

# START SMART...

The keys to safe  
teen driving



## 14 Going the Distance: HIGH SPEED ROADS

### Why is driving at high speeds and on high-speed roads so dangerous?

- Crash risk increases as speed increases.
- Crash severity increases as speed increases.
- Vehicles are more difficult to maneuver at higher speeds.
- Errors such as turning too quickly or braking too sharply can result in loss of vehicle control.
- Steering safely around curves or objects is more difficult.
- Drivers tend to fail to increase safe following and stopping distances.
- The amount of time available to perceive and react to unexpected events is reduced.

### Parents' comments on high-speed driving...

"Having supervised some of her practice driving, I worry about her speeding. She drives too fast for her level of experience. I also worry that she will not make the right adjustments when driving in heavy traffic and on highways."—William S.

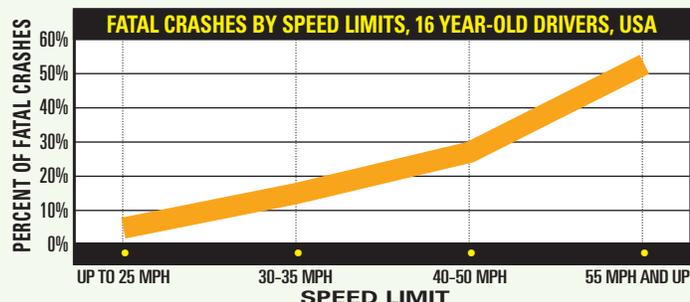
"She doesn't have enough experience driving on interstates or parkways yet, and I intend to supervise that kind of driving until I am comfortable she can handle it."—Kathleen B.

"I-95 is my biggest fear. The traffic is always heavy and there is a lot of construction. There also are a lot of large trucks and a lot of speeders, especially at night. My son needs more experience before I will let him drive alone on I-95."—Stuart N.

**Before teens drive unsupervised on high-speed roads, they should have several months of experience on low-speed roads and extensive supervised practice on high-speed roads.**

### DID YOU KNOW?

- ✓ Young male drivers are more likely to speed, leading to more crashes and more severe injuries.
- ✓ Speeding can save only a few minutes an hour—at most.
- ✓ The chance of death or serious injury doubles for every 10 miles per hour (mph) over 50 mph that a vehicle travels.
- ✓ Driving on high-speed roads increases the likelihood of drivers engaging in aggressive driving behaviors such as tailgating and weaving.



AAA recommends increasing privileges in steps, or “Checkpoints”

UNSUPERVISED DRIVING PRIVILEGES				
ROAD TYPES	CHECKPOINT 1	CHECKPOINT 2	CHECKPOINT 3	CHECKPOINT 4
Daytime	Neighborhood	Local	All but highways	Most
Nighttime		Neighborhood	Local	All but highways
RECOMMENDED TIME IN EFFECT	FIRST 1-3 MONTHS AFTER LICENSURE	NEXT 1-3 MONTHS	NEXT 3-6 MONTHS	NEXT 3-6 MONTHS

When teens are first licensed, parents and teens should continue practice driving together at high speeds and set strict limits on unsupervised driving on these types of roads. Then, as teens gain experience and demonstrate greater competence and responsibility, gradually increase privileges. It makes the limits on unsupervised driving easier for everybody to understand and manage when you review performance and adjust limits as warranted in regular steps, or “Checkpoints.”



## SET PRIVILEGES AND RULES FOR HIGH SPEED DRIVING!

As a Family, You Can Help Reduce Teen Driving Risk by Doing the Following:

**1** Talk about the dangers related to driving at high speeds and on high-speed roads (see front page).

**2** Decide the following for unsupervised teen driving when first licensed:

- Road-type privilege (recommended: neighborhood only): \_\_\_\_\_
- Exceptions (recommended: school or work only): \_\_\_\_\_
- Length of time this driving privilege will be in effect (recommended: 1-3 months): \_\_\_\_\_

**3** Set the following rules related to unsupervised teen driving on high-speed roads:

- Obey all traffic laws and signs, including speed limits.
- Never drive aggressively, including following too closely or cutting others off.
- Check in with a parent every time you drive. Tell parent where you are going, who will be the passengers, and when you will return.
- Other: \_\_\_\_\_

**4** Set possible consequences for breaking driving rules, for example:

- Teen drove on a prohibited road without permission.
  - Lose driving privileges for \_\_\_\_\_ weeks/months.
  - Other: \_\_\_\_\_
- Teen got a ticket for speeding or aggressive driving.
  - Lose driving privileges for \_\_\_\_\_ weeks/months.
  - Other: \_\_\_\_\_

**5** When the first “Checkpoint” period is up, plan to increase the unsupervised road-type driving privilege if teen:

- Follows driving rules and privileges related to roads.
- Advances in driving skills and judgment.
- Rarely loses driving privileges.