

Drunk & Drugged Driving — How to Help Keep Your Teen Safe

DEAR PARENTS AND CAREGIVERS,

You may have a teen driver or soon-to-be driver in your home, which means new freedom for your child and new responsibilities. Is your child prepared? Help keep your teen safe by talking to them about drunk and drugged driving. Make a plan to help prevent your child from getting behind the wheel if they are under the influence of alcohol or drugs, and to avoid getting in a car with anyone who is driving impaired.

DID YOU KNOW?

- Some prescription and over-the-counter medicines, and drugs like marijuana can impair a driver's motor skills, reaction time, and judgment. This is drugged driving.
- Motor vehicle crashes are the leading cause of death for teens in the U.S. In 2017, six teens aged 16-19 died every day due to motor vehicle crashes, and hundreds were injured. (CDC)
- Nearly 30 people die each day in drunk driving crashes in the U.S. That's one person every 50 minutes. (NHSTA)
- In 2016, approximately 20% of teen drivers involved in fatal crashes had been drinking. (NHSTA)
- In the U.S. in 2018, one survey found that 12 million people ages 16+ reported driving under the influence of marijuana, and 2.3 million reported driving under the influence of illicit drugs including methamphetamines during the prior 12 months. (CDC)

TALK WITH YOUR TEEN

Have a conversation with your child about drunk and drugged driving to establish rules and expectations. Revisit these conversations from time to time to support your child.

Here are some tips to help you get started:

- Establish a no alcohol and no drugs policy. Make it clear that you expect your child not to drink or use drugs. Remind your child that it is illegal for young people under 21 to drink alcohol, and it is also illegal to drive while impaired by drugs.
- Make the consequences clear. Besides potential crashes, fatalities, and injuries, breaking underage drinking laws could lead to jail time, losing their driver license, and fines and fees. Convictions for drunk and drugged driving could also impact their academic opportunities. And then there are the family consequences. Make sure to spell them out.
- Make a written agreement that your child will always and only drive sober.
- Review any prescription or over-the-counter medications that your child takes which could make them drowsy or impair their ability to drive. Have a back-up plan so your child does not drive if taking these medications.
- Let your child know that you want them to call you if they are not able to drive because of alcohol, drugs, or fatigue.
- Set the same expectations if your child is a passenger in a friend's car. Emphasize that they should not get in the car if their friend has been drinking, has taken any drugs, or has taken medication that impairs their judgment. Your child should call you for a ride and tell their friend not to drive — offer to pick them both up.
- Agree on a "safe" word or code that your child can call and say or text to you if they're in a situation that makes them uncomfortable or if they are not able to drive and need a ride. Agree not to discuss the situation until the next day, when you will both be less emotional —remember, your child's safety is the priority.
- Be a role model for your child.

ABOUT THE 2021 DRIVE2LIFE PSA CONTEST

In school, your child has been learning about drunk and drugged driving. Children ages 13 to 19 in grades 6–12 have the chance to put their knowledge and creativity to work in the **Drive2Life PSA Contest** sponsored by the National Road Safety Foundation. Entrants must create a storyboard or script for a 30-second public service announcement ("PSA") video to help prevent drunk and drugged driving. Students may address one topic or both topics. See the Contest Overview, Entry Form, and Official Rules at ymiclassroom.com/drive2life for the contest details and entry information. Entries may be submitted online or by mail by teachers or parents. Deadline: Entries submitted by mail must be postmarked by February 8, and received February 15, 2021. Online entries must be submitted by 11:59 p.m. ET on February 8, 2021.

NO PURCHASE NECESSARY. Void where prohibited. The Drive2Life PSA Contest ("Contest") is open to students ages 13 to 19 who are currently enrolled in grades 6–12 in one of the 50 United States or the District of Columbia, who are residents of the United States, and who attend a public school, accredited private school, or home school in compliance with the laws of its state. To enter the Contest, each student must create a storyboard or written script on 8.5 x 11-inch paper for a 30-second public service announcement ("PSA") video to help prevent drunk and drugged driving. One entry per person. One Grand Prize student winner will receive \$1,000 plus the chance to work with an Emmy Award-winning producer to transform his/her entry into a 30-second video. Four Runner-up student winners (two from grades 6–8 and two from grades 9–12) will receive \$500 each. (Total ARV of student prizes: \$3,000.) The teacher of each winning student will receive a \$100 Visa Gift Card (Total ARV of teacher prizes: \$500). Entry Period: 12:01 a.m. ET October 26, 2020, to February 8, 2021 at 11:59 p.m. ET. Mail entries must be postmarked by February 8, 2021, and received by February 15, 2021. Entries submitted online must be received by 11:59 p.m. ET on February 8, 2021. See complete Official Rules at ymiclassroom.com/drive2life.

