

TEACH YOUR TEEN TO DRIVE ...
AND STAY ALIVE.

ADDENDUM

ADDITIONAL LIFE-SAVING INFORMATION, LESSONS, AND DRILLS

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WELCOME TO THE LATEST ADDITION TO OUR FAMILY: OUR ADDENDUM! 😊

For those of you who are new to our acclaimed parent-teen driving book and course called *Teach Your Teen To Drive and Stay Alive*, (which is listed on Amazon or at www.TeenDrivingOnline.com), we welcome you to our latest (and smallest) member of the family—the following parent-teen driving addendum. The *Teach Your Teen to Drive* book and this addendum are written by two experts in traffic safety over the course of a decade to help parents easily teach their teens how to drive in eight basic lessons and beyond using additional drills and amazing stories that parents and teens will cherish forever.

Both the book and this addendum incorporate some innovative teaching techniques including one where the parent performs each drill three times before the teen to make the learning process simple and straightforward. The book has received positive praise from parents and teens, especially our delicious “ice-cream social” drill. In this drill, the student does a grand finale or culmination at the end of every lesson and then you both celebrate afterwards with ice cream or hot chocolate creating memories that will last a lifetime.

Even if you haven’t read the book (and may we ask why not?), this addendum is meant to be a simple reference guide with additional compelling drills and life-saving information that will help you fulfill the requirement of parents working with their teens as is required in 46 of the 50 states.¹ And we think even more than that—it’s for their safety).

What is the addendum and how does it work? The addendum is a concise compilation and continuation of important stories and additional drills that parent and teens should read together and perform together as a further foundation for safe driving. Do a few sections at a time and make this helpful information work for you.

- 1) If you are a “graduate” of our book, *Teach Your Teen to Drive...and Stay Alive*—the addendum can be used following each of the eight driving lessons or as a standalone guide, and one that is highly recommended. Remember practice makes perfect and the more practice you do, the better able your teen is able to adapt and learn lessons that may one save someone’s life.

¹ Visit http://www.ghsa.org/html/stateinfo/laws/license_laws.html for your state’s specific parent- teen requirements (it’s the law!)

- 2) If you have NOT read the book—the addendum is a step-by-step guide that is written so simply that any parent or teen can learn how to become a safer more aware and knowledgeable driver.

Just as the book does, the addendum follows the format of Part 1: Education and Part 2: Training, We also ask that you read our addendum together with your teen. It is a great way to spend quality time with your son or daughter while preparing them to be a safer and more defensive driver.

And by sharing these fascinating stories and by completing the additional drills together, you will learn defensive driving techniques and how to avoid situations before they happen.

So relax, enjoy, have fun, have a few laughs together, buckle your seatbelts and prepare for the adventure of a lifetime without ever leaving your own neighborhood. And when done, the experiences you are about to embark on could become some of your most memorable teenage experiences. We also hope it will create an even better foundation for you both to communicate closely for the rest of your lives. Bruce and I personally wish you the very best on your journey.

###

To Our Readers: The addendum is provided as a free public service to ensure that every parent and teen will have access to the latest lifesaving information and drills that can make a difference hopefully in saving someone’s life and to help meet the parent-teen driving requirement in every state. Our company certainly hopes in the future that you do consider using our book, but even if you don’t, we want you to learn and enjoy the program knowing that we have made a difference possibly saving one life at a time.

Disclaimer

Traffic Safety Consultants, Inc. (TSC), publishes this book on the condition that its readers and users acknowledge and agree that driving a car carries risks and that TSC, the book’s authors, TSC employees and associates, book resellers or others responsible for making this book available—collectively in this disclaimer hereinafter referred to as ‘We’—provide this book solely as information. By providing the book ‘We’ do not offer to readers and users any type of professional, legal, parental, psychological or other advice. The contents represent the sole opinions, discretions, and expressions of the authors; ‘We’ offer no warranties or guarantees, actual or implied, for the contents of the book. ‘We’ shall not be liable for emotional, financial, personal, physical, psychological, business, or other damages—including commercial, incidental, or consequential—that occur from driving a car or that occur in any connection to reading or using this book. The publisher and authors intend this book for reading and use by parents and teens who have passed the driving test of their state and who have taken a professional driver education and training course, where required—and which the authors highly recommend. ‘We’ make this book available solely to assist you, not to make driving or safety decisions for you. Please consult your state’s laws for the final authority on traffic rules and driving requirements.

Statistics tell us that “Every year over 37,000 Americans tragically perish in vehicle collisions (many of them preventable).” This figure is a huge dilemma for American drivers. Yet the good news is: **PARENTS YOU CAN ABSOLUTELY MAKE A DIFFERENCE HERE.**

To ‘drive’ home the point as to how enormous this figure is, consider that the number of American deaths since the invasion of Iraq in 2003 is approximately 4500 people and the number of casualties is about 37,000 (according to Wikipedia). In other words, from 2003 -2012, approximately 333,000 people died in car accidents compared to 4500 people in a war. The true war is happening daily on the American superhighways and with your help and work here, together we can save someone’s (and possibly many) lives.

Don’t become a statistic...Safe driving involvement by parents have been documented to be one of the leading determiners of helping prevent or reduce teen-driving fatalities and also parent-teen involvement has been shown to positively affect their children’s driving habits.²

A growing body of evidence has also scientifically confirmed that parent-teen involvement, particularly when accompanied by parent-teen drivers training practice is one of the most important factors that can reduce the chance of being one of those 37,000 drivers killed. The other major single component (in our opinion) is for you and your teen to visit government crash test site www.safercar.gov and make sure your teen is always driving a five-star government new or used crash tested vehicle. If not, may we suggest considering trading in your car for one that does with stability traction control or STC (controls skids automatically for you). The NHTSA estimates that STC will save another 10,000 lives a year. As we like to say, “Safety is not by accident.”



NOTABLE QUOTES:

“Improving parental communication skills and providing them with the tools to better manage their teens’ driving may be effective in reducing collision involvement among high-risk teens.” — AAA Foundation study

“Parental involvement is the most important factor in teaching teens safe driving behaviors.” — Virginia Department of Motor Vehicles and George Mason University

² http://www.nichd.nih.gov/news/releases/driving_risk.cfm

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USING THIS ADDENDUM

According to the current practice for teaching people to safely handle motor vehicles, driving is taught in two phases, by convention labeled education and training, where:

1. Education—learning the verbal material and concepts from written documents and other audiovisual presentations
2. Training—actually performing the actions relating to driving a motor vehicle, generally through exercises and drills

As with the teen driving book, the addendum contains these two parts. And you should use this addendum document in the same manner. First, you and your teen can read through the Part 1: Education section, especially to learn about prevention and defensive driving techniques. For example, how many know what are the ten most dangerous foods to eat while driving? Bet you're hungry to find out and we will show you this shortly in part 1.

In Part 2 we explore the driving exercises and drills in more detail, reiterating some and adding others that were left out of the book. Also, there are some additional lessons that were not included in the book. As in the book, the 'training' consists mainly of hands-on driving with the parent showing the drill first three times, followed by the teen driver.

Important Information Icons and Notes

Just as in the book, we'll mark up special information that we want noted by various icons. Important or useful or urgent information that you should be aware of is indicated with the following icons:



NOTE

Essential but non-critical information. These messages should be read carefully as any directions or instructions contained therein can help you avoid mistakes.



IMPORTANT!

'Important' messages appear where the information may save you from critical or expensive conditions, either through driving or through behavior and equipment related to driving.

**CAUTION!**

Precautionary messages help you reduce the chance of injury or accident and avoid problems in the driving environment.

**WARNING!**

Warnings appear where overlooked details may cause serious problems that would not otherwise be attended to.

**TIP or IDEA**

These messages inform the reader of relevant facts that may apply to your situation. Knowing these may save you trouble, or simply make your day more stress free.

**DEFINITION**

Either a definition or ‘what’s that word?’ or a question to illustrate a point.

**LIGHTER TURN**

*Contains a quotation or humorous observation, e.g.
“When buying a used vehicle, punch the buttons on the radio. If all the stations are rock and roll, there’s a good chance the transmission is shot!” — Larry Lujack*

**ICE CREAM DRILL?**

What we’ve concocted as a reward to follow the so-called ‘Culmination Drill’—in which the teen performs all lesson drills in a single session. The Ice Cream Drill is for celebrating and bonding by enjoying together ice cream or yogurt, coffee, dinner or desert. It is most readers’ favorite drill. 😊

Look for the following special notices with their corresponding icons. We feel these special notices are important because our goal in writing this guidebook is to

provide your teen with the necessary tools to possibly save their³ life (and, for that matter, your life) by making you both safer and more aware drivers.



Life-Saving Tip

Special advice that shows how an action or behavior can save your life.



Life Saving Stats

Statistics that are significant to safety or better driving performance.



'Drive-it-Home' Tip

These are tips that make sense for your safety and your pocketbook.

General Idea behind the Addendum

We wanted to make sure there was a location on the Web for complementary material, whether anecdotal or statistical, to support the educational mission of the *Teach Your Teen to Drive* book. Also we wanted to have a place for additional structured driving lessons and drills. And we wanted the ability to update that material instantaneously, so people can download the latest information for free.

³ In this guidebook, we adopt the convention of using (as a 'nonsexist' singular pronoun): 'they' for 'he or she' and 'them' for 'him or her' and 'their' for 'his or her.'

PART 1: EDUCATION, GENERAL INFORMATION

DISCUSSIONS TOGETHER THAT HELP YOUR TEEN GRASP

THE BIG WORLD OF DRIVING OUT HERE

We wanted to start off our drive with a funny (and sadly true) George Carlin driving quote on what we would describe as a driver with an improper and dangerous attitude, certainly not a safe and defensive driver:

“Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?”

Ask your teen if this quote would describe a calm defensive driver and someone you would want to emulate? The most important part of being a defensive driver is to always remain calm, prepare for situations to unfold before you and to never get frustrated with other drivers. In other words, “relax and simply go with the flow.”

In our introduction below on the education side, we add more generously from the field of driving knowledge and statistics, especially about those activities—drunk driving, driving while distracted, eating and driving, and so on—that are hazardous to your health.

INTRODUCTION

Many parents over the years have asked us a great question: “What is your best single piece of advice to me as a parent that may save my son’s or daughter’s life?” Simple. Be aware that, statistically speaking, virtually everyone will experience a serious vehicle crash at some point in their life. The point of the book and this addendum is to reduce the likelihood that your teen will have that experience—or if they do, they will know how to minimize the harm.

Here is a “sobering statistic” according to MADD (Mothers against Drunk Driving www.madd.org), “An average *drunk driver* has driven drunk 80 times before their first arrest.” We bet that will make you Madd!! 😊

Lesson #1 Characteristics-Intro into Driver’s Education

Objective	Introduction into driver’s education. We have 6 wonderful oral discussions including: A) driving distractions involving your teen’s favorite (and most dangerous foods-in the car) and B) alcohol. And we stress that driver distractions and alcohol could kill someone.
Location	This lesson takes place in the comfort of your living room.
Suggested Time	A weekend when just you two are around or at night after homework (or if the brothers can listen quietly). You will love these drills
Speed Limits	Go at your own speed! 😊
Parent Instruction	Be calm, educational, and take these drills very seriously. They may just change your teen’s life (as we illustrate with our Back to the Future idea on driving).

Our 'Broken Record' Main Piece of Advice

Our readers and students probably 'tire' ☺ of hearing this single Brett and Bruce tune, but we never tire of singing it: Our best single piece of advice to reduce the likelihood of an accident—aside from reading the book and the addendum and doing the training—is *get the best, safest ride*. Buying a car is not about its great looks, cargo capacity, name brand, cute design, fuel efficiency and certainly not about its spectacular, Apple-designed entertainment/tv/dvr system: it should be about safety. Seriously. Spend a few minutes reading the government Website: www.safercar.gov. Select Vehicle Shoppers, and look for ratings of cars for the year(s) you are interested in. Then decide about the other items.

That's it! Navigate the site above to find the tables for cars of that year that show the various vehicle safety ratings, especially ratings for characteristics that help drivers and passengers survive collisions. So give it some serious thought: is the car that your son or daughter will be driving worth keeping or should you strongly consider trading it in for a similarly priced safe model that is clearly much safer?

Think about the famous movie, *Back to the Future*, and what would have happened if Marty McFly's (Michael J Fox's) mom had married a different person. Marty would not have lived to tell his story. The same is true regarding the car that you decide to provide for your teenager; if you make the wrong choice, you decrease the odds your teen will be around to tell their story (and for you both to have those adorable grandchildren).

The bottom line is that you as a parent must insist that the vehicle your teen drives have nearly five stars in every category (and teens will love you for that too). Unlike in school, where getting a B is not life threatening, having 3 and 4 stars on your vehicle may not be good enough in a critical situation at 65 mph in a head-on collision.

