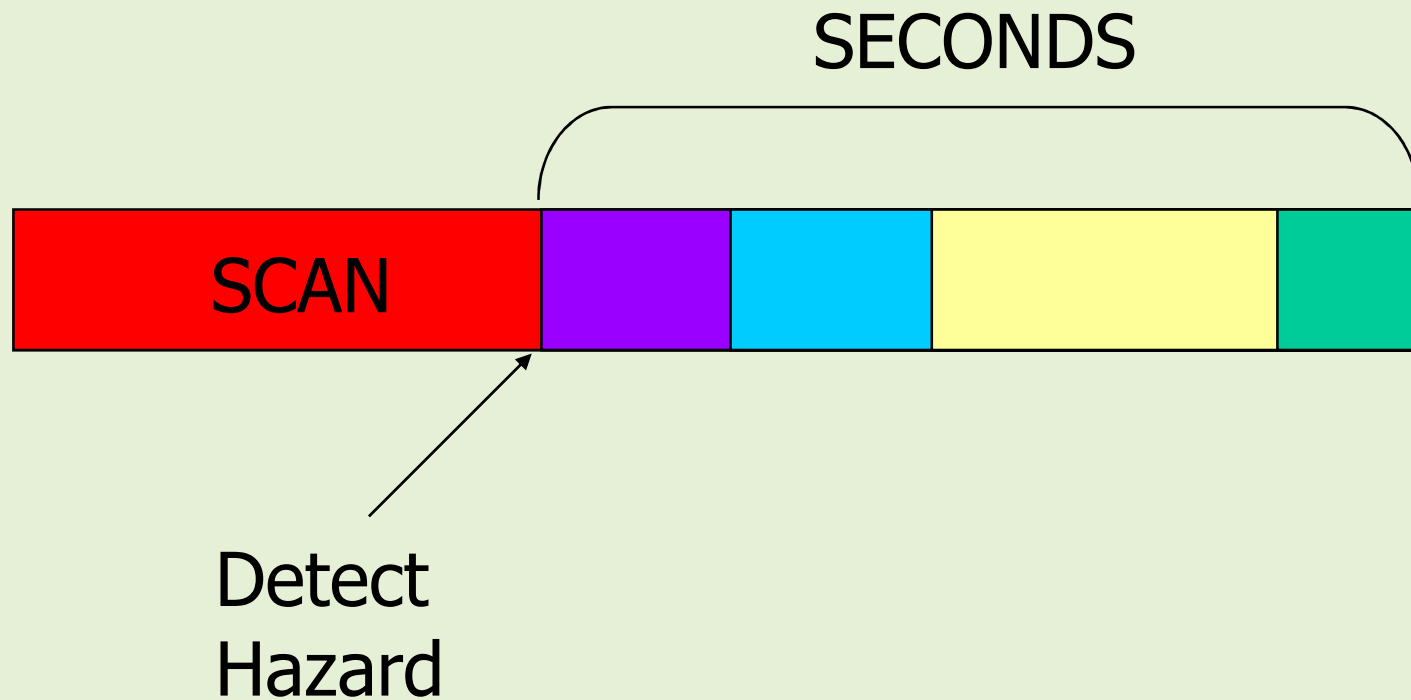
developing new capabilities and competencies & exploring new horizons.



