

Lesson #8: Navigating Heavy Intersections and Heavy Traffic

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

This lesson includes discussion of the S-I-P-D-E Defensive Driving Technique, the Smith Defensive Driving System, and the three-second rule for stopping. Also, as usual we show some great safety tips on risk vs. reward and road rage.

Q & A

Before we begin:

Question

Ask your teen what the two most important factors in avoiding accidents are.

Answers

1) speed-ok, reduced speed and 2) scanning ahead.

Lesson #8 Navigating Intersections and Traffic

Objective	Cover two famous driving techniques that teach teens awareness in advance (S-I-P-D-E and Smith System) and the famous three second rule. You will focus on risk and reward and how the time saving risk from speeding is not worth it. Finally you can drive home hard your ideas on road rage.
Location	On a well-travelled highway or freeway.
Suggested Time	Saturday or Sunday around 10 pm when the roads are clear.
Speed Limits	50-65 mph
Parent Instruction	Be calm and take the role of a facilitator and then demonstrate how to scan ahead for emergencies. We know these drills will be a “hit” 😊...ok maybe not!!

Understanding Defensive Driving Techniques

The following defensive driving methods are time-tested and been proven to reduce the potential of a collision. Make sure your teen understands these concepts! The best way to reinforce each technique is to practice first and then have your teen try them.

For each drill below, the parent will drive and explain how each of the items below works. For example, for scanning on the SIPDE drill, you will point to a potential hazard in the future, identify it and predict what will happen before finally executing a safe avoidance measure. The same applies for each drill. Have your teen read it and then you will demonstrate how it will work.

Note: Both Parent and Teen should try this drill now.

Drill 1: The S-I-P-D-E Defensive Driving Technique

The SIPDE acronym stands for

S—SCAN the road (forward and rear).

I—IDENTIFY conflicts and hazards (before they happen).

P—PREDICT what the other driver/pedestrian will do.

D—DECIDE what you will do.

E—EXECUTE the maneuver safely.

Drill 2: The Smith Defensive Driving System:

Picture yourself snowboarding in Aspen with your fog proof “Smith” goggles on and with you doing all of the following below. We think this system can help you “turn on a dime.” ☺

The Smith Defensive Driving System has the following actions:

AIM high in the steering.

GET the big picture.

KEEP your eyes moving.

LEAVE yourself an out.

MAKE sure they see you.

Note: Both parent and then teen should do these drills now.

The Three-Second Rule (the “golden rule” for stopping)

Before we begin two fun driving drills using the three second rule, let’s go over the fact that stopping distance and speed are closely related. The faster a car is traveling, the greater the stopping distances. *Total stopping distance* is composed of perception distance, reaction distance, and the car’s braking distance. The average reaction time of a sober driver is about $\frac{3}{4}$ of a second. However, this $\frac{3}{4}$ of a second reaction time was established in a laboratory setting with the individuals ready to react.

The actual normal driver reaction time is said to be about 1 and 1.5 seconds. Driver perception/reaction time varies from driver to driver. A car’s braking distance can vary according to the condition of the car’s tires, brakes, loading, and the roadway conditions.

Three-Second Rule

Because we know that it takes time to perceive and react to driving situations, it is necessary to follow other cars at a safe distance. The Three-Second Rule gives drivers a reliable system they can use to estimate a safe following distance. Three

seconds will normally give the driver enough time to perceive and react in order to avoid a rear-end collision.

Using the Three-Second Rule

Parent, select a stationary landmark on the road ahead, such as a signpost, tree, or bridge. When the rear of the car ahead passes the chosen landmark, start counting, “One-thousand-one, one-thousand-two, one-thousand-three.” As the count is ended (or later, but never earlier!) the front of your car should just be reaching that same fixed landmark.

If the front of your vehicle reaches the chosen landmark before the three-second count is finished, then you are following at an unsafe distance. Slow your vehicle and attempt the test again. The Three-Second Rule was established for dry weather conditions and clean, level roadways. If less-than-favorable conditions (such as adverse weather or poor roadway conditions) exist, then additional time should be added to the count.