Of course, preventive measures to avoid the accident in the first place are even more important? That's what the Traffic Safety Consultants *Teach Your Teen* book and this addendum are all about.

The National Highway Traffic Safety Administration (NHTSA) estimates that 11,000 lives would be saved annually if every vehicle were equipped with stability traction control (STC). Does your vehicle have STC and anti-lock brakes? Most new vehicles have this automatic braking and guidance-control device as standard equipment.

Unfortunately, too many parents pass along to their teens their old, uncrashworthy vehicle. Instead, assess the safety of that vehicle by going to www.SaferCar.gov and www.iihs.org (Insurance Institute for Highway Safety). Then trade in the old beater—or demolish it—rather than let your teen be another beater statistic.

Safety advancements have made vehicles safer than they have ever been and technology continues to make evolutionary contributions to the survivability of

collisions. Because of those improvements, newer vehicles with relatively low safety ratings are safer than many vehicles built as little as 15 or 20 years ago. Check out this incredible one-minute video comparing the safety of a 2009 Chevrolet Malibu to a 1959 Chevrolet BelAir. Put to rest anyone's assertions that "They don't make them like they used to!" Take this moment to view together a true "classic:" ☺ at <http://www.iihs.org/video.aspx/info/50thcrash>

Safety is not just about survivability in a collision. It is also about reliability, security, and all-weather driving. A vehicle that leaves you stranded along side the road puts you in a potentially unsafe situation.

The top ten safest vehicles are rated yearly by <http://www.aurorotropolis.com>. So the car is important to safety, practically as important as your own skill and awareness as a driver. Besides a well-constructed vehicle and a competent driver, safety is also a matter of what you allow *inside* the car. Please consider the topics below—foods, beverages, communications devices, loose office supplies—that are hidden dangers and distractions for vehicle occupants.



Figure 1: A Text Message Too Far



IMPORTANT!

Your teen's life is important! Make driving safety the number one priority in your life and the life of your teen.

DRIVING IT HOME TOGETHER: SEVEN FUN ORAL DISCUSSIONS BETWEEN YOU AND YOUR TEEN (SO DON'T BE DISTRACTED):

1) Is your teen a hungry driver?

Eating and drinking (anything) while driving is responsible for many vehicular collisions. These are the top 10 most dangerous foods and beverages to never consume while driving:

1. Coffee
2. Hot soup
3. Tacos
4. Chili
5. Hamburgers
6. Barbecue
7. Fried chicken
8. Jelly doughnuts
9. Soda
10. Chocolate candy

What do all these foods have in common—besides being favorites among teenagers (and mostly unhealthy)? All ten items have what is called a “spill and distraction factor:”

It is not the eating of the food or drinking of the drink that causes accidents, so much as the driver's reaction after it falls in the teen's lap. Most food-related crashes occur in the morning while the driver is on the way to school or work. After spilling coffee or a soda, teens cannot resist the urge to clean themselves up, even at 65 mph—they don't want to walk around with stained clothing all day. ☺ Do you think a teen that spills coffee has the experience to not look down while driving? No chance, and this is where disasters can happen.

And if the spill is a hot beverage, you have the added factor of *screaming* usually associated with a first- or second-degree burn. We all love to eat and drink stuff. Your teen is no exception. So let them know about the dangers of consuming food and beverages while driving (and how if they ever look away (or down) for one moment to change the stereo, answer a question, or get a tissue and especially to clean up a spill without pulling over, they could end up in the back seat of the car). Go to an exit where it's safe and stop.

Possibly consider having a 'no food in the car' rule with consequences that you create, e.g. having food in the car will result in your child losing their driving privileges on the weekend for a day. This will ensure your child's safety, not to mention a cleaner more valuable car. It will enhance the feeling that their car is

always a clean, comfortable working (driving) environment. We have enclosed a parent -teen driving contract at the end where you can add this to your agreement.

2) Top Distractions Causing Collisions

The California Highway Patrol recently documented the most dangerous distractions behind the wheel. They are:

Table 1: Numbers of Collisions per Distraction

Distraction	No.
Cell phones	913
Radio or CD	769
Children	328
Eating/drinking	259
Reading	168
Smoking	115
Electronics (Computer, fax, etc)—who sends faxes in a car!?	81
Animals	76
Personal grooming—do this at home, not in your car	28
Other	5,227

3) Don't get hit in the head by your own 'stuff'

Don't get hit by hot coffee and also don't get hit by any other flying objects within your car. Consider: When you get on an airplane, you are instructed to place all bags in the overhead compartment or under the seat in front of you. For good reason. A crash or even severe turbulence can turn loose objects into damaging projectiles.

Although your motor vehicle is moving at much slower than jet speed (or at least we hope so), the same kind of problem can arise. Picture a five-pound object (a baseball bat, a safety kit, tool box, or even a large book or notebook) sitting unrestrained in your car and then moving at just 30 mph when your car instantaneously stops or gets into a collision.

In a collision, that five-pound object above at 30 mph will fly forward with a 'virtual weight' approaching 100 pounds... meaning it could risk your life. Even an unsecured item such as a one-ounce pencil can become airborne and deadly. So never leave loose items lying in the back seat or in the rear window. Do you have a lot of junk in the passenger compartment? Have a yard sale! Most SUVs have a roll-up cover for the cargo area. Use it! Don't ever allow the items in your car to become Unidentified Flying Objects or UFOs.☺ Heck, even a small and delicious chili cheese baked potato from Wendy's could inflict some "collateral damage." We have teenagers so we know!

4) Alcohol, drugs, and cars do not mix

We ask that you take this moment to watch an excellent five minute video from the Australian Government that was created to stop teens from drinking and driving. Afterwards, discuss what decisions could have been made that were different that would have saved these lives?

Here is the DUI video: http://www.youtube.com/watch_popup?v=Z2mf8DtWWd8

First some statistics on the dangers of imbibing and driving... and then a valuable discussion with your teen on alcohol that we believe can positively affect your teen:



IMPORTANT!

In 2008, an estimated 11,773 people died in drunk driving crashes involving a driver with an illegal BAC (.08 or greater). These deaths constitute 31.6 percent of the 37,261 total traffic fatalities in 2008. (Source: National Traffic Highway Safety Admin (NTHSA) 2009)

More than 1,460,000 drivers were arrested in 2006 for driving under the influence of alcohol or narcotics. This is an arrest rate of 1 for every 139 licensed drivers in the United States. In other words, if you drink and drive you will get caught. About three in ten Americans will be involved in an alcohol-related crash at some time in their lives.⁴

What's the inside skinny on drunk driving?

The focus of our book and this addendum is 'teaching your teen to drive.' Yet we lend equal importance to the '... and stay alive' subtitle. So we're including some 'special footage' on the use of alcohol and its effects on automotive travel. We're going to try to avoid 'scaring you straight' with what follows, just giving you the sane and sober facts for your sane and sober consideration.

As a parent or legal guardian, please discuss this section with your new driver in detail. Table 2 provides ten key questions and answers on the subject of driving behavior vis a vis alcohol. Please ask your teen these lifesaving questions:

⁴ MADD (Mothers Against Drunk Driving)

**NOTE**

As a fun suggestion, have your teen act out each scene from question 1-10 below to make the discussion light and help reinforce the actions needed. Have fun and let's get started!

5) Table 2: Ten Questions about Drinking Especially for Young Drivers

Note: Each answer below is a suggestion only. Each situation encountered is different and may have a different answer depending upon the actual situation. However, teen discussions such as these help teens formulate the correct choices in a dangerous situation.

#	Question	Answer
1	If you are at a party and the person who drove you to the party is noticeably impaired or drunk... what should you do about getting home?	Do not, under any circumstance, ever get into a car with an impaired driver. Have someone else take you home, call up a friend, mom or dad or call a taxi, walk or take a bus. Also, be sure to verify if it's legal to drive others since several states now forbid people under 18 driving passengers.
2	If you accidentally get into a car and the driver is intoxicated what should you do?	Politely tell the driver you left something behind or need to go to the restroom and need to get out of the car immediately. Or at a stop, if safe, consider leaving the car. Perhaps call 911. Do anything reasonable to persuade the driver to let you exit the car.
3	What happens if you drove to a party and you accidentally had one or more drinks (which in some states would classify you as a dui)? Should you drive or what should you do?	First, it's illegal to drink as a teen. But assume you did anyway. Do not drive. You may kill someone including yourself. See if someone sober can drive, call a friend or family member, take a taxi or bus, or worst case sleep it off at a friend's house or in the back seat of the car, with the window opened slightly for air, and with the keys out of the ignition so you don't get a DUI. (In some states leaving your keys in the ignition while intoxicated is still a DUI).
4	What should you do if a friend is leaving a party and is too intoxicated to drive?	Calmly talk to your friend and ask to take away their keys. Consider having someone help you keep them from entering the vehicle (if safe to do so). Remind them that they could kill someone. Also, you should consider calling 911 in an emergency. Bottom line: friends don't let friends drive drunk.
5	What should you do if someone you don't know is leaving a party and is too intoxicated to drive?	See Answer #4.
6	What would happen if you drove while intoxicated and you killed a person? What would be the toll be on you emotionally not to mention financially? Could you go to jail for manslaughter or murder?	Intoxicated drivers don't realize or necessarily have the coherence to fully understand the ramifications of getting into a car and potentially killing innocent bystanders. A mistake such as this could change their lives forever and the lives of other families. Alcohol and drugs are deadly concoction and your teen absolutely needs to understand the

#	Question	Answer
		consequences of one bad decision. How would they survive emotionally knowing that every day they would have to wake up and live with the fact that they killed someone? If they kill or seriously injure someone these drivers are usually sentenced to jail and this could affect your ability to go to college, get a job, and earn an income.
7	What happens to your insurance rates over the next 7-10 years if you are caught and how much will a DUI cost you? And will you make your teen responsible for paying this money back?	The average cost of a DUI will usually exceed \$10,000 with fines, increases on insurance, legal defense, DUI school, etc. This does not include costs for medical care, lost wages, personal injury liabilities, etc. Moreover, no one wants to live with the Karma of having killed or maimed another human being. Think about these consequences before driving impaired.
8	Could a DUI keep you from getting into college?	Absolutely. When you apply, you list if you have any convictions or felonies. The only institutions you may get 'admitted' to after making the deadly mistake of drinking and driving is the hospital or the morgue.
9	What is a designated driver?	A driver who promises not to drink who can take others home. A designated driver is a person who truly cares about the life and safety of others. <i>Be</i> that designated driver (should your state allow you to based upon your age).
10	What should you do if you are stranded at a party or intoxicated?	Never drive. We would like both of you to now discuss in details the specific steps your teen will take if they are at a party and intoxicated. Can they call you (we recommend it)? At what number? Up to what time? Parents don't forget to leave your cell phone on charged and at high volume. If not, who else can they call? Will you give them money for a taxi and the phone numbers of two separate taxi services to carry on their phone and/or in their wallet? Please have a list of other people to call. Sometimes at night a taxi may not be available. What is your plan of action even if your teen doesn't drink?

6) Drinking and Driving is Very, Very Expensive!!

What follows are more details, from MADD, on the financial impact to be realized from a driver's first DUI. According to people who know (lawyers, police, and the Auto club), the average costs for a 1st offense drunken-driving case are:

- Minimum fine: \$390
- Penalty Assessment: \$666
- State Restitution Fund: \$100
- Alcohol-Abuse Education Fund: \$50
- Blood or Breath-Testing Fee: \$37



- Jail Cite-and-Release Fee: \$10
- Driving/Alcohol-Awareness School: \$375 (16 wks.)
- License Reissue Fee: \$100
- Attorney Fees (average): \$2,500
- Auto Insurance Increase: \$3,600—\$6,600 (The Auto Club estimates \$2,200 a year for 3 years)
- Total \$7,828 - \$10,828**
- Notice that this does not include any costs for lost pay, personal injuries, medical costs, vehicle damage or additional penalties for causing a crash while drinking.
- This does not include any time for going to prison in the event you kill or seriously injure someone.

Source: Reported in the *Orange County Register*, January 7, 1996. "Street Smarts" Column, written by Jeff Collins.

Oral DUI Drill—A drill you will not forget!

(The following drill should be done at night in your living room by parents and teens and taken very seriously. It will “drive home” the point that drinking and driving is deadly and has legal consequences—my dad did this same drill when I was a teen and trust me it works. Like the movie, I was “Scared Straight.”) ☺

Below you will both practice being a police officer who pulls over a driver (in this case your teen and then the adult) for a DUI and perform the Standardized Field Sobriety Test as described below. Having your teen take these tests is a true deterrent to drinking and driving because it makes the connection between the action of drinking and the consequences of what can happen when you drink and drive—a field sobriety test and possibly jail. Note: We recommend that your teen not drink alcohol to perform this drill.