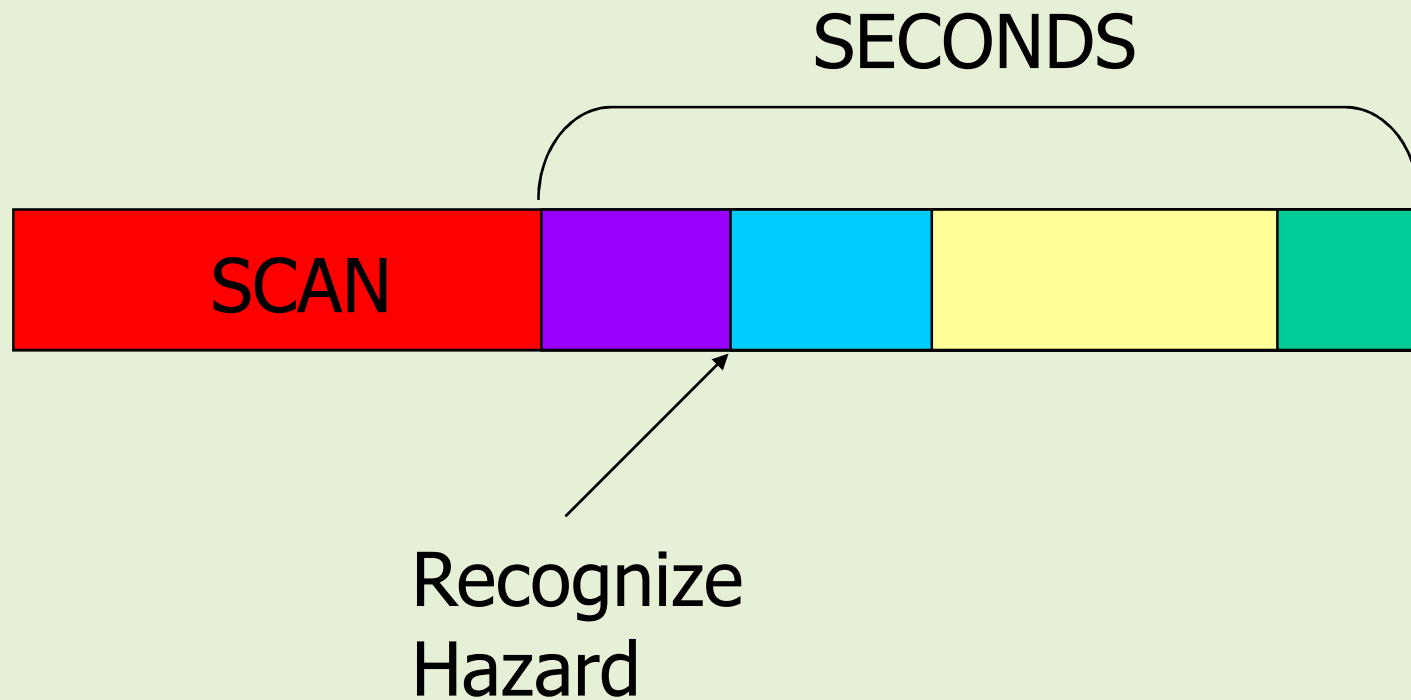
How to avoid a crash



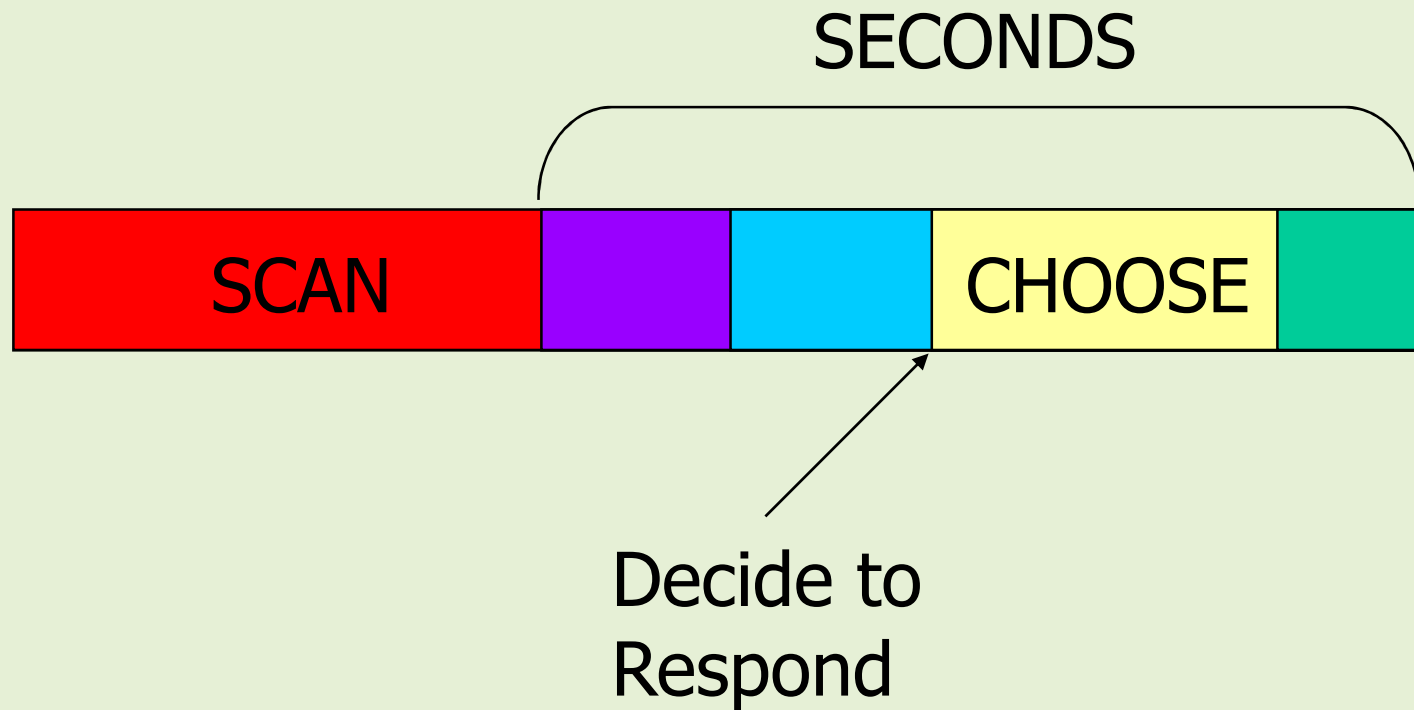
How to avoid a crash



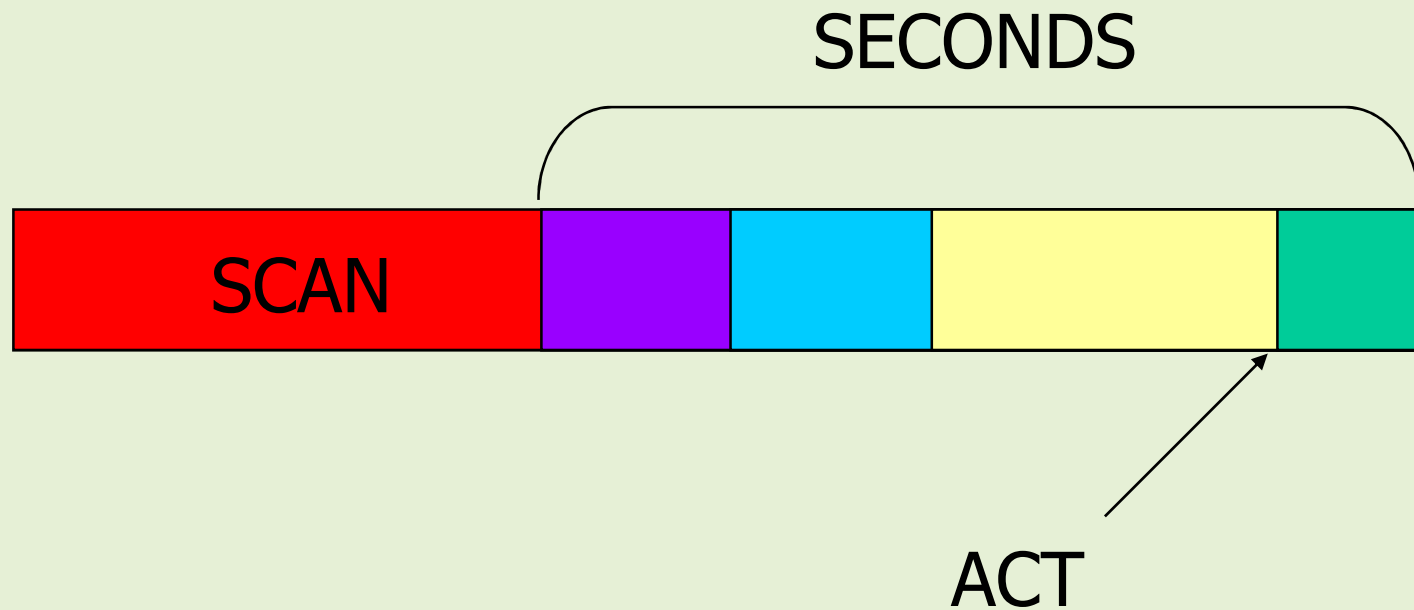