A good rule to follow is to add one second for every unfavorable condition. For example, when following a large vehicle, passing into a lane of moving traffic, or following a motorcycle, increase the following distance to four seconds. When driving at night, in rain, snow, or on icy roadways, increase the following distance to five or six seconds or more.

Many collisions are caused by tailgating. Make sure your teen knows how to establish and maintain a safe following distance (space cushions) at all times using the Three-Second Rule. Please take this moment to have your teen take the three second challenge we discussed above! Now it’s your teen’s turn for the drill above.

For this second, three-second drill (a tongue twister), you will need to make sure that *no one is even remotely around*. You will be travelling at normal highway or freeway speed and *now* your teen will pretend by telling you that a car is stopped ahead that you cannot get around and that you have three seconds to slow down.

Have your teen tell you to stop and then count to three seconds. You will bring the car to a near stop after travelling at the regular speed limit on a highway and then accelerate back to regular speed. How many miles per hour did you slow down to in those three short three seconds? This is why you need to leave at least three seconds between you and the first car ahead of you. Now you both know why you must leave three seconds from an object in order to stop. Your goal is to always leave three second cushion. Now have your teen take control of the wheel.

Two Great Defensive Driving Tips



A) Risk vs. Reward—an oral drill

It's inevitable that teens take risks. When you were 16 you probably did, too. Maybe it's the false sense of immortality that some teens have. When drivers lack a healthy respect for the danger inherent in operating a motor vehicle they've got a big problem. If your teen likes excitement and taking risks then they are likely to drive fast, swerve around slower traffic and roll through stop signs.

Stop signs

Stop signs are a perfect way to illustrate the concept of risk versus reward. Take a look at this calculation on the difference between rolling through a stop and taking the time to stop completely:

- A complete stop takes: 3 seconds
- A rolling stop takes: 1 second
- Total time saved is: 2 seconds
- Reward = 2 seconds

In the grand scheme of things, two seconds is utterly meaningless. You would have to roll through 1,000 stop signs for a savings of 2,000 seconds to arrive at your destination roughly 30 minutes quicker. Would you encounter 1,000 stop signs in a year? Maybe. Probably not. Or look at it this way. A driver would have to encounter 30 stop signs on a short trip (ridiculous, right?) to get where they're going ONE MINUTE earlier.

Now, let's take a look at the potential risks. There are only two. But make no mistake—you will be inconvenienced by them:

- 1) A collision—Most collisions in city driving occur at intersections. A good number result from drivers rolling through stop signs. Best case scenario: the collision will ruin your day. Worst case scenario: the collision will ruin your life. Or someone else's.
- 2) A traffic citation—After the traffic officer writes out your citation.... and after you spend enough hours on the job to pay your fines and court fees.... you will have lost roughly 80,000 seconds! In case you were wondering, 80,000 seconds translates into roughly 22 hours.

So let's do a risk-reward analysis:

- Reward = 2 seconds saved
- Risk = 22 hours lost (collision, injury, citation, time)

Bottom line. Each time you run a stop sign you are weighing the guaranteed reward of gaining 2 seconds against the potential risk of losing 22 hours and hundreds of dollars. Not to mention a possible car crash that could result in serious injury to yourself or someone else.

Timing that traffic light—just isn't worth it!

Most drivers run red lights because they just don't want to sit and wait for a green light. But if you really "*stop and think about it*"—is it really that long of a wait?

So try this experiment (get out your stopwatch): next time your teen stops for a red light pull out your watch and time the cycle. The longest red light (usually during a green left turn arrow) will last only about one minute. One minute—that's it!

Of course, if you're an impatient driver, 60 seconds seems like a lifetime. So, here's the answer for that: HEY, KNUCKLEHEAD, DON'T BE IMPATIENT! Most reds usually last just 30 seconds. Under a minute—enough time to change CDs, find a radio station, or check out the hairdo in the rear-view. That's if you don't make the light, but remember you need to pay attention to the road in between.