As an option, if you, the parent, drinks, consider having your teen give you these field sobriety tests before a glass or two of alcohol and then after—without actually driving—to show how much even one or two glasses of alcohol may impair a person’s ability to drive. If you do not drink, ask a drinking friend to perform the tests.

Recording these tests makes a great home video clip! Speaking of which, YouTube, if mentioned to your teen is probably the single biggest deterrent to drinking and driving. Imagine if your teen is pulled over for a drunk driving test and having someone at school film it for the world to see. This is a not a sobering experience being caught on the Web “and not a hit most teens want to take!”

Standardized Field Sobriety Testing



NOTE

The following drills are where you and your teen together will pretend to be a police officer performing field sobriety tests. Without a doubt, the most effective deterrent in your teen drinking and driving because they illustrate cause (drinking and driving) with effect (being given a field sobriety test by a police officer and facing arrest).

The famous Standardized Field Sobriety Test (SFST) is a series of three tests administered in a uniform manner to indicate impairment and establish probable cause for arrest. Here are nationally recommended tests to check drivers for impairment. We ask that you now perform each drill with your teenager and both take turns being the police officer (parent will be the police officer first):

Drill A—Following a Pen or Object Horizontally

This is the Horizontal Gaze Nystagmus or HGN test, which helps to show if a person's eyes are correctly following an object and it also tests someone's ability to focus. Have your teen follow any object such as a pen or flashlight that you move horizontally. An impaired driver will have trouble tracking the object. The police officer (you) is looking to see if the participant can focus clearly and if their eyes twitch normally. Did they pass or fail?

Drill B—Walking in a Straight Line, Then Turning Around

Known as the Walk-and-Turn or WAT test, this determines if the person can follow directions and perform dexterity drills. Have your teen take nine steps, heel-to-toe, in a straight line. After taking the steps, they will turn on one foot and return in the same manner but in the opposite direction. The police officer is looking for certain impairment indicators: whether the driver can follow instructions, keep their balance, stops during the test, falls, etc. You the police officer needs to assert or bark out orders such as "Stop," or "Turn and come back." Did they pass or fail?

Drill C—The One-Leg Stand (OLS) Test

This test determines if the person taking the test can properly follow directions and perform dexterity drills. Have your teen:

- a) stand on one leg six inches off the ground for 30 seconds
- b) balance carefully without putting the foot down
- c) count out loud by thousands (one-thousand-one, one-thousand-two, one-thousand-three, etc.)

d) then put the foot down when so instructed

The police officer wants to see if the subject can balance without using their arms and not put their foot down until instructed to do so and how well they follow directions.

Don't forget to arrest them in jest when finished.

As a special project have your teen find some objective research into:

- The relation of blood alcohol level (BAL) to numbers of drinks and duration of the drinking session and the body weight and gender of the drinker.
- The relation of BAL to actual driving performance.
- The meaning of drunk driving statistics: for example, when 'alcohol is involved in a crash' does that mean that the person who caused the crash had alcohol in his system?

Revenue statistics: for every motorist who was arrested with a BAL of 1.5 or higher how many were arrested for 1.0 or lower.

Now, take this moment to share a personal story of someone you know that was arrested or killed by a drunk driver. We leave this subject with this thought: Drinking and then driving is a nationwide epidemic and when a driver is impaired beyond a point of safety, it is to everyone's benefit to keep those drivers off the road.

In fact, recently, a new line of reasoning and behavior has become increasingly popular where parents do not consume any alcohol before driving since any alcohol even in moderation has some detrimental effect on your ability to drive a motor vehicle. You should never risk the dangers of drinking and driving. Doing so could mean the difference between life and death.⁵



ICE CREAM DRILL?

Speaking of thirst, We hope you will "arrest" ☺ your hunger or "handcuff" your thirst by heading out for a warm hot chocolate, some yogurt or ice cream with our famous Ice Cream Drill—a time for celebrating and bonding by enjoying together. ☺

⁵ As a rule of thumb, if you choose to drink any alcohol and drive, to stay safely under the 0.08 BAL limit for adults, a 150# man should have no more than two 12-oz beers and a 110# woman should have no more than one 12-oz beer.

PART 2: TRAINING, THE DOING

ADDITIONAL LESSONS, DRILLS, AND EXERCISES FOR CULTIVATING SUPERIOR SAFE-DRIVING SKILLS

This part of the addendum consists of diverse range of fun, and very casual lessons and drills that give your teen practice in real driving experience. These are in some instances similar to the drills in the book, but usually provide other driving tests for practical training.

We are about take you on a driving journey to explore many fascinating discoveries from the mysteries of your own vehicle's equipment to the intricacies of navigating busy parking lots from scratch (without a scratch). We will take you from parking at all angles, hills, and directions to properly positioning your car within lanes so you can react rapidly and effectively; and then together we will have an intimate discussion on the need for speed (and why they need to slow down) and then soon after begin our quest to preventing road rage.

Finally, we will examine ways to help you emerge unscathed (like a driving Houdini) from emergency situations. And before we say goodnight, we will explore nighttime driving like a star making you aware of our natural inclination to sleep or be drowsy at night. A few of the items here may be similar to the book but each addendum chapter focuses on additional material and practice that will make your teen a well-rounded driver who is better equipped to handle the road ahead and think out situations before and while they unfold. We sincerely appreciate you taking your time to learn how to become a safer driver. Ready to start your engines...

Lesson #1:

ABCs of Driver Training

“Two of my favorite things are my steering wheel and my Remington rifle.”
— Dale Earnhardt

“Why do they call it rush hour when nothing moves?” — Robin Williams

“The problem with the designated driver program, it's not a desirable job. But if you ever get sucked into doing it, have fun with it. At the end of the night, drop them off at the wrong house.” — Jeff Foxworthy

This lesson contains the following segments:

- Equipment drill—an “engaging” discussion of your car's instrumentation and how these items work

- Positioning drill— how to control your environment by being in a “sweet spot”
- Yellow light drill— observing cars run the red
- Three safety stories—for discussion purposes

“Dash lights are more than cosmetic fixtures to make your car's interior look stylish. Your dash lights cannot only save you money by alerting you to potentially problems, but properly functioning display lights can save your life.”

— from *About Dash Lights* on eHow.com

Some facts to cover with your teen:

- 1) Did you know?—According to articlesbase.com, whiplash injury can result from not having your headrest properly secured and costs several million dollars in insurance claims annually.
- 2) Every year in the US, drivers who run red lights cause 1,000 wrongful deaths and 90,000 injuries. Source: Seriousaccidents.com. In other words, at an intersection you are only a second away from life or death.

Lesson #1 The ABC's of Driving

Objective	Introduction into driver's training. We will explore many important equipment items in your car that most people don't realize could save your life. We want your teen to be familiar with them. Next, we will help the teen to perform proper positioning along with observing yellow lights to make you a defensive and alert driver.
Location	This lesson first takes place in a quiet parking lot and then later at a safe stop sign where you can observe speeders like a police officer.
Suggested Time	Sat. or Sun at 10 am in an empty parking lot. Then travel to a light business district with a stop sign for observation.
Speed Limits	The car will be stationary at a parking lot and later you will observe a yellow light.
Parent Instruction	Be prepared to use your car's manual for any question on equipment and understand how mastering your car's equipment will lead to safe and calm decisions while driving.

Before we start driving, let's review some important and frequently overlooked instruments and equipment in your car that can (and will) make a difference in potentially saving your life. Many drivers understand how these items work, but do you both understand the reality that not adjusting each item properly or not knowing how to rapidly deploy them in an emergency can result in serious injury or death?

Imagine for a moment that you are travelling at 65 mph on freeway at night around a dangerous bend when fog hits out of nowhere and you are having trouble seeing. Your body panics and the fear causes you to emit carbon dioxide which fogs up the window. You immediately start looking down away from the road for the defroster

and heater but you cannot locate them because you didn't take this moment to master your car's instrumentation.

This section is extremely important and we ask you to understand and master these concepts. They will help you: a) avoid emergencies before they happen and b) to help you get out of emergency situation.

Ask your teen if they can turn on and off their hazards 3 times in a row in under 10 seconds!!! Yes, just as we thought, virtually everyone fails that drill but now your teen will be prepared on what to turn on (or off if accidentally engaged) in a life threatening emergency.

Exercise A: Equipment/Instrument Panel Identification

The following drill for equipment consists of some fun oral discussions, reviews, and demonstrations of how to use the equipment listed here. When going through this section, always have handy your car's bible which is the user manual for your car handy; it's a great source of reference.

Take this moment to go over the car's manual and locate the section on head rests and rear view mirrors. Hint: look in the back of the manual for the page number of each item...And be sure to always keep the car manual in the glove compartment along with your insurance forms and registration so you will not panic if you are pulled over by a police officer (it happens to everyone). Being prepared is step number one in being a defensive driver.

OK so let's get started: Take your car to a quiet parking lot park your car and discuss and manipulate each item below.

Head Rests



Life-Saving Tip

Head rests are the most underutilized and misunderstood item in your car and one that if properly placed securing your neck, could easily save your life.

Rest assured☺, head rests can when properly positioned save your life. Take this moment to manually position the head rest at the back of the driver's head giving them support in the event of a major crash. If your teen's head is placed above the head rest, whiplash or death can result because the softer base of the neck may not be properly supported. Have your teen adjust their head rest now. A poorly positioned head rest is a recipe for disaster.

NHTSA discovered that head restraints with a seat back extended high enough to meet the 27.5 inches (698.5 mm) height requirement reduces injuries by 17%, while adjustable head restraints, only reduced injuries by 10%. NHTSA research suggests that the differences may be due to adjustable restraints being improperly

positioned by passengers. In other words, not adjusting your head rest now may mean a later adjustment at the chiropractic office.

Rearview and Side Mirrors

What teen doesn't like to look at themselves in the mirror? Well now is their chance to do this every time they drive but they should be looking for other cars. We know your teen is adorable and you want to keep them that way, so always have them check the mirrors first before any lane change. Now, have your teen adjust the rearview and side mirrors at this time... *before* the car is in motion! Most lane change collisions occur because the driver didn't use the mirrors, check over their shoulders, or do both.

Foot Brake

"Ready for a Brake?" ☺

The foot brake is probably the most important item on your car besides the seat belt because if anything goes wrong, your teen must be aware to always be ready to brake fast... or is it *break-fast*. ☺ The foot brakes are always located on the left side, next to the gas pedal. Never confuse the gas pedal with the brakes.

A few years back, you probably read of an elderly driver who mistook the gas pedal for the brake killing several bystanders at a Santa Monica Ca. farmer's market. He literally became a "vegetable" for a two-minute time span and couldn't remember which was the gas or the brakes. Thus, we now ask that you have your teen try braking several times with the engine turned *off*. Remind your teen that they can never miss the gas for the brake...Or is it, "You deserve a brake today." ☺

Gas Pedal

The gas causes the car to move. Located on the right, next to the brake pedal, the gas pedal increases the car's speed when depressed and reduces car speed when released. Have your teen press the gas and then the brakes multiple times with the engine *off*. For this drill, call out "brake, gas, brake (but don't break the gas)." ☺

Parking Brake

Generally a parking brake is foot operated and located near your feet on the far left. Some cars, particularly sports cars use a hand operated parking brake that is conveniently located in the middle of the car next to the driver's seat. A parking brake is not the same as an *emergency* brake, which will keep a vehicle from moving when the car is in drive. Now, have your teen properly engage the parking brake. If you are unsure of the difference (parking brake is to park), please look these up in your car manual.

Steering Wheel

Have your teen practice properly holding the steering wheel as follows: If your car has a driver side airbag (installed in most newer cars), please have your teen hold the steering wheel at 9 o'clock for the left hand and 3 o'clock for the right hand (just like on a clock). If your car doesn't have a driver side air bag, please have your teen hold the wheel with the left hand at the 10 o'clock position and the right hand at the 2 o'clock position. In other words, have your teen practice until it becomes 'just like clockwork.' ☺

Ignition Components

The ignition switch in most vehicles is used to start the vehicle. The vehicle is started by placing the vehicle key into the ignition slot and turning the key until the vehicle engine starts. Recently, many newer cars are started simply by pushing a button without a key. Have your teen start the car and then turn the car off. The 'key' is knowing which type of ignition your teen will be using.

Seat Adjustment Controls

The seat must be properly adjusted *every time you or your teen enters the car* to ensure safe operation of vehicle. Have your teen fine tune their seat control switches and get comfortable every time they enter the car. Of course, make sure they are not *too* comfortable, or they may not be an alert and defensive driver.



Life-Saving Tip

Being too close to the dash board is a recipe for disaster since you may not have the mobility to depress the brakes quickly and it may cause discomfort and cramping that could cause an accident.