How to avoid a crash



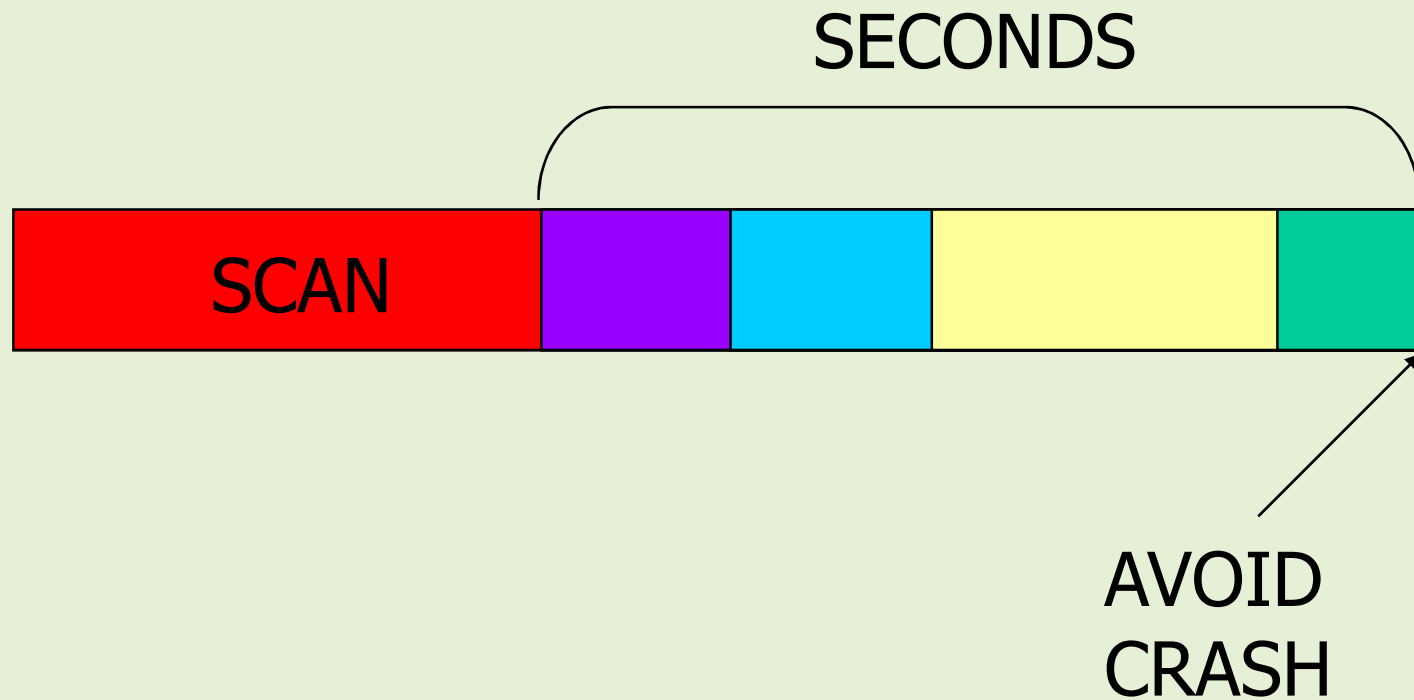
How to avoid a crash



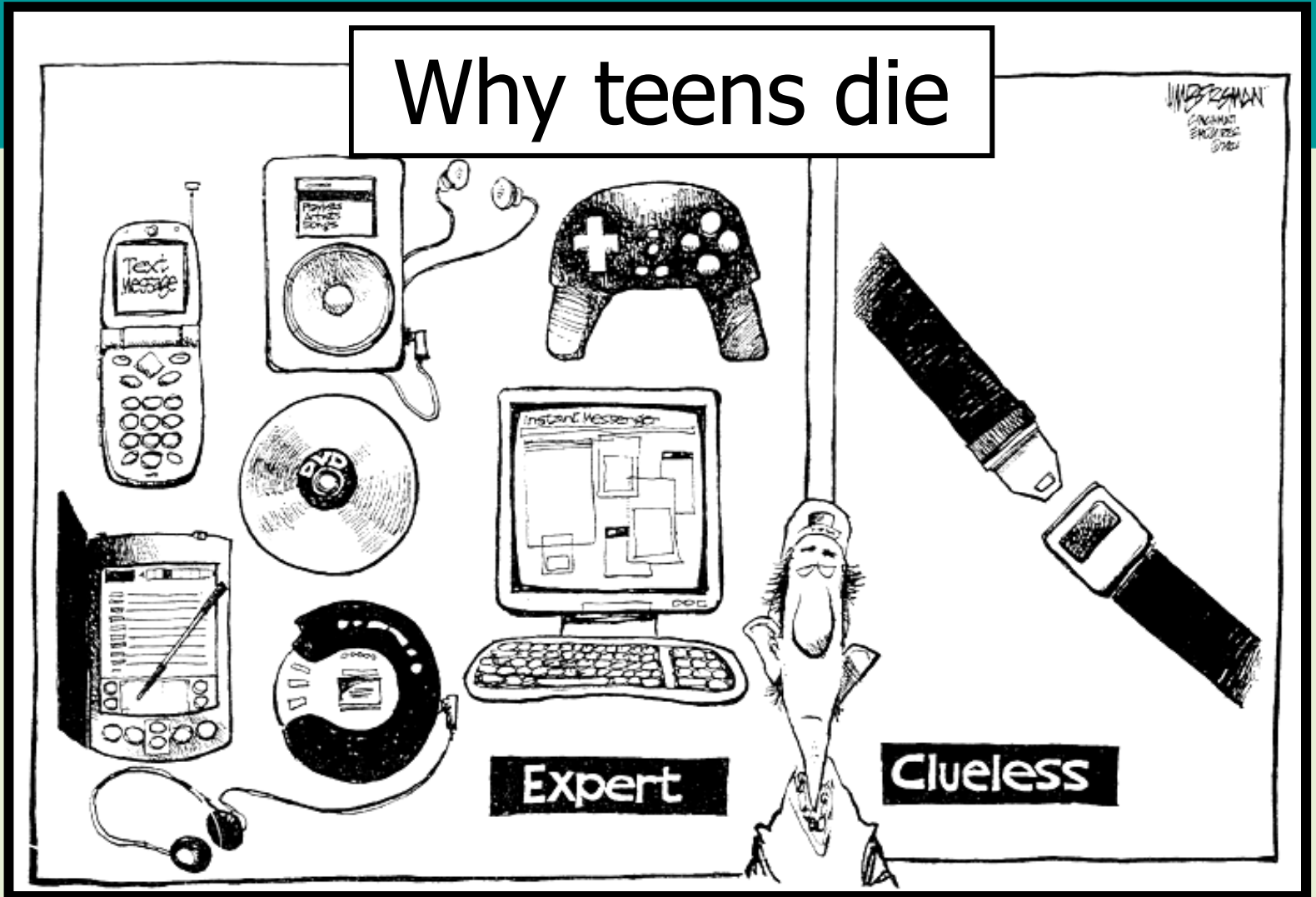
How to avoid a crash



How to avoid a crash



Why teens die



How to avoid a crash

- Skill
- Experience
- AND MORE
 - Attention
 - Impulse control
 - Maturity and judgment
 - Responsibility and planning

Be prepared body and mind



Detect hazards



SCAN & DETECT

What we need to focus on

- Improve planning
- Improve scanning
 - Teach
 - Demonstrate mastery
- Reduce distractions
- Prohibit impairment



DriveCam Event Player



File Details Help

Show Graph



Front View

FWD -0.39

LAT +0.02

TIME +1.00

Rear View

Volume



Expand Video

Avoid hazards/crashes

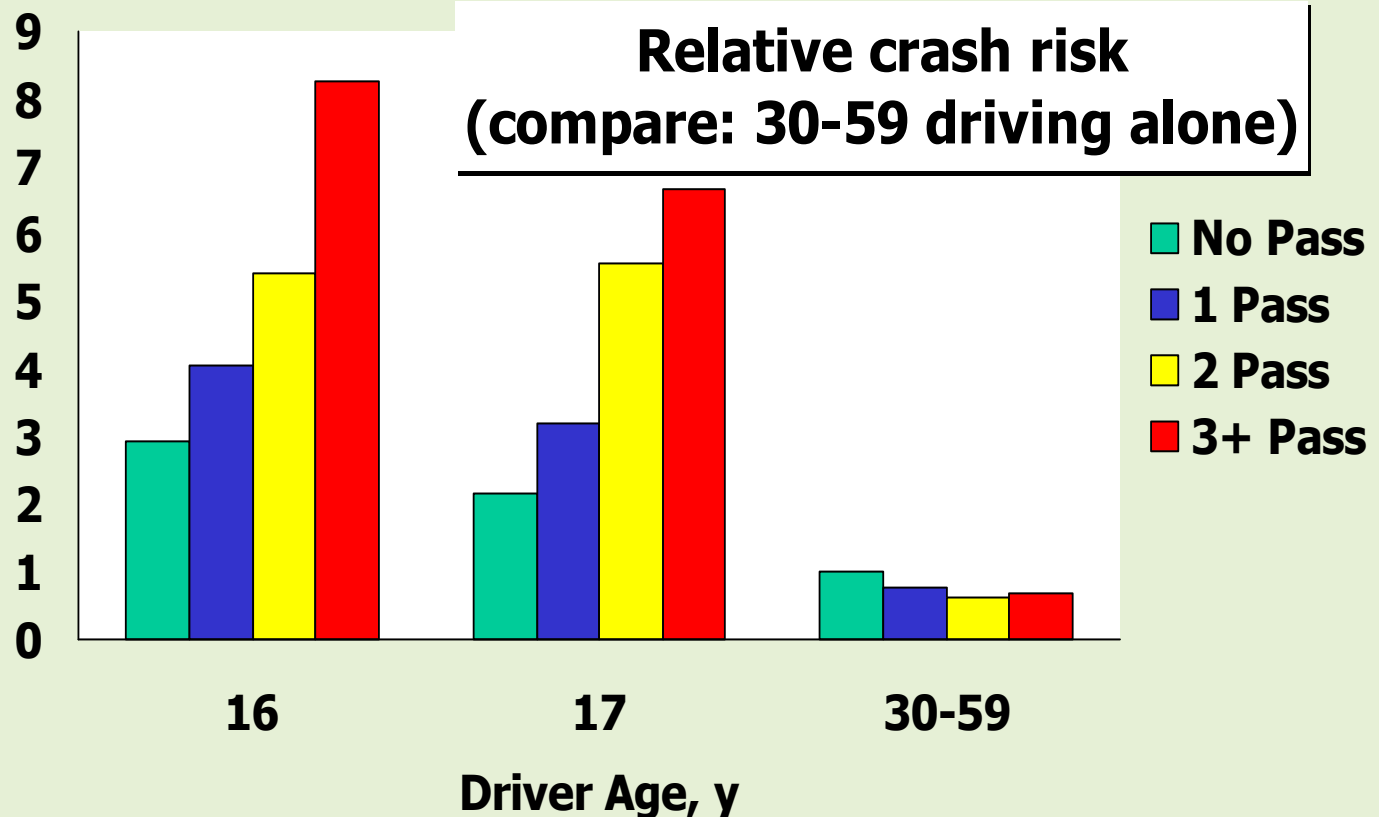


CHOOSE & ACT

- What we need to focus on
 - Reduce speed and increase following distance
 - Increase practice driving
 - Wide variety of conditions
 - Demonstrate mastery
 - Don't put teens in risky situations
 - Privileges should match ability/maturity level
 - Prohibit impairment

Most common distraction

- Passengers – 93% see teens driving teens
- Passengers – increase risk of death



Improve environment

What we need to focus on

- Increase seat belt use
- Reduce driving under risky conditions until ready
 - With peer passengers
 - At night
 - On weekends
- Prohibit risky behavior
 - Speeding
 - Close following
 - Goofing off
 - Recreational driving (no destination)
 - Impairment – alcohol, drugs, sleepiness



What teens told us

- Teens want to be good drivers
 - 20% of 11th graders: driver in a crash
- Teens recognize risks
- Teens do not recognize inexperience
 - Getting a license = experienced
- Teens do not recognize speeding risk

- Parents matter



Teens say parents matter

What are the roles for parents?



