

PASSPORT TO SAFE DRIVING

The National Road Safety Foundation



HELPFUL DRIVING TIPS
FOR TEENS & ADULTS



#DrivingSkills101

DRIVING TIPS



PASSPORT GUIDE

Dear Drivers & Caring Adults,

Enclosed are driving tips and talking points for teen drivers and adults to help teach the student proper driver safety. The QR codes link you to more information. We've included a "notes" section to keep track of how many hours your student has driven, weather conditions, situations encountered, and any comments to discuss with your teen after their drive. The passport includes information for students on how to advocate for traffic safety improvements in their schools and communities. Always remember to be patient and alert – and of course always buckle up!

Thank you,
Your Friends at The National Road
Safety Foundation and SADD

FUNDRAISING



START



Grocery Bagging

- Bag groceries for customers. Have donation jars nearby and talk about the work your chapter is doing.

T-Shirt Sale

- Design shirts for your school. Visit SADDStore.org/custom to customize and order SADD apparel.

Penny Drive

- Donation jars that are at your school or businesses.

Car Wash

- Fundraise and provide a service.

Dine to Donate


- Find a restaurant who gives a percentage of the sales to your chapter.

Bake Sales

- Sell baked goods during the day or at community events.

MEDIA

START



Digital Media:

Facebook Live:

- Promote events, relay information, host talks.

Twitter Chats:

- Write scripts focusing on your issues.
- Use hashtags such as #SADDNation and #NRSFSquad

Instagram/Snapchat Stories:

- Use this feature to highlight chapter events.



Traditional Media:

Press Release:

- An official statement sent to news outlets, giving information on a particular event/issue.

Radio:

- Write an audio public service announcement (PSA) describing what your chapter is doing.

Op-Ed:

- Media sources that allow you to write articles concerning a topic they are passionate about

LAW ENFORCEMENT & SRO ENGAGEMENT

START



What is an SRO?

- A law enforcement officer who is deployed by a police department or agency to work in collaboration with one or more schools.



What Does NASRO Stand For?

- National Association of School Resource Officers



How Can I Engage Law Enforcement?

- School assembly with your SRO on issues central to your school and community.
- National Night Out event to unite law enforcement and the community.

ADVOCACY



START



Tips for Advocacy



Confidence:

- Be assertive when speaking about an issue.

Preparation:

- Research facts about your issue and practice how you will communicate them.

Communication:

- You must communicate concisely, but meaningfully. Preparation and confidence are key.



Advocacy Events

SADD SPEAKs:

- Teaches students to effectively communicate and advocate on behalf of SADD and NRSF's core issues.

Parent/Teen Night:

- Hold an event for parents and students to discuss issues that teens are facing today.

City/Town Proclamation:

- Write a letter to your mayor and ask for an official proclamation recognizing your efforts.

COMMUNICATIONS CALENDAR

January

- NRSF #DrivingSkills101 PSA Challenge Deadline

February

- National Teen Dating Violence Awareness Month

March

- National Sleep Awareness Week
- National Inhalants & Poison Awareness Week
- National Kick Butts Day
- EndVaping Meme & Vlog Contest Opens
- National Drug & Alcohol Facts Week
- National Youth Violence Prevention Week

April

- National Drug & Alcohol Facts Week
- National Youth Violence Prevention Week
- EndDD Video & Meme Contest Opens
- Alcohol Awareness Month
- Distracted Driving Awareness Month

May

- Mental Health Awareness Month
- National Click-it or Ticket Mobilization
- National Prevention Week
- Rock the Belt
- Memorial Day - Start of 100 Deadliest Days for Teens

June

- National Safety Month
- National Click-it or Ticket Mobilization
- SADD National Conference

August

- Back to School - Chapter Registration Renewal

September

- National Suicide Prevention Month

October

- NRSF Driving Skills 101 Contest Opens
- National Teen Driver Safety Week
- Rock the Belt
- Red Ribbon Week

November

- Drowsy Driving Prevention Week

December

- National Drunk & Drugged Driving Prevention Month

OBEY THE SPEED LIMIT

TEEN TIPS

- Pay attention to your speedometer.
- Practice patience while driving.
- Leave early so you are not in a rush.
- Use the 3-second rule for following distance.
- In safe conditions, use the Advanced Driver Assistance System (ADAS) technology safety system called Adaptive Cruise Control.



OBEY THE SPEED LIMIT

ADULT TALKING POINTS

Among serious crashes where teen driver error was the cause, 21% occurred from going too fast for road conditions. (teendriversource.org)

- Drive how you want your teen to drive.
- Make sure your teen is aware of the dangers of speeding and the consequences of unsafe speed, including fines and penalties.
- Talk to your teen about the importance of going the speed limit (taking into consideration the weather, time of day, light, traffic density, etc.), and leaving an ample amount of space between their car and the one in front of them.
- Share your driving experiences with your teen.



NIGHT DRIVING

TEEN TIPS

- Be aware of reduced visibility.
- Slow down to account for less visibility.
- Use bright headlights when there are no oncoming cars and it is not foggy.
- Keep the windshield clean.
- Do not drive when you are tired.
- Be alert of other drivers. Most driving under the influence of drugs or alcohol happens at night.
- Dim the dashboard lights.
- Do not stare directly into oncoming lights.
- Have your vision checked regularly.
- If your car is equipped with the advanced driver assistance system (ADAS) blind spot warning feature, learn how to use it properly.



NIGHT DRIVING

ADULT TALKING POINTS

Nighttime car crashes represent 32% of teen driver-related fatalities. (teendriversource.org)

- Discuss with your teen a time you had difficulty seeing in the dark. Talk about how you had to be more vigilant.
- Talk about:
 - What to do when they are driving and tired.
 - Not driving if they are too tired. Offer to give them a ride.
 - The importance of minimizing distractions when driving at night. Tell them it's okay to ask other passengers to be quiet.
- Take your teen practice driving at night.



GRADUATED DRIVER LICENSING (GDL)

TEEN TIPS

- The driver and all passengers should always wear seat belts during every trip and in every seat.
- Know how many passengers you are allowed to have in your vehicle.
- Teen passengers increase the risk of teen driver crashes exponentially.
- Do your research - find out what the nighttime driving restrictions are in your state.
- Never drive distracted.
- It is illegal and deadly to drink or use drugs and drive.
- Talk to your parents.



GRADUATED DRIVER LICENSING (GDL)

ADULT TALKING POINTS

GDL laws allow teen drivers to safely gain driving experience before obtaining full driving privileges. Every state's law is unique, it is important to know your law.

- Be a good role model.
- Do not rely on driver's education to teach your teen. Slowly introduce them to complicated driving situations.
- Create a written agreement, like the New Driver Deal from the National Safety Council, and define expectations, milestones, and consequences.
- Use the SADD Contract for Life and tell them how important it is that they come home safe and sound.



LEFT-HAND TURNS

TEEN TIPS

- Always use your turn signal so other drivers are aware that you are going to turn.
- Turn the wheel gently, staying in your turn lane. Many crashes have been caused by drivers who drift into another turn lane.
- Always look left, look right, and then look left again before turning.
- Be prepared to make wider turns when you turn left.
- Yield to pedestrians and vehicles who have the right-of-way.



LEFT-HAND TURNS

ADULT TALKING POINTS

- Remind your teen that making a left-hand turn requires using their judgment as to when they can safely turn.
- Stress the importance of turn signals, to give other drivers a warning that they are slowing down to make the left turn.
- When you are driving and making a left-hand turn, point out how you are turning into the left lane, and mention that you should never turn into the right-hand lane when making a left-hand turn.



ADVERSE WEATHER DRIVING CONDITIONS

TEEN TIPS

- Listen to the weather forecast before you leave. DO NOT drive if there is a chance of severe weather.
- Always use your headlights in the rain.
- Use your low beam lights in the fog.
- Use your defrost and wipers for best visibility in rain and fog.
- Adjust your speed to conditions such as rain, wind, and snow. Turn off cruise control.
- Ensure lights and wipers are working and windshield is clear.
- Clear advanced driver assist systems (ADAS) sensors of snow and ice.
- When it's raining, drive in the center lanes to avoid runoff and potential hydroplaning. Avoid driving through deep puddles or standing water.
- Check your tires regularly.



ADVERSE WEATHER DRIVING CONDITIONS ADULT TALKING POINTS

On average, nearly 6,000 people are killed and over 445,000 people are injured in weather-related crashes each year. (NHTSA.gov)

- High beams reduce visibility in the fog. Tell your teen to use their fog lights.
- Tell them where to pull over safely and who to call if a severe weather breaks out and they cannot see the road.
- Tell them how to steer if they hydroplane
 - Keep a grip on the steering wheel, lift foot off the accelerator, and let the vehicle coast. Steer gently in the correct direction.
- Create a snow-emergency kit:
 - Brush, sand, blanket, flashlight, first aid, and non-perishable food items.
- Practice driving in adverse weather.
- Be sure they know to check their tires prior to driving



BLIND SPOTS

TEEN TIPS

The National Highway and Traffic Safety Administration (NHTSA) has found that almost 840,000 crashes occur in the U.S. each year that involve a driver's neglect of the blind spot.

- **Before driving, ensure visibility in all mirrors:**
 - **Adjust the inside mirror to see out the entire rear window.**
 - **Adjust outside mirrors so you just barely see the side of your car.**
- **When changing lanes, use mirrors and look over your shoulder while keeping the wheel steady.**
- **Be aware of driving in the blind spots of other vehicles, particularly 18-wheelers. If you cannot see the truck driver's reflection in his or her side mirror, you are in their blind spot and they cannot see you.**
- **Watch out for fast-moving vehicles in your blind spots.**



BLIND SPOTS

ADULT TALKING POINTS

- Explain a blind spot to your teen.
- Tell them about a close encounter that you've experienced with your blind spot.
- Remind them to always check over their shoulder and not rely on their mirrors or advanced driver assist systems (ADAS) blind spot warning systems.
- Point out the blind spots in your car and show them how to check them when driving.
- Explain that the blind spots on semi-trucks are larger than those on passenger vehicles and to use extra caution when trying to merge or switch lanes when they are near a semi-truck.