Climate Control

"Remember, keep your cool in an emergency!"

A comfortable driver who can focus on the road is a much safer driver. Knowing how to properly use climate control devices can absolutely save lives in severe weather. For example, in debilitating cold or fog conditions, the proper and immediate use of heater and defroster maintains visibility.

Have your teen adjust the air, heat and defroster, and each of the opening vents. Also have them vary the speed and temperature of hot and cold. Turning on the heater and/or defroster immediately when danger such as fog happens can save your teen's life. We cannot stress enough the importance of having your teen turn on the heat as needed.

Windshield Wiper/Washer



Life-Saving Tip

Your car manufacturer advocates changing windshield wiper blades twice a year, especially during the cold and rainy season. When was the last time your windshield wipers were changed?

Please take this moment together to exit the car and inspect and possibly replace your wiper. Is it worn or broken and does it need replacing? Will it work in the rain properly if part of the wiper is bent or broken? Did you know that most manufacturers recommend changing wiper blades every six months or six thousand miles? Have your teen turn the windshield wipers to all various positions. Also, let your teen know that a knob on the side of this lever can turn on the windshield wiper by accident. Confer with your car's user manual to exercise all the windshield wiper/washer functions while the car is at rest. See this two minute video on YouTube on how to change wiper blades if you don't know how to. <http://www.youtube.com/watch?v=cJN7NqkUd1k>

Light Switch

"To see the light!" 😊

A car's light switch is typically a multifunction switch that controls the headlights, interior lights and exterior running lights. Some cars have a feature that automatically shuts off the interior lights, many do not. If not, explain the importance of shutting off all lights so as not to deplete the battery.

The battery may also be depleted if you leave any door, trunk, or even the glove compartment open. Many have experienced this problem before, so please explain to your teen what happens and what a pain in the neck it is to call a towing service, etc. Have your teen turn on and off the light switches in the front and back of the car. Also have them open and close every door, the trunk and glove compartments separately to see what effect if any they have on the lights. Help them to 'see the light.'

\$\$\$ Money-Saving Tip \$\$\$

Before entering the house or any destination, always look back and make sure you "don't see the lights" on in your car—otherwise you will be calling roadside assistance in the morning.

Turn Signal Indicators

Flashing lights indicate that the turn signals are working. Have your teen practice turning on and off the turn indicators.

High Beam Indicator

Displays when the headlight high beams are on. Only activate your car's high beams in a dark, rural area and shut them off immediately when traffic is approaching so you don't blind oncoming drivers. Have your teen now activate the high beams and then revert to low beams. Try this at night, too. Many newer cars automatically run the low beam lights at night and during the day, which enables other drivers to see you better. Did you know that high beam used in the fog is one of the top 25 causes of car accidents according to seriousaccidents.com

Transmission Gear Selector Device

This instrument allows the driver to choose forward, neutral, or reverse gears. You cannot go forward until you engage the correct lever. Have your teen practice changing gears (and getting ready to brake if needed). We are not quite ready to go for a drive yet, but show them how to use the gear lever.

Speedometer

Indicates your car's speed in mph and kph (kilometers per hour—100 kph = 60 mph). Explain how the speedometer works. And don't forget to remind them that excess speed can lead a speeding ticket, a collision, or a visit to the hospital... or morgue.

Fuel Gauge

The fuel gauge indicates the amount of fuel available. 'Running on empty' runs the risk of ruining your day. Never allow yourself to go below a quarter of a tank without getting gas. Should your teen run out of gas, many gas stations have portable gas dispensers. And always make sure you have a few dollars conveniently tucked away in the car in case of emergency.



Life-Saving Tip

...never carry a filled gas dispenser with you in the car because it make ignite upon collision. Here is a one minute video on running out of gas and its cost to your car <http://www.monkeysee.com/play/21578-the-real-dangers-of-running-out-of-gas>

“Running a car on empty can cause sediment build up and clog your fuel pump, filter and injectors. The cost of replacing one of these alone can exceed \$500. Second, power steering and brakes can be lost when the engine dies putting you in a precariously dangerous situation.” (Joe Dwinell, Boston Herald)

Horn

Due to the high level of noise and shock, horns are generally used only to avoid a collision. The decibel of a car horn is meant to be loud but only for emergencies. For example, a whisper is 15 dB, normal speaking is at 60 dB, a car horn 110 dB

and a concert or jet engine is only 10 dBs more than a horn at 120 (according to a great site called “How stuff works”). As such, courteous drivers when needed to avoid accidents by alerting other drivers or passengers should rarely use their horns and when doing so softly honk twice fast.



Life-Saving Tip

Avoid Road Rage

Note: Two quick beeps is the proper and courteous method to notify others. If you are in a quiet area where no one can hear you, have your teen practice the two quick beeps on their new instrument, the horn. (Just like in Bugs Bunny?)

Airbag(s)

Airbags are a supplemental form of restraint system. There have been 3.3 million air bag deployments since air bags have been used in cars meaning a whole lot of “hot air, in a good way.” ☺ In fact, NHTSA estimates that air bags have saved more than 6,377 lives from 1990 to 2000 and countless injuries were prevented.



Life-Saving Tip

Seatbelts must be worn in conjunction with airbags. NEVER rely on just the airbag. The driver should sit at least 12 inches away from the airbag. Do not try to activate this device.

Hood Release

Usually the hood release is located under the instrument panel or on the floor to the left of the driver. The hood release is used to open up the hood to recharge the batteries, add fluids, and so on. Have your teen carefully release the hood and then walk around and open it, being very careful not to let it fall on their fingers.



Life-Saving Tip

In an emergency if the hood flies open duck your head between the crack and you can see until you slow down and pull over. Alternatively, open up the window and put your head out to see forward.

Gas Tank Cover Release

This device is usually located under the instrument panel or on floor to the left of the driver. Have your teen open and close the gas tank cover and open and close the actual gas knob for the gasoline. Have them click the gas knob multiple times to keep gas from leaking out. Theft prevention tip: a locked car locks your gas tank as well.

**Life-Saving Tip**

Locking your car's doors and closing the windows at night or when driving can keep someone from hijacking your car.

###

The following are notes on other equipment your car may contain:

- Operating your Cruise Control (automatic speed control switch used for Freeway/highway driving): The cruise control allows a driver to set the speed of the vehicle. Best to use only on the freeway when traffic is light. This is an excellent way to prevent speeding and saves on fuel. Practice using this on a safe and empty road. Here is a one minute video on setting cruise control. Tell your teen if they work hard and study in school that one day they can probably buy this car or one like it: <http://www.youtube.com/watch?v=HCLMqqPx0T8>
- Tachometer (gauge that determines engine revolutions per minute): Indicates the number of engine revolutions per minute. Caution: needle in red zone = possible engine damage.
- Odometer (gauge that determines the miles your car has driven): The odometer indicates miles driven and can normally be reset to zero. (i.e. 5000 miles driven). Usually, the car will also have a trip indicator for gauging distance traveled on a shorter route.

\$\$\$ Money-Saving Tip \$\$\$

Whenever your car has a red light or warning showing for any of the warning light indicators below, it is time to take your car into the shop or gas station at your soonest possible convenience. As in most cases with cars, waiting to fix the problem is "a clear and present danger" and one dangerously expensive.

- Warning Light Indicators—explain to your teen where on the dash board these warning light indicators may be and what each means:
 - a) Safety Belt Light: A handy reminder which warns you to wear your safety belt.
 - b) Air Bag Warning Light: Indicates whether your air bag is operational.
 - c) Hazard Light Control: Flash lights will come on automatically in emergency situations. Do not ignore these hazards. Sometimes the hazard button is accidentally depressed; if so, simply turn off the hazard control.
 - d) Brake System Warning Light: The brake system warning light indicates when the parking brake is still engaged. When driving always release the parking brake. Take your car to the mechanic when possible.

- e) Antilock Braking System Light: Monitors the status of your automatic anti-lock braking system. Take your car to the mechanic when activated.
- f) Alternator Warning Light or Gauge: The alternator warning light indicates the status of your vehicle's electrical system. Take your car to the mechanic when possible if the warning light comes on.
- g) Temperature Light or Gauge: This instrument notifies you the engine is overheating. Note: engine coolant being too hot is a danger sign that will appear in red. Consider adding coolant, giving your car a breather and then taking car into the shop asap.
- h) Oil Pressure Warning Light or Gauge: The oil pressure warning light indicates the amount of oil pressure-not the amount of oil in the engine. Buy oil at a gas station, convenience or auto center or Target and always *target* the right oil listed in your car manual. If light remains on, see a mechanic immediately.

Here is a funny, light, yet important article from cars.com on the Top 10 reasons to pull over. This is a great summary of many of the items we just covered and some common sense ideas that may just save your life.⁶

DRILL 2: POSITIONING DRILLS—WHERE TO PLACE YOUR CAR

Note: Parent always performs each drills three times followed by teen.

On a quiet weekend afternoon on a business street with little traffic, please have your teen continue to work on proper car positioning and stopping drills to help them improve judgment, stopping distances, reaction times and their visual perception of car placement:

- Parent, you will drive first to demonstrate. While you are driving, have your teen select a series of fixed points off the curb: a fire hydrant, telephone pole, or a tree. Then move the vehicle forward and stop the car's front end directly opposite the object. When finished, have your teen practice these same drills accurately positioning the front of the car at each simulated "limit line."
- Now, parent, it is your turn again to take control of the wheel. Please drive to an area with a limit line which is usually the first painted white crosswalk line at an intersection. Practice the skill of stopping close to but never over the limit line. When finished, switch positions and make sure your teen can stop the car three times before the limit line.
- Next, parent, please drive to a safe and quiet street and demonstrate how to pull the vehicle to a stop at the right curb. Exit the vehicle together and have

⁶ <http://www.cars.com/go/advice/Story.jsp?section=top&story=cartalk-signs-you-should-pull-over&subject=more>.

teen visually inspect the distance your tires are from curb. Now have your teen try the drill and repeat as necessary until your teen can consistently position the vehicle within a few inches of the curb without scraping the tires.

- For the last positioning drill, parent, you should drive to an empty parking lot and practice maneuvering at slow speeds between the white lines while parking (easier said than done). When done, have your teen do the drill to develop a strong sense of awareness of the front and rear of the vehicle.

DRILL 3: YELLOW LIGHT DRILL—COUNTING THE LIGHT RUNNERS!!

Have your teen park the vehicle away from the street in view of the signal light. Sit together in the car (seat belts in place) and observe the street light cycle as the light changes from green to yellow to red. Pay special attention to the flashing red DON'T WALK sign. In many cases, when it stops flashing and is steadily illuminated, this indicates that the green light is stale and the yellow light will appear in 3-4 seconds. This visual cue will help your teen to avoid running red lights.



Take this moment to have a discussion with your teen: How many cars went through the red light (and yellow). When driving, when would be one of the only times to consider driving through a yellow light? Answer: when you cannot stop in time and/or would cause a rear end collision.



NOTE

At the end of each section, we have included a few great safety tips and stories we know you will enjoy.

The right sidewalk—Be aware of pedestrians especially when turning

According to Transportation for America, “In the last decade, from 2000 through 2009, more than **47,700** pedestrians were killed in the United States, the equivalent of a jumbo jet full of passengers crashing roughly every month. On top of that, more than 688,000 pedestrians were injured over the decade, a number equivalent to a pedestrian being struck by a car or truck every 7 minutes.”



WARNING!

Parent and teen...pedestrians cannot be seen!!

When stopping at a stop sign or making a right turn on a red light, drivers will often neglect to make sure that the right sidewalk is clear of bicyclists, skateboarders, rollerbladers or even joggers. These individuals are heading for the crosswalk at speeds approaching 5-6 miles per hour and they are hidden from the driver's view by the building or fence on the corner:

- 1) **DRIVE-BY DRILL**—Take this moment to drive to a business district with a stop light and pedestrians crossing. Have your teen make turns carefully while analyzing pedestrian movements (and avoiding these daring creatures). Do you see why drivers not paying close attention to pedestrians walking at an intersection could be a deadly problem especially since pedestrians are very tough to see out of our cars. No one wants to live with themselves for hurting a pedestrian.
- 2) **WALK-BY DRILL**—Now it is U-Turn. ☺ Are you prepared to stand up and face the challenge of walking into an intersection together with cars racing past yellow and red lights as you attempt to make it to the other side of the road? Well let's take the "walkers challenge:"

Walk to a light in a business district. Make sure you wait until the light turns red and stay back at least three feet away from the curb in case a driver veers into your path. Now, when the light turns red for them and green for you, it is time to wait a little longer (i.e. two seconds) for straggler cars and then daringly venture out casually into the intersection. Be sure your eyes turn frantically at 360 degrees and continuously look about making sure no one hits you. Is this is why Missing Persons once wrote, "No Body Walks in LA"?