30 seconds is not the end of the world. But a collision like the one above, showing a vehicle whose driver, most likely, assumed oncoming traffic would stop for a yellow light, *can* be the end of the world for some unfortunate person(s). Don't kill and don't be killed by haste. Saving 30 seconds isn't worth the risk of eternity.

Also, respect the double yellows: As the saying goes, "Only 11 inches separate you from a head-on collision." How tall is a line of yellow paint? How many microns? Unless you are preparing to turn left... it might be a better idea—a defensive idea—to drive in the right lane.

B) Aggressive driving/road rage—oral discussion

Oral Discussion

Some statistics on road rage that might really stir you up a little:

1. A Gallup poll reported that more drivers (42%) were worried about road-rage than about drunk driving (35%).
2. The Mizell-AAA Report documented 10,037 crashes were caused by violent aggressive driving between 1990 and 1996 causing 218 deaths and 12610 injuries.
3. It is believed that aggressive driving may be a factor in half of all auto collisions of auto crashes U.S. DOT, March 1996

What is road rage and how can prevent becoming a victim with an angry driver?

If you haven't talked to your teen about aggressive driving/road rage yet, now's the time. While road rage happens rarely, aggressive driving is very common. Think of aggressive driving as a trigger and road rage is the gun. As one pulls the trigger of aggressive driving, it happens that the gun might just explode.

Remember George Carlin's famous driving quote: *"Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?"* Does his quote show someone with serious road-rage capabilities? Do you want to engage this type of driver by cutting him off, going too slowly, being in his way or confronting him? Never!

Aggressive driving usually involves driving behaviors by other drivers that the aggressive driver regards with judgmental anger. It may then escalate to hand gestures, direct confrontations, facial expressions, and verbal assaults. Aggressive driving normally results in violations of the traffic rules. If and when the actions of either driver become physical then the situation may become an incident of Road Rage.

Road Rage normally involves a criminal act.

Road Rage Drill-Oral Discussion: Approach your coaching initiative this way: Have your teen imagine they're cruising along and another driver abruptly swerves toward them in an ill-advised attempt to change lanes. Your teen slams on the brakes, lays on the horn and a collision is narrowly avoided. Okay, what's next? Your teen has two choices:

- 1) Be angry
- 2) Be grateful

After you suggest these options to your teen they'll probably be confused:

- “Grateful?! That lousy driver almost hit me!”
- “What could I possibly have to be grateful about?!”

Your answer is simple: “He almost hit you, but he didn’t.”

Drivers are cut off all the time and a collision occurs—often resulting in injury or even death. If you are only cut off in traffic and there is no collision—well, there is plenty to be grateful about, isn’t there?



IDEA

If you have had a personal experience with aggressive driving we urge you to share the story with your teen. We learn best from our own mistakes, certainly—but we can learn from the mistakes of others as well.

Most aggressive driving incidents stem from the fact that drivers are anonymous and “faceless” when inside their vehicle. We tend to misbehave when no one can see us. We sometimes feel like Superman hiding behind the steel of our car draped in our seats, but we’re not. It’s easy to be rude when we can’t be identified. Adding to the problem is drivers are very territorial when behind the wheel. That car is your ‘country’ and you are king or queen of that country and pity the fool that violates your “borders.”

Try this experiment at your kitchen table

Does everyone in your family have a regular spot at the table? Probably! Just for fun, sit down in your teen’s chair for a meal. Or try this by having one child switch places in the car. Watch the reaction when they see you sitting in THEIR chair or car. They will probably feel intruded upon. You can then relate this to how they feel behind the wheel when another driver violates their personal space.

Teenagers also are prone to extremes of emotion. That big math test... did they pass or fail? Did the football team win the homecoming game? The letter that just arrived from Stanford... was your teen accepted or rejected? It is challenging enough to drive safely when our emotions are in check. Your teen must keep an even keel behind the wheel.

Seven secrets on how to avoid aggressive driving/road rage:

- 1) Don’t cut off other drivers—Make safe lane changes! Use your turn signal and have enough room to enter safely.
- 2) Never honk the horn in anger—Use the horn only to avoid a collision.
- 3) Don’t tailgate—Nothing irritates more than a vehicle following too closely.
- 4) Slower