TEEN DRIVERS & PASSENGERS

TEEN TIPS

- Always wear your seat belt, and make sure everyone, in every seat in the vehicle is buckled.
- Watch the road. All drivers benefit when everyone pays attention.
- Know the number of passengers permitted in the vehicle. If they can't buckle, they can't ride.
- Put the phone down.
- Do not add stress. Stay calm and be supportive.
- Keep the music down. Do not act wild.
- Speak up. Your safety is a priority.



TEEN DRIVERS & PASSENGERS

ADULT TALKING POINTS

- Set strict limits on passengers.
- When driving together, point out things they might be missing.
- Keep the phone off and always wear your seat belt.
- Make sure everyone knows your rules and the reasons behind them.
- Be the Scapegoat. Devise a plan your teen can use if they are asked to drive a friend home or get in a car with another teen.



CHOOSING A DRIVING SCHOOL

TEEN TIPS

- **Talk with an adult about the different driving school options to pick the one that best fits your needs.**
- **Visit the states' Driver Education website to see what schools are approved/licensed.**
- **Ask questions. If you don't understand something or a specific skill you're learning, ask the instructor to further explain.**
- **If you're not comfortable with your instructor, speak with your parent or an adult to express your concerns.**
- **Relax. This is a lifetime skill that you want to master. If you're tense, it's hard to focus on the task at hand.**



CHOOSING A DRIVING SCHOOL

ADULT TIPS

- Price should not be the only consideration.
- Visit the states' Driver Education website to see what schools are approved/licensed.
- Ask what curriculum the school uses.
- How many classroom and behind-the-wheel hours are offered?
- Do they conduct classroom training?
- What type of training and certification do they require for their instructors?
- Do they offer a parent/guardian seminar?
- Do their instructors give progress reports and a list of things to work on?
- Are they a member of any state or national associations that strive for the betterment of driver education?



MANAGING THE MERGE

TEEN TIPS

- Adjust your speed to match the flow of traffic before entering the roadway.
- Yield to drivers on the freeway.
- Find a 3 to 4-second gap in traffic.
- Check for cars around your vehicle before entering a lane.
- Use your turn signals early.
- Wait for the solid line to end before merging.
- Cross one lane of traffic at a time.
- Be prepared for your exit, maneuver into the far-right lane as you approach it.
- Keep up with the speed of traffic until you exit.
- If you must pass a vehicle, pass on the left and return to your lane once the vehicle is visible in your rearview mirror.



MANAGING THE MERGE

ADULT TALKING POINTS

- Remind your teen to plan for an exit as early as possible.
- Turn signals are vital when it comes to merging. Make sure that you and the teen are both using turn signals when needed.
- While in the deceleration lane, before you are committed to the exit ramp, apply the brake to feel its effect. If there is a problem, you can stay on the highway.
- When on the ramp, drive at a slower speed to create more time to find a suitable gap to merge into.



TAILGATING

TEEN TIPS

- **Know your speed limit.**
- **Maintain a consistent speed.**
- **Always keep a safe following distance, especially during adverse weather conditions.**
- **If you are being tailgated, don't feel pressured to speed. Do your best to ignore it, don't be intimidated by them and continue your safe driving practices.**



TAILGATING

ADULT TALKING POINTS

The National Highway Traffic Safety Administration (NHTSA) indicates that 23 percent of all motor vehicle crashes are rear-end collisions, leading to 2,000 deaths and 950,000 injuries every year.

- Teach your teen to recognize and know the speed limit on the road they are traveling.
- Teach them to maintain a consistent speed.
- Practice a safe following distance when driving with your teen, and teach them the 3-second following distance rule.
- When driving with your teen, talk about what they should do if they are being tailgated.



ROUNABOUTS

TEEN TIPS

Studies show roundabouts can reduce intersection crashes by 75%. (IIHS.org)

- Follow these steps to safely navigate a roundabout:
 - Avoid driving next to oversized vehicles in a roundabout, particularly semi trucks.
 - Slow down to enter the roundabout.
 - Enter a roundabout in a counterclockwise direction.
 - Try NOT to change lanes and follow the signs.
 - Yield to other traffic in the roundabout.
 - Proceed to the appropriate exit, signal intent, and exit.



ROUNABOUTS

ADULT TALKING POINTS

- Nothing replaces modeling good behavior. Be sure you are buckled up and make necessary adjustments before driving off with your teen.
- Be patient. This can be a nerve-racking task for the teen.
- Keep in mind, no teen drives the same.
- Familiarize yourself first. This will help you understand the flow of that particular roundabout.
- Do not stop within the roundabout to correct your teen. Let them continue to drive and guide them calmly to the exit, where you can pull over safely to discuss.



Hey, caring adults! Here is a place to record notes as your teen drives you around. Reference your notes to discuss their drive when they aren't behind the wheel.

NOTES

Date	Time	Destination	Weather

Weather

[illegible]

Weather

[illegible]

THANK YOU TO OUR CONTRIBUTORS!

.....



American Driver and Traffic Safety
Education Association