☺

How to survive the high school parking lot

- a) Drive safely and slowly and be careful to notice cars coming leaving and backing up. Always be on the lookout for pedestrians or two cars entering or exiting the same or nearby parking spaces.



Life-Saving Tip



If you are a passenger sitting on the right side of the car, make sure you do not ever open the door into the path of another car pulling into the space immediately to your right. Before opening the door, always look out the window and over your shoulder before you do. Take this moment to practice getting out of the driver's and passenger's seat and looking before opening your car. Someone may one day thank you for practicing this.

- b) If you are a passenger sitting on the right side of the car, make sure you do not open the door into the path of another car pulling into the space immediately to your right.
- c) Don't leave valuable items on the seats. This is an open invitation for crooks to break into your car. Even leaving papers on your seat or floor makes a thief assume that something valuable such as a wallet or cell phone could be purposely hidden under those papers. Also, any item that has weight or shape can become a flying trajectory and you can be killed by the unsecured stuff in your car.

**Life-Saving Tip**

Avoid the rush out of a parking lot— hang out and leave school 10 minutes late.

- d) How many seatbelts does your car have? Never have more passengers in your vehicle than belts. Never have more passengers in your vehicles than belts. Passenger arms and heads need to be kept in the windows at all times for obvious reason.

**ICE CREAM DRILL?**

What we've concocted as a reward to follow the so-called 'Culmination Drill'— in which the teen performs all lesson drills in a single session. The Ice Cream Drill is for celebrating and bonding by enjoying together ice cream or yogurt, coffee, dinner or desert. It is most readers' favorite drill. ©

Lesson #2: Mastering Turns



"Why are there interstates in Hawaii?" — Unknown

In this lesson we'll show how to make a three-point turn, then present three important general safety tips: for handling collisions if they do occur. Last we will discuss why you should wear seatbelts.

Lesson #2 Mastering Turns

Objective	Mastering the famous three point turn and three oral drills to help them: a) become a good Samaritan and b) to wear their seatbelt .
Location	This lesson takes place on a quiet residential street where you will work on making three point turns.
Suggested Time	Saturday or Sunday around 10 am
Speed Limits	The car will be travelling at speeds of under 7 mph.
Parent Instruction	Parent be sure you demonstrate the three point turn. Either enter someone's driveway or purposely pull towards an area where you have to stop and back up in order to turn around. Do the drill three times followed by your teen.

Exercise A: Making a Three-Point Turn**DEFINITION**

A three point turn is the act of turning the car around in a tight space by using the forward and reverse gears alternatively.

On occasion, when driving, you may find that you need to change directions, yet find that it may be difficult to turn the car on a crowded street or find it difficult to make a U-turn at an intersection. In these conditions a three-point turn may be necessary. This maneuver is safest when attempted on a quiet residential street. Thus, we ask that you find a portion of a residential street mid-block with no parked vehicles on either side. Here are the steps for making a safe three-point turn:

- a) Stop at the curb or at a point inside someone's driveway.
- b) Signal for a left turn.
- c) Locate the area that you will enter completely before attempting to back up
- d) Glance over your left shoulder to check for any vehicles approaching from the rear.
- e) Proceed forward when safe while turning the wheel rapidly to the left.
- f) As the car approaches the other curb, reduce speed and turn wheel rapidly to the right.
- g) Stop the car, shift to Reverse, check for traffic and pedestrians.
- h) Back up car when safe into traffic lane, returning wheel to center.
- i) Shift to Drive, proceed forward.

Potential problems to watch out for:

- a) Bike riders and vehicles in blind-spots.
- b) Striking the curbs.
- c) Colliding with telephone poles, fire hydrants or parked vehicles.

Exercise B: Three Great Safety Tips—Three Oral Drills

While we're on the subject of three's, what follows are three special safety tips.

A) Collisions—what are your responsibilities?

All drivers in all states have similar laws regarding the steps to take if involved in a collision. Please discuss the following with your teen. If they are involved in a collision they should:

- a) Be a Good Samaritan and always stop and help any injured parties. (It is the law!) If anyone is hurt you must immediately call the police or 911. Never assume that someone else will call 911. Also, be prepared to protect the injured party from further injury by blocking traffic if needed with your car.
- b) Move the vehicles out of traffic if the collision is minor.

- c) Show driver's license, registration and insurance information to all individuals involved in the collision. Also be sure to collect this information including email and phone number of the other driver. You may want to take pictures of both cars' damage if you have a camera or cell phone camera.
- d) File all appropriate collision reports as required by your state and in a timely fashion.

B) What to say when your teen refuses to wear a seatbelt:

"You're not driving."

National Organization for Youth Safety NOYS states, "Ejection from the vehicle [from not wearing a seat belt] is one of the most injurious events that can happen to a person in a crash. In fatal crashes in 2008, 77% of passenger vehicle occupants who were totally ejected from the vehicle were killed." Here is what to say when your teen refuses to wear a seat belt:

- a) If you are in a collision and you are not wearing seatbelts you could be seriously injured or killed.
- b) You could be stopped and given a citation for not wearing seatbelts.
- c) Imagine climbing up to the 3rd floor of a building, opening up the window and jumping out. Now try to break that fall with your hands. This is what driving into a tree or a brick wall at 30 mph without seatbelts would be like.
- d) If the driver's side airbag deploys in a crash and you're not wearing lap and shoulder bags, the airbag could cause serious or even fatal injuries. Tucking the shoulder belt under the arm disables the shoulder belt and might have the same disastrous results.
- e) Seatbelts also keep you positioned at the controls. If a vehicle spins out at high speed and you're not wearing seatbelts, the centrifugal force will pull your body out from behind the steering wheel and you will lose control of the vehicle.
- f) If I discover you are not wearing seatbelts you will lose driving privileges for one week.
- g) I don't want to go to your funeral.

C) Two more things about seat-belts nobody ever talks about

- 1) On a long road trip, the front seat passenger will often recline the seat to take a nap. This creates a potentially dangerous situation because while the lap-belt is still snug around the waist the shoulder belt is way off the body. If a collision occurs with the seat back reclined serious injuries could result. So always nap with the seat back in an upright position.
- 2) Drivers will often park at the curb, remove the seatbelt and then stay inside the vehicle—perhaps to read or listen to music or even take a nap. Remember: it is

possible to be involved in a collision while parked. So always keep your seat-belts on until you are ready to exit the vehicle (and keep the window slightly cracked for air ventilation). Make sure the door is locked, too.



ICE CREAM DRILL

Time for the Ice Cream Drill is for celebrating and bonding by enjoying together ice cream or yogurt, coffee, dinner or desert.

Lesson #3: Dissecting Intersections

*“Until you've learned to drive, you've never really learned how to swear.”
— Robert Paul*

Ask your teen what does this quote mean to them.

This lesson contains comments on how it is important to have good vision, plenty of fun drills, and three safety tips: the deadliest moving violation of all, alcohol hazards, and pedestrian accidents.



Life-Saving Tip



***Two important stats:** According to the NHTSA, one half of all accidents occur at intersections and in most accidents, the driver is distracted for three seconds before the accident. Recognize the dangers of intersections and prepare for the worst by slowing down and proceeding with extreme caution.*

Lesson # 3 Dissecting Intersections

Objective	Developing a healthy dose of fear when entering intersections and proceeding with caution are the best ways to avoid “intersecting” ☹ with other vehicles. We will cover various drills designed to improve your skill set through the deadliest section of driving-the intersection. Then you and your teen will discuss the always fun alcohol, drugs and rock n roll section.
Location	This lesson starts on a lightly traffic business intersection.
Suggested Time	Saturday or Sunday around 11 am to avoid possible drunk drivers who may be on the road early weekend mornings.
Speed Limits	The car will be travelling at speeds of under 35 mph.
Parent Instruction	Before driving into an intersection cover the dangers of entering without care and caution. Remember parent performs each drill first followed by teen.

Let's begin:



Question: Why are intersections dangerous and what risks do they pose? Why are head on accidents particular fraught with hazard?

Answer: Intersections are a place from a mathematical standpoint where cars are coming at you from opposite or side directions and can easily hit you head on or kill you by permeating your thin side doors. Always approach intersections with extreme caution and check carefully before entering them.



Life Saving Stats



Side impacts (which usually occur at intersections) are now among the leading cause of death for drivers (and passengers). Each year, 3.18 million US passenger vehicles are involved in police-reported crashes in which they are struck on the side; these crashes result in approximately 9,400 deaths—about 30 percent of all passenger vehicle occupant deaths.⁷

A Safe Driver Needs to Have Good Vision and Anticipation

A 20/20 insight into driving!

Having good vision (say 20-20) and being a driver who anticipates dangerous driving situations may just one day save your life. Your teen needs to scan the road 12 seconds ahead in order to anticipate hazards and changes in the traffic flow. On a city street 12 seconds is one block. Always look one block ahead and just up ahead; always look at the car directly in front of you and at every car around it.

NEVER allow your gaze to become fixed on anything! Staring and driving don't mix! Now let's tackle the challenge of approaching a signal-controlled intersection. Notice how driving is anticipatory in each drill below. Your teen needs to see things clearly, anticipate them and then react. For drills 1-6 below, please travel to a business district that has these features (an intersection), practice first three times and then have your teen practice.

DRILL 1: WHEN ENTERING AN INTERSECTION ON A GREEN LIGHT:

- a) Be ready to brake, even *before* entering.
- b) Keep a safe following distance?
- c) Look Left-Right-Left *before* entering.
- d) Yield for pedestrians.
- e) Anticipate the opposing vehicle making a sudden left turn in front of you.

⁷ Source American Journal of Epidemiology. The reason is very little separates you from the thin door on the driver or passenger side. View a PG rated brief side-impact crash at only 30 mph and what damage it can inflict: <http://www.youtube.com/watch?v=4zYMGTcYR6o>

DRILL 2: WHEN ENCOUNTERING YELLOW LIGHTS AT AN INTERSECTION:

- a) Watch for flashing red 'don't walk' sign.
- b) When it stops flashing = stale green light.
- c) Know when to brake and when to proceed.
- d) Decide if you can stop safely or if you should go through.

**DRILL 3: WHEN ENTERING A BLIND OR AN UNCONTROLLED INTERSECTION
(INTERSECTIONS W/O A LIGHT OF STOP SIGN):**

- a) Reduce speed to 15 mph.
- b) Scan for cross traffic.
- c) Scan for pedestrians.
- d) Look Left-Right-Left *before* entering.
- e) Proceed forward.
- f) Anticipate opposing cars making an illegal left turn.

DRILL 4: WHEN USING THE LEFT TURN ONLY LANE AT AN INTERSECTION

- a) Always check your driver side mirror when entering a left turn pocket to make certain no vehicle is driving up the shared center turn lane.
- b) Keep the wheels pointed straight ahead.
- c) Do you see a red arrow and a green light? You may never turn against a red arrow.
- d) Don't assume the opposing vehicle will stop. See it stop with your eyes before you make the left turn.

**NOTE**

Many communities utilize a shared center-turn lane which is used to facilitate making left turns onto and off of busy streets. Since traffic from opposing directions is allowed to enter this lane there is significant potential danger.

**NOTE**

Drills 5 and 6 are drills not done at intersections. Simply find a driveway and turn into it. Next go from the street and turn to the driveway.

DRILL 5: HOW TO PROPERLY TURN INTO A DRIVEWAY FROM THE STREET:

- a) Turn on your left turn signal.
- b) Merge left into turning lane, stopping within 200 feet.
- c) Wait for opposing traffic to clear the street.
- d) Wait for pedestrians to clear the driveway sidewalk.
- e) Safely make the left turn.

DRILL 6: HOW TO PROPERLY TURN INTO THE STREET FROM A DRIVEWAY:

- a) Activate your left turn signal.
- b) Wait for pedestrians to clear the driveway sidewalk.
- c) Roll your vehicle forward, checking traffic nearest you.
- d) When traffic clears, turn left into the center-turn lane and stop within 200 feet.
- e) Activate your right turn signal.
- f) Check right mirror and look over your right shoulder for a break in traffic.
- g) Merge into traffic.

Four Great Safety Tips

The four safety tips for this section are: the deadliest moving violation of all, alcohol hazards, pedestrian accidents, and the top 10 causes of collisions. Hint: Read these stories now or at night understanding that each is extremely important in deterring speeding and running red lights. They may impact your life in hopefully a positive way.

Running a Red = Seeing Red (\$'s for a collision) +/- Being Red (injury or death)

A) The deadliest moving violation of them all

Running a red light is among the most serious moving violations. This flagrant act (and sometimes it is accidental) is responsible for many collisions and subsequent injury and death. Impatient drivers fail to grasp this simple concept:

Hurry Up and Wait!