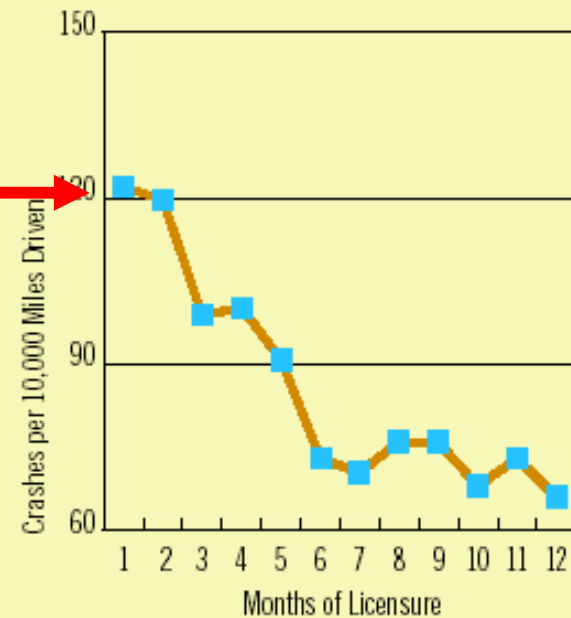
The Center for Injury
Research and Prevention
at The Children's Hospital of Philadelphia

Timeline for safety

Time Zero
Independent driving

Novice Driver's Risk Begins To Drop With Experience

There is a steep drop in the crash risk as new drivers gain experience during the first 12 months of driving.



Timeline for safety

Prepare

Assess
Model
Teach
Set rules



Coach

Monitor
Assess
Supervise
Teach
Remediate

Time Zero

Independent driving

Modeling: How's your driving?



Assessing: Is your teen ready to move on?

Graduated Driver Licensing (PA)

- Permit
 - at least 16 years old
- Learner phase
 - at least 50 hours
 - at least 6 months
- Junior license
 - at least 6 months
 - at least night-time restriction

DL-180 (8-04) NON-COMMERCIAL LEARNER'S PERMIT APPLICATION

PRINT ALL INFORMATION IN BLACK OR BLUE INK THIS FORM IS VALID FOR 1 YEAR FROM THE DATE OF PHYSICAL EXAMINATION. The physical date may not be more than 6 months prior to your 16th birthday.

DRIVER'S LICENSE NUMBER/I.D. NUMBER: _____

LAST NAME: _____ FIRST NAME: _____ MIDDLE NAME: _____

DATE OF BIRTH: _____ HEIGHT: _____ SOCIAL SECURITY NUMBER: _____ SEX: _____ TELEPHONE: (8:00 a.m. to 4:30 p.m.) _____

EYE COLOR (Please check one): BLUE BROWN GREEN HAZEL PINK BLACK GRAY DICHROMATIC OTHER _____

STREET ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

PERMIT(S) DESIRED	FEE	DRIVER FEE FOR EACH ITEM CHECKED
<input type="checkbox"/> CLASS A (Combination Vehicle over 26,000)	\$5.00	
<input type="checkbox"/> CLASS B (Truck or Bus over 26,000)	\$5.00	
<input type="checkbox"/> CLASS C (Automobile)	\$5.00	
<input type="checkbox"/> CLASS M (Motorcycle) MSEA Fee is included	\$15.00	

LICENSE REQUIRED	FEE
<input type="checkbox"/> 4-Year Photo	\$26.00
<input type="checkbox"/> 2-Year Photo (Age 65 & Over)	\$15.50
<input type="checkbox"/> Organ Donation Awareness Trust Fund (I wish to contribute \$1.00)	\$1.00

PAID BY: Check Money Order Payable To PENNDOT (Cash CANNOT be accepted) TOTAL \$ _____

ALL QUESTIONS MUST BE ANSWERED (Check / Applicable Blocks) YES NO

1. Have you ever held or possessed a PA Driver's License/Learner's Permit/Photo Identification Card?

2. Is your right to apply for a license or your privilege to operate a vehicle in this or any other state currently suspended, revoked, or subject to installation of an ignition interlock device?
If yes, give state _____ date _____ and reason _____