Impress upon your teen that running red lights is an exercise in futility. All you accomplish is an earlier arrival at the next red light. Urge your teen to pay attention to the flashing DON'T WALK sign below the green light. When the DON'T WALK sign stops flashing it is an indication that the green light is 'stale' and will likely turn yellow in a few seconds.

Also, many states are experimenting with lights that count down the seconds before changing and they seem to be very effective deterrents. These visual clues will allow your teen to make an earlier (thus safer) decision on whether to proceed through the intersection or apply the brakes.

How does the law define running a red light?

In most states, the vehicle's front end must have entered the intersection before the light turns red.

Where does the intersection begin?

Answer: At the limit line—the line before the crosswalk. When there is no limit line, the intersection begins at the first crosswalk line or if none, an imaginary line from curb to curb.

Remind your teen that driving straight through the intersection on a red light is only one way to get the ticket. In many states there are several ways to run the red. Other ways include stopping or creeping over a crosswalk, creeping past a crosswalk or by making a left turn in left turn only lane when the car is behind the limit line as the light turns red or rolling through a red light on a right turn. We don't know if it's symbolic or not, but the red light was probably chosen for its imagery of death.

B) Alcohol, drugs and rock 'n' roll

Intersections are one of the leading places for serious accidents and when you mix alcohol, drugs, loud rock 'n' roll music into the equation, the results can be deadly. Thus, many States have a 'Zero Tolerance Law' which stipulates that if a driver under 21 years of age is caught driving under the influence of drugs or alcohol—with even the slightest presence of chemicals in the blood—they will be charged with D.U.I or D.W.I. and face possible criminal prosecution. They also run the risk of having their driver license suspended until they turn 21... or even longer! Make sure your teen knows the laws in your State regarding drinking and driving.

Also, undoubtedly your teen loves music and loves it LOUD. Loud music can be a dangerous or deadly distraction while driving. Music blaring from the car stereo makes it difficult to react properly to traffic and can make your teen oblivious to the presence of emergency vehicles. So insist that they TURN IT DOWN.

C) Walking on the wild side

From a recent column:

A police commander recently commented to the media on a rash of vehicle-pedestrian fatalities in the San Fernando Valley (a beautiful suburban development of Los Angeles, California): "We've had nine people killed this year to date, pedestrians in the San Fernando Valley—seven of them 55 years of age or older. Out of the nine killed, in seven cases the *pedestrian* was at fault."

One of the most common pedestrians "faults" is "Walking Under the Influence." In 35% of vehicle-pedestrian fatalities nationwide, the pedestrian had a blood alcohol concentration (BAC) of 0.08%—enough to be arrested for DUI if they had been behind the wheel! We don't want you to drive home after you've been drinking, of course. But statistics indicate that it's not safe to *walk* home, either. The best thing you can do is to stay where you are until you sober up, or make prior arrangements for alternative transportation.

What else can walkers and drivers do to reduce the chance for pedestrian injury? As a pedestrian, you should always assume that the driver of an approaching vehicle does not see you or have any idea that you are even there. We're often told to "look both ways" to make sure that it's safe before crossing, but we like to tell people to turn their head 360°. While that's impossible, it gets across the point that you need to be aware of what's going on *all around* you. Vehicles may be coming at you from any angle, traveling forward or backward.

As a driver, meanwhile, you can promote safety by having certain assumptions about pedestrians you encounter. First, assume that any pedestrian you encounter may suddenly cross in front of your vehicle or enter the intersection—even against traffic. Some good news is on the horizon now that Volvo and several other safety minded manufacturers are now designing their cars to help protect passenger injuries by using pedestrian beepers or cameras, flexible bumpers, and lowering cars to help drivers see them. We think it's a "step" in the right direction. ☺

C) Walking on the wild side

D) Here are the top 10 Causes of Car Collisions-A discussion with your teen

According to seriousaccidents.com, here are the Top 10 Causes of Car Collisions:

1. Distracted Drivers-The leading cause of accidents is distracted drivers. A distracted driver is a motorist who is temporarily diverted from watching the road (e.g. texting, eating cell phone).
2. Speeding in your car-Lots of drivers ignore the speed limit driving 15, 30 or 45 mph or faster. We all know that speed kills and the faster you driver the deadlier.
3. Drinking and Driving-The sobering truth is that Drinking and driving do not "mix." Doing so hurts your ability to concentrate, react, and drive. Most states have a DUI with even one drink so be a designated driver and get home alive. One drink could mean \$10,000 or more in costs and jail time.

4. Driving Reckless-Driving too fast, driving with disregard to others and tailgating could leave you with a multiple point offense and possibly \$1000 or more in fines. Take your time and never be impatient.
5. Rain-When it rains, it pours and you have trouble steering and breaking. Slow down and leave lots of room. If the car goes into a skid straighten the front of the car.
6. Running Red Lights-Running a red is dangerous to others and dangerous to your life. It may side swipe your future plans. Go Green, never red, if you use your head.
7. Running Stop Signs-Running a stop sign could mean a major collision with a car or a pedestrian and a higher likelihood of rolling over. Our advice: Never run a stop sign.
8. Teen Drivers-Teen drivers have a predominantly higher rate of accidents and death than regular drivers to lack of experience and aggressive driving behaviors such as running red lights and speeding.
9. Night-time Driving-Driving at night almost doubles your risk of an accident because your visibility is impaired. Parents should limit/stop all teen driving at night.
10. Design Defects-Cars have thousands of moving and electronic parts and one defect can affect your ability to handle the car. In the past rollover incidents, exploding full tanks, run-a-way cars, and braking problems etc. could derail you from driving. Be on alert for car recalls (take the car in shortly after-it's free) and always maintain your vehicle.



ICE CREAM DRILL

Time for the Ice Cream Drill is for celebrating and bonding by enjoying together ice cream or yogurt, coffee, dinner or desert. But let's not think about car defects on the way to celebrate.

Lesson #4: Having a Gas... Station

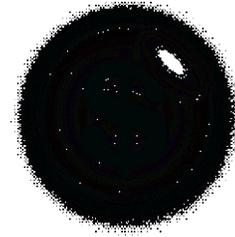
Interesting Fact

“Learning the essential points of vehicle care is something that ideally should be part of the process of learning to drive,” says Steve Popovich, director of AAA East Central’s Automotive Services Department. “But often those key points are never taught or only briefly reviewed and never used because the teen’s vehicle is maintained by someone else...”

TEEN STATISTICS

The US Department of Energy gives these dollar-saving stats:

- 1) Properly inflated tires improve gas mileage by 3.3%
- 2) Cleaning out your car cuts extra weight and as a result decreases gas consumption 1%-2% for every 100 pounds. [More important, it also lowers the chance of getting hit by flying objects in your car!]
- 3) Speeding, rapid acceleration, and so on, lowers your highway gas mileage as much as 33%.
- 4) Using your car's recommended oil improves gas mileage by 1-2%.
- 5) Idling your car for more than 30 seconds wastes gas.



Okay, bad pun time: Start the car and proceed... without becoming an American Idle. ☺

Lesson #4: Having a Gas... Station

Objective	Coach your teen in proper car maintenance.
Location	Local full-service gas station, or local self-service gas station If a full-service station is not available.
Suggested Time	Saturday or Sunday around 9-10 pm when the station is not busy. 45 to 60 minutes.
Parent Instruction	Have your teen drive to a full-service gas station. Or drive to a complete self-service gas station.

\$\$\$ Money-Saving Tip \$\$\$

Proper car maintenance can save you or your teen thousands of dollars in annual auto repairs, and it can extend the life of your vehicle. Most important, proper car maintenance significantly reduces chances of a serious collision due to mechanical failure. Worn tires and brakes, broken window wipers, low oil, gas or other fluids, and so on are a genuine hazard. Proper car maintenance can save your life; it's something one can never "tire" of. ☺

Something 'electrifying' to Think About

Will there even be a gas station in the next 25 years?

Drill 1: Drive to a Full Service Gas Station

... or self-service station if full service is not available

As a courtesy, purchase a few gallons of gas from the station and ask the full-service attendant to check the tires, the oil, fluids, and to wash the windows. Explain to the attendant what you are doing and have your teen exit the car safely, then watch carefully how the attendant performs these tasks. Your teen should ask any questions they may have. Some questions:

**NOTE**

We prefer having you pull into a full service station so your teen can view how a professional inspects your car. It is best to watch a pro first before having your teen perform the drill.

- What is the proper tire pressure?
- What is the best type of oil for your car—synthetic or regular?
- Do you need different oils for winter or summer, and why?
- What happens if you don't maintain the oil?
- What can happen with tire pressures too high or too low?

**NOTE**

And you can always check your car's manual to find these answers.

The other kind of tip... ☺

When finished, if at all possible, we would suggest handing the attendant a few dollars' tip for their help. Before leaving, with the car parked, explain to your teen that a car needs to be checked monthly—to improve safety and reliability and cut down on maintenance costs. Remember you are driving a 3000 pound loaded weapon; one that needs to be cleaned, lubricated, oiled and adjusted or you may be risking your life through maintenance neglect.

Drill 2: Vehicle Maintenance -----

Now have your teen drive to a different, self-service station with working air and tire gauges so that they can practice these car checkup techniques by themselves. By going to a new station, you can more closely simulate the process of signaling, entering the gas station, parking, exiting the car, and inspecting it carefully. Every month, schedule a visit to a self-service station and have them perform the above maintenance checks.

Drive to a self-service gas station and park the vehicle in a safe place near the air and water gauges. Both of you will carefully exit the car. Your teen will show you how to properly open and close the hood, the gas lid, how to check tire pressures, oil level and quality and other fluid levels, also how to check radiator water level—making sure the car has cooled down before doing so.

Ask the attendant, if you need help finding any of the self service equipment. Show your teen how to purchase gas using cash or a credit card. Purchase any fluids

needed. Show your teen exactly where fluids are to be added. Also, have your teen practice adding gas on your dime.

Drill 3: Oral Discussion -----

Drive to a safe side street away from the gas station...

While sitting in an air-conditioned vehicle or with the vehicle windows open and the vehicle in park—leave the seat belts on—discuss the following:

- 1) Spend approximately 10 minutes reviewing the vehicle owner's manual. Look for the suggested type of oil, tire pressure information, the recommended type of gas, etc.
- 2) How often should your teen take the car to the gas station and how often should your teen do a maintenance check? We recommend the beginning of every month.
- 3) How often should you have your car serviced by a licensed mechanic? Explain the process of calling for road side service if the vehicle engine light comes on or some other vehicle warning light is activated. Take the vehicle to a service station as soon as possible if the engine light comes on: it may be a serious, potentially expensive problem.⁸
- 4) Discuss the major expense that may result from improper maintenance. For example, not having the car's brakes repaired when they make noise can cost a pretty penny.
- 5) How often to change the oil? Normally every 3,000 miles. The car's engine, without sufficient and newer oil will suffer from increased friction, wear, and breakdown.
- 6) Discuss tire mileage, tire wear, and proper tire inflation.
- 7) Check the owner's manual for correct tire pressure. Regard tire dealers' recommendations with skepticism; they are in the tire-selling business. Always rely on the manufacturer's recommendation located in the owner's manual.
- 8) Review the owner's manual recommended maintenance schedule.
- 9) Do you have a roadside assistance program? Everyone should have one and it could save your life. Fortunately, many cars or cars under warranty now come with assistance.

⁸ Note: Suggested maintenance schedules are generally listed in the car manual or subsequent material that came with your car. If not, call a local authorized dealer for that information and write down the scheduled maintenance recommendations and leave the information in the car glove compartment. It may also be available online.

10) Discuss the pros and cons of servicing the vehicle at a car dealership—dealers use 100% certified parts, but normally charge premium prices for those parts and for service.

Finally, discuss all maintenance options including possibly using a smaller local service station, which may have lower repair rates than car dealerships; verify their reputation. Local gas stations are normally used for emergency repairs and therefore their repair rates can be high.



ICE CREAM DRILL

Complete the above maintenance ‘drills’ as many times as needed. Finally, engage the well-deserved ‘Ice Cream Drill.’ And remember to have them wash their hands whenever they go to a gas station. Savor the moment. Well done!



LIGHTER TURN

The best car safety device is a rear-view mirror with a cop being seen in it. — Dudley Moore

LESSON #5:
***Proper Parking, Lane Changing,
and Vehicle Positioning***

"Why do we park on driveways and drive on parkways?" – Unknown

"It is good to have an end to journey towards, but it is the journey that matters in the end." — Ursula K. LeGuin

TEEN STATISTIC

ABC TV Science states that 4%- 9% percent of all highway accidents involve *lane changing*. [Thus, lane changing can be *life changing* if not careful.]

Did you know that collisions are a 38.2 billion dollar a year business according to the Better Business Bureau. Click here for a great article on making sure your repair center is reputable <http://www.bbb.org/us/article/savvy-strategies-for-surviving-a-fender-bender-bbb-says-it-begins-with-choosing-a-trustworthy-collision-center-33>

In the previous lesson, your teen learned how to properly care for and maintain a vehicle. Your teen also learned that missing minor maintenance issues often leads to major costly repairs.

Lesson #5 Proper Parking, Lane Changing and Positioning

Objective	Coach your teen in the proper techniques of parking, lane changes, and correct positioning of their vehicle in traffic.
Location	Both residential and business areas, relatively flat.
Suggested Time	Weekends, preferably around 11 a.m., to reduce chances of being on the road with a drunk driver. Allow 60 minutes.
Speed Limits	Resident and business district speeds up to 40 mph.
Parent Instruction	Your teen first drives to the area you have chosen in advance where they can park a vehicle in different ways.



Many states forbid teens to drive with passengers until they turn 18. We suggest you do the same, also forbidding your teen from taking any passengers in general. An inexperienced driver + a distracting passenger = a recipe for disaster.

Parent completes each drill three times first, then the teen driver completes the drill three times.

Drill 1: Parking 101 -----

... parking in any open, unmarked space. Choose a quiet or remote residential area w/o hills.

\$\$\$ Money-Saving Tip \$\$\$

Intro: Parking even though it's done at slow speeds is fraught with hazards. Going too fast or not paying attention can result in an expensive collision or injury so pay careful attention below and remember to practice and more practice.

Parent: demonstrate entering and exiting any open parking space of your choice. Proceed as follows:

Entering the Parking Space

- 1) Signal your turn before entering the parking space, one with lots of space between parked cars or on a remote road.
- 2) Slow down your vehicle to a safe speed.
- 3) Verify ample space exists to enter the parking space.
- 4) Pull forward slowly. Should you need to back up, use your rear view mirror.
- 5) Park the car and press the emergency brake.

Exiting the Parking Space

- 6) Leave the parking space by using your turn indicator first. Look over your shoulders actively searching for any cars. Finally, do not side-swipe any cars while backing up, and proceed forward.
- 7) Repeat this parking drill but using a different parking space nearby for additional practice.

Here is an interesting fact from superbumper.com regarding the dangers of parking: 14% of all claims for auto damage involve parking lot collisions while 80% of bumper scratches occur during parking.

Now have your teen practice this parking drill. When your teen has successfully finished parking in an unmarked space, have your teen drive to a business district for Drill 2 as follows.

Drill 2: Angled Parking -----

Angled parking (parking in any space tilted at an angle), especially parallel parking, takes some practice and know-how.

Hint: The following areas typically have angled parking: one-way streets, downtown, or some large malls and/or smaller, very tight shopping centers.

Parents, for this drill, since it's more complicated than parking in an open space, please choose an area that is not very busy. Some teens may get nervous and have some difficulty parking when other cars are around.

Proceed as follows:

- 1) Before parking in an angled space, slow to minimal speed.
- 2) Use the turn signal so other drivers know your intentions.
- 3) Watch carefully for cars in front of you or behind you backing in or out.
- 4) Turn the wheel as needed and move smoothly into the open angled parking space always leaving enough space so you can comfortably turn the car into the space without hitting or sideswiping an adjacent car.
- 5) Stop and engage your emergency parking brake.
- 6) Did you park the car between the lines? Take a look (by exiting the car or by opening the window and peeking out). If not, relax and look over your right rear shoulder both ways and slowly back the car out as needed coming to a stop. Turn the wheel as needed and then navigate the car correctly into the space. Repeat as needed.
- 7) Do a final visual inspection to make sure you are properly parked.
- 8) When leaving the parking space, put on your turn signal and look over your shoulders actively searching for any cars or people. Back out carefully and proceed forward.
- 9) Please repeat this parking drill three times, only choosing a different parking space for subsequent parking.

An optional, but important, drill: Steps to take when you misjudge the angles and distances and cannot fit into the space: You may show your teen what to do when you don't have the proper turning radius to enter a space because you turned the car incorrectly at the wrong angle. Correct using these techniques:

- 1) Parent: Purposely turn your car at an angle so you cannot enter an open space next to another parked car.
- 2) You cannot make the turn or you would sideswipe the vehicle next to you.
- 3) Assess the situation, using your rear view and side mirrors first.
- 4) Then slowly and carefully back up watching closely for any cars behind you or to the side of you.
- 5) Back up far enough to straighten out your car, then stop.
- 6) Now put the car into forward gear slowly and try to park again by adjusting the steering. Ensure your car can clear the opening into the parking spot.

Have your teen practice both parking drills above. When your teen has successfully finished angled parking, please have your teen drive to a business district close-by as follows for our next parking procedure.

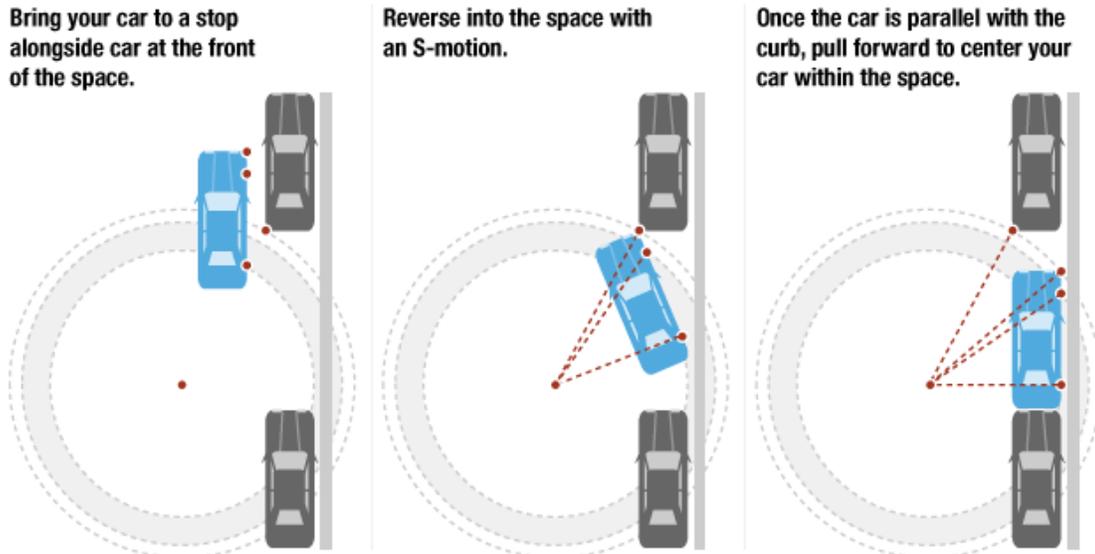
Drill 3: Intermediate Parking -PARALLEL PARKING

... in any parallel parking space (w/o hills).



DEFINITION

Parallel parking is parking the vehicle in any space with a car in front and behind you. Generally, but not always, parallel parking is for a crowded area such as a city street or a busy road. The figure below is helpful.



Source: *The Geometry of Perfect Parking* by Simon R. Blackburn
Credit: Alyson Hurt, NPR



NOTE

Parallel parking can be a difficult maneuver for some teenagers. Judge your teen's readiness before teaching this, but we have a simple technique to make it easy and comfortable for even a nervous teenager.

And here is a short 2 minute video that will drive home parallel parking. Visit <http://www.youtube.com/watch?v=dJ-loe3xXLg>

Remember to first practice on quiet, residential streets where there is a larger space cushion between the two cars you are parking between—that way it's less intimidating. For instance, parents, demonstrate this technique and park between two cars that are say 20 feet apart, with an easy turning radius.

When you and your teen have successfully completed this drill several times in a non-busy area, graduate to a slightly more crowded, but not excessively busy, business street and try again. Hint: Parallel parking often can be found in a city area that has metered parking or a main business street.

\$\$\$ Money-Saving Tip \$\$\$

Always be sure you choose a space that is four feet longer than your car or you will have difficulty entering the space without hitting another vehicle.

See diagram above for instructions.

Remember, when exiting be sure you back up slowly and glance backwards. Parallel park three separate times at three different places and now let your teen try parallel parking. Potential problems:

- Blocking traffic
- Being struck from the rear
- Swinging the front end of your vehicle into the traffic lane while backing
- Striking the vehicle in front or to the rear while entering or exiting the space

Drill 4: Vehicle Positioning-----

Maneuvering the car within one lane

Being in the correct part of the lane can save your life. These drills will teach you how to adapt and be in the correct position at all times. For this drill, we are going to have the parent first practice driving within one lane only, positioning the vehicle in three separate positions in a single lane. Position 1, which is normally used, is to center the vehicle in the middle of the travel lane. This is the safest position under normal driving conditions.

- 1) So let's first try positioning the correct way which is the center of the lane or Position 1. Try driving in Position 1 for a few minutes being careful to center the vehicle and now stray. It is tougher than you think. Positions 2 and 3 are used in the event there are potential hazards or obstacles in the center of the lane of travel.
- 2) In Position 2, the vehicle is driven just 3 to 6 inches from the left line of the travel lane. This allows for hazards on the right side of the lane. In Position 3, the vehicle is driven 3 to 6 inches from the right line of the travel lane. This allows for hazards on the left side of the travel lane.
- 3) Now try driving in Position 2 (the far left side of the lane) for a few minutes which again is just a few inches from the left lane. Finally, try Position 3 (the far right side of the lane) by hugging the right part of the lane.

When safe, pull over and let your teen try to position the vehicle within the lanes as described above.

Drill 5: Lane Change -----

... on a regular street or highway with some cars or traffic

A word of caution before we begin changing it up a little.☺ Lane changes on both city street and on freeways are one of the most dangerous maneuvers and also a leading cause of accidents and injuries. Proceed carefully and assume another car may be making a lane change at the same time as you. So please check your mirrors, and try to make lane changes when other cars are *not* in your vicinity.

Before we proceed, here is a general summary of the art of a lane change: First, always check traffic in the front of you and second use your two side mirrors to see if there are any cars to your left and right. Now, check the rear zones by glancing in the rear-view mirror. Don't forget to check for vehicles in your 'blind spots.'

Here is a 2 minute video on ways to fail your DMV driving exam including unsafe lane changes so watch closely. <http://www.youtube.com/watch?v=bHp6gRsmhQw>

Proceed with these specific steps for the lane change drill:

- 1) Activate the car's turn signal and make sure to check your mirrors, actively looking for blind spots.
- 2) Turn and look over your shoulder to see if any vehicle is about to pass.
- 3) If the next lane is clear, increase the car's speed slightly and smoothly steer into it.
- 4) Cancel the car's turn signal and adjust the vehicle speed to the posted speed limit.
- 5) Practice changing lanes to the left and to the right. After several lane changes, pull over where safe and let your teen practice changing lanes.



CAUTION!

Before starting this drill, please have your teen explain first what they are going to do before doing it.



'Drive-it-Home' Tip



Never change lanes without glancing over your left or right shoulder.



'Drive-it-Home' Tip



When driving in the right lane adjacent to parked cars, keep an eye out for illuminated brake lights, vehicle doors opening, and drivers in the driver seat—anything that may indicate the vehicle is about to pull out into traffic.

Culmination Drill: Three Times to Dessert



Complete every drill *three times* to demonstrate mastery. Finally, it's u-turn to enjoy a well-deserved 'Ice Cream Drill.' Savor the moment. Well done!



LIGHTER TURN

A tree never hits a vehicle except in self-defense.
— American proverb

Lesson #6:

Tips before Taking Trips



"The most important trip you may take in life is meeting people halfway."— Henry Boye

This lesson helps you with inspections and other preparations for taking trips, and includes two great safety tips/ideas. Safety happens through proper preparation and when on a trip, you don't want your car to break down hundreds or thousands of miles away. Use these items to make your trip a breeze.

Lesson #6 Tips Before Taking Trips

Objective	Coach your teen on tips before taking a road trip. Go over ways to save on gas and of course why your pet Fido should be securely fastened.
Location	At your house or while driving together.
Suggested Time	Saturday or Sunday around 9-10 pm or at night during when everything is quiet.
Speed Limits	Zero miles per hour unless you are an Evelyn Wood speed reader.
Parent Instruction	Have a frank discussion making sure your teen understands the significance of being prepared.

Drill 1: Pre-Trip Inspection Drill

In Lesson 1, one of the first things every driver should always do before entering a vehicle, *and we mean each and every time*, is to conduct a pre-trip inspection. Before entering the vehicle, check the following:

- All tires. Check the tread depth and condition of the tires. Are the tires properly inflated?



IMPORTANT!

One of the "flat out"☺ best purchases at any auto parts retailer is a tire inflator gauge tool to keep in your car since many gas station inflators do not work or are wrong. Use it before any long trip and to find your proper inflation level, check your manual or tire for this information.