3. Have you been arrested or cited in this state or any other state for any violation which carries a possible penalty of suspension or revocation of your driver's license or driving privilege?
If yes, give state _____ date _____ and reason _____

AUTHORIZATION AND CERTIFICATION

I certify under penalty of law that this information contained herein is true and correct. I hereby authorize the Social Security Administration to release to the Department of Transportation information concerning my Social Security Identification Number for the purpose of identification. I hereby acknowledge this day that I have received notice of the provisions of Section 3709 of the Vehicle Code. (See back for provisions)

WARNING: Misstatement of fact is a misdemeanor of the third degree punishable by a fine of up to \$2,500 and/or imprisonment up to 1 year (18 PA C.S. Section 4904(b)).

I am under the age of 18 years and I hereby request Organ Donor designation on my PA Driver's License. Parent must check consent block on the Parent/Guardian Consent Form (DL-180TD). (Applicants 18 years of age or older will have the opportunity to request Organ Donor designation at the Photo Center at the time they have their photo taken.)

I hereby certify that I am a resident of the Commonwealth of Pennsylvania.

SIGN HERE

APPLICANT'S SIGNATURE IN INK _____ (DATE) _____

FOR PENNDOT USE ONLY


Exam Center: _____ Date: _____ MEDICAL RESTRICTIONS: QUALIFIED YES UNABLE TO DETERMINE MEDICAL QUALIFICATIONS

Signature of Examiner: _____ Badge No.: _____

VERIFICATION OF BIRTH DATE AND IDENTITY: BIRTH CERTIFICATE OTHER _____

Teaching: Create a plan & stick to it

- Beginning
 - Vehicle operation
 - Low speed/low traffic
- Intermediate
 - Various roads
 - More traffic
- Advanced
 - Higher speed
 - Variety of road conditions
 - Unfamiliar routes
 - Higher order thinking skills



share the drive:
Parents Matter

DRIVING PRACTICE LOG

WEEKS/ HOURS COVERED	SKILLS COVERED			
____ Week	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready
____ Hours				
____ Week	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready
____ Hours				
____ Week	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready
____ Hours				
____ Week	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready	<input type="checkbox"/> More practice <input type="checkbox"/> Ready
____ Hours				
____ Total # of hours				

A PARENT-TEEN AGREEMENT
You know each other best. Consider agreeing to terms around time spent in supervised driving, how you behave toward each other during supervised driving and how you will reward each other for staying true to the agreement.

Parent agrees to the following: 1. _____ 2. _____ 3. _____ REWARDS: 1. _____ 2. _____ _____ <small>Parent signature</small>	Teen agrees to the following: 1. _____ 2. _____ 3. _____ REWARDS: 1. _____ 2. _____ _____ <small>Teen signature</small>
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Learn more about teen driver safety at www.chop.edu/youngdrivers.

Continue after learner phase

Monitoring early independent driver: Parent-teen agreement

- Create plan **with** teen
- Cover **at least** first 6 months-1 year
- Start: limit to low risk conditions
- Gradually increase privileges
 - Include how this will happen (not just time)
- Set clear rules, rewards, consequences
- Include rules for teen as passenger
- Monitor closely and follow through



Suggested rules for the road

- Absolutes
 - ALWAYS wear seat belts (everyone in car)
 - NO speeding
 - NO cell phones/text messaging
 - NO alcohol, drugs, drowsy driving
- Earned privileges (based on behavior/mastery)
 - Passengers
 - High speed roads
 - Nighttime driving
 - Non-ideal road conditions
 - Unfamiliar routes



What can parents do?

- Model good driving
- Make the time
- Know your teen
- Improve skills
- Monitor driving – PA GDL is a minimum
- Reduce risky conditions until ready
- Prohibit risky behavior
- Lobby for better laws and school policies



But parenting isn't easy

- What will be the challenges?
 - For parents
 - For teens
- What can be solutions?



...It is hard to be the only parent saying "no"

- What can a community of parents do
 - to support each other?
 - to support and protect their teens?



Next step

- What will you do tomorrow?
- What is your next step?
 - Project Ignition
 - “Share the Drive”
 - Parent-led projects
 - Teen-led projects
 - More available at www.chop.edu/youngdrivers