- Check all vehicle lights. Are any broken? Are they clear of dirt and debris?
- Check to see if the car is clean and the windows clear? If not, pull out the window cleaner because seeing is believing.
- Do you have the car filled with gas (preferably higher octane)?
- Do you have emergency food, water, clothing, and supplies?
- Check for any damage that may have occurred while you were away from the vehicle.
- Look under the vehicle for any signs of vehicle fluids (and check all fluids)
- Did you take the car to the mechanic recently or to a full service gas station for a brief fluid and car check?

Drill 2: Two Tips—Gas and Pets

We have two driving-related helpful hints, the first on how to save gas and the second on restraint of pets in a car.

A) Thoughts on fuel economy

Discuss with your teen the following and tell them these tips can save their own sweet gass. 😊

- 1) Drive at a steady speed—Excess acceleration or braking will result in poor gas mileage.

\$\$\$ Money-Saving Tip \$\$\$

On long trips or drives, also consider using your cruise control which will set your car at a safe and steady speed for better mileage efficiency and one that can be removed by hand or by braking.

- 2) Avoid sudden starts and stops—Every time you step on the gas pedal, gas is pumped to the carburetor. Gas mileage is worse in city driving because of all the stops and starts.
- 3) Always drive at moderate speed—High speeds require more gasoline. And open your window so you don't overheat.
- 4) Up shift—Get the vehicle into the higher cruising gear as soon as possible (consistent with the need to accelerate or slow for uneven terrain or traffic obstacles).
- 5) Shut off engine rather than run idle during waits—You'll save gasoline!
- 6) Added weight reduces gas mileage—Are you hauling around heavy equipment unnecessarily? Unload!

- 7) Get regular tune ups—A well-maintained engine will burn fuel more efficiently.
- 8) Keep tire pressure up—Underinflated tires force the engine to work harder. Rotate tires front to back every 5,000 miles for longer tire wear.
- 9) For more money saving ideas go to <http://www.wikihow.com/Save-Money-on-Gas>

B) A seat-belt for Fido?

Not a bad idea! Most pet stores sell a special seat-belt harness for the family dog (or cat). It may be a good investment. Why: a 20 pound dog sitting unrestrained in the front seat of a car that collides with a tree or a wall at 30 mph will fly forward with a force of 300 pounds!

Every year thousands of animals are injured and killed in car crashes. Moreover, many times, tragically, an unsecured animal ends up killing a passenger or driver in a crash due to impact. So get a seatbelt for your dog! In many states, driving with a small dog in your lap will be a moving violation (or in this case a “tick”et). ☺ The ticket is akin to “operating a vehicle in an unsafe manner or condition.” But once again, the ticket is the least of your worries.

So which is worse?

- Getting a ticket for having a dog in your lap.
- Getting into a collision because there was a dog in your lap.

For a true government doggie crash test go to <http://www.youtube.com/watch?v=Ts4sMQA4zqA> Get a seatbelt for Fido fast and be a dog’s best friend.

Lesson #7:

Driving and Parking at a Busy Mall

“The way humans hunt for parking and the way animals hunt for food are not as different as you might think.” — Tom Vanderbilt

In this lesson we’ll discuss and drill driving around and parking at a busy mall, parking on a hill, as well as presenting two great safety tips.

Most drivers erroneously assume that parking lots or parking on hills are not very dangerous, yet each can be extremely costly to your wallet. Most collisions happen within a few miles of your house (i.e. at malls or at a friend’s house on the hill) and these collisions are at lower speeds yet extremely high impact damage that can ruin your week and your wallet. Parking on a hill (if the car should roll) can be extremely costly as the car can gain acceleration and has major impact with other cars or cemented items like fence posts or fire hydrants.

Lesson #7 Driving and Parking at a Busy Mall

Objective	Coach your teen on the philosophy behind why people do not pay attention when they should. When you are driving in a parking lot, your subconscious is already shopping, but your body is still driving and this means you frequently are not paying attention. With hundreds of cars and pedestrians moving in every direction, the mall parking lot is as dangerous as it gets. Also go over the science of a hill and its force. The steeper the hill the faster the car will roll.
Location	At a very large and busy mall and then drive to a steep hill.
Suggested Time	Saturday or Sunday around 4 pm when the mall's parking lot is busy or 6 pm during the week.
Speed Limits	3-10 mph in the parking lot and very slowly on hills.
Parent Instruction	Be extra cautious in the parking lot analyzing people or cars that could be potential hazards.

Before we begin driving at a parking lot mall, here are two sobering statistics on parking lots being a major concern for all drivers:

- The Insurance Institute for Highway Safety (IIHS) reported that accidents in parking lots accounted for over 20 percent of automobile crash claims.
- According to Top Driver, "Unfortunately an estimated 80 percent of shopping center crimes occur in parking lots, including more than 750,000 violent crimes such as rape and assault committed annually. This is why drivers need to take additional precautions once the car is parked," [Be aware, lock your car, park near other people and trust your instincts. It may just save your life]

Drill 1— Parking at a Busy Mall



NOTE

Paying attention to all of the major driving distractions at a busy mall or parking lot could one day keep you from having to “shop” around for a car repair shop later. Many drivers take mall parking and driving for granted, yet be forewarned that it is one of most dangerous places known to drivers. If not careful, parking at a shopping mall can be a lesson in futility.

A) Observation Drill—At a mall parking lot

Before performing our first “driving through a shopping mall/parking drill” we suggest that you and your teen park at a crowded mall in a safe place and have fun watching/observing how other drivers maneuver their vehicles in and out of parking spaces. Make sure you park close to the action, observe, discuss and even take notes.

How many near collisions did you see? How many times did a driver finish backing out of a parking space without looking properly and checking his/her

mirrors? How often does a pedestrian move in a manner that you would not expect of them? How many drivers were driving too fast for the conditions?

\$\$\$ Money-Saving Tip \$\$\$

For many drivers, driving in a mall is a time to prepare and relax for their upcoming shopping experience, but to the defensive driver, malls are a driver's worst enemy. In fact, in all malls, tight parking areas, and even the local shopping center, these tight and busy areas are the source of numerous collisions or "fender benders." Having a small collision at reduced speeds certainly may not be life threatening, but rest assured, it is always demoralizing to the driver and a financial drain to your bank account.

These days, even a small collision can end up costing you several hundred dollars when all you had to do was take a few extra precautions while driving and recognize how dangerous malls are. Thus, we urge you (the parent) to now practice driving through and parking several times at a busy mall.

B) Driving Drill at a Mall

The following are for the parent to perform:

- First, practice driving around the perimeter of the mall both far away and close to the mall.
- Second, practice pulling into and backing out of the mall's parking spaces where there are no vehicles already parked.
- Third, practice parking between two vehicles.
- Fourth, practice exiting the mall.

Potential problems to watch out for in a crowded parking lot:

- a) Pedestrians in blind-spots.
- b) Other vehicles in blind-spots.
- c) Two vehicles attempting to enter the same parking space.
- d) Drivers/passengers opening up car doors into space you are entering.
- e) Turning too sharply and hitting adjacent vehicle with your vehicle.
- f) Cars speeding in the parking lot or cutting a pathway through parking spaces.
- g) Hitting a car in the row behind you. As you are backing up your car, so are they and sometimes if not careful you may meet in the meeting by "accident."
- h) Hitting a mirror in the car parked next to you. Make sure your mirrors are not going to become married to the mirror next door as you back up. Instead

of mirror-mirror on the wall...this could be mirror-mirror on the floor.☺
Judge first if you should adjust your mirrors and/or whether or not you can clear the other person's mirrors without costing you a few hundred dollars in repairs.

When finished and after pointing out all of the possible dangers, please park in a safe place and allow your teen to also navigate the mall utilizing all four drills listed above. And when done, don't forget to go inside for our old fashioned ice cream drill to celebrate (or teens how about asking your parents to splurge on that new dress or cell phone for your outstanding driving so far)?

Drill 2: Parking on Hills

How to park when your car is facing up or down a hill

a. When Parking Facing Uphill...

- 1) Position the car approximately one foot from the curb.
- 2) Turn the front wheels sharply away from the curb. (Think of the song "Up Up and Away" for *uphill* where you turn *away* from the curb.)
- 3) Allow the vehicle to roll backwards—the back of the tire will stop against the curb.

If there is no curb, the front tires should be turned sharply TOWARD the road's edge. This way, if the unattended vehicle starts rolling backwards it will not go into the street. Please take turns and give your teen positive and negative critiques.

b. When Parking Facing Downhill...

- 1) Position the car approximately one foot from the curb.
- 2) Turn the front wheels sharply toward the curb... or if no curb, the roadside. (Think of the song "Downtown" or "*down to*" so that when you are facing *down* you will turn your wheels *to* the curb.)
- 3) Allow the vehicle to roll forward—the front of the tire will be pinned against the curb.

Once again, if there is no curb, the tires will be positioned so that should the unattended vehicle start rolling forward it will not go into the street). Now it is your teen's turn. Here is a one minute video on this subject that you may wish to watch <http://www.youtube.com/watch?v=iGyihDZKXtA>

Safety Tips



REMEMBER!

Drivers are four times more likely to be involved in a collision when they are talking on a cell phone while operating their vehicle (and texting is even worse)!

We've worked on parking at malls and parking up or down on hills. Now let's work on a fabulous defensive driving drill called space cushioning or proper spacing. Think of an astronaut and the padding they have on.

Drill 3: Space Cushion Driving Drill-so you won't see stars! ☺

Space Cushion—It's not something an astronaut sits on

A space cushion refers to the open area or space that a safe driver maintains on all four sides of the vehicle: front, rear, left, right. In other words, having a "Space Cushion" is how a defensive driver avoids having a collision. Every side of your car needs a cushion in case of an emergency and below are four actions that you will be able to take if and only if you have a proper space suit around you. Without planning ahead and ensuring that you have open space surrounding your entire vehicle, you will be unable to take evasive defensive driving actions needed to avoid a collision.

Defensive drivers are drivers who plan ahead and evasive action can be taken in the following basic ways. The four driving drills below are meant to be attempted while maintaining a space cushion. If you do not have a space cushion you will never be able to get out of dangerous situations such as these by accelerating from an emergency or stopping on a dime when the car in front of you stops. Are you ready?

Parent: On a moderately trafficked road (preferably a freeway), drive defensively for 5 miles leaving a proper space cushion around you and perform each drill below. Then have your teen do these drills. Parent will do all four together three times and then your teen will show their mastery of the subject. Make sure there is not a car anywhere close to you when attempting to perform these drills:

- A) *Driving Straight* for five miles constantly maintaining a space cushion. Remember, speed up or slow down so that NO ONE is next to you on all four sides. It is harder than you think.
- B) *Quick Acceleration*—requires a space cushion in front of you.

Have your teen call out a pretend emergency. For example, call out that the car next to you is coming at you into your lane so you need to quickly accelerate.

In this drill, the driver "punches" the gas pedal and accelerates rapidly to avoid a hazard off the rear of the vehicle. If you are tailgating another car there is no escape route to the front. Defensive drivers always leave room ahead of them so that they punch the gas but only when needed.

C) Hard Braking—requires a space cushion to the rear

Have your teen call out a pretend emergency. For example, call out that a dog has darted out in the road in front of you and you need to stop on a dime (not on the dog). 😊

In this drill, the driver slowly “slams” on the brakes to avoid a hazard in front of the vehicle. If you are being tailgated by another vehicle there is no “out” to the rear. In other words, you may have great reaction time to be able to stop the brakes but if someone is tailgating you, you still will end up in a serious collision. This is why defensive drivers leave rear space cushions.

D) Swerving—requires a space cushion to the right and to the left

Have your teen call out a pretend emergency that a large TV just fell out of the truck and is coming right at you from the side into your lane. Unless you have a space cushion, you are in big trouble but have no fear, Captain Fantastic Defensive Driver is here to swerve out of hazard’s way.

In this drill, the driver steers sharply away from a hazard to the side of the vehicle. If you are driving side-by-side with other vehicles, there may be no “out” to the right and left. Thus, should a car drive next to you and enter your space cushion, when practical, slow down or speed up to create a space cushion that can be used in an emergency or for a “soft landing. 😊

C) Let’s review... To maintain a proper space cushion:

- Never tailgate another vehicle.
- Get away from vehicles that are tailgating you.
- Avoid side-by-side driving (having a car right next to you or on either side of you can block an exit should one be needed).
- Stay out of the “other guy’s” blind spot.

Remember to let your teen practice each “space-cushion” drill above 3 times while you call out the pretend cars and that an alien TV’s coming at you.



ICE CREAM DRILL

Congratulations-you avoided cars, dogs, and self-propelled moving TV’s. Wouldn’t you say that it’s time for a nice cold ice cream or if they still have them an Astro Pop, Moon Bar, or our favorite pop rocks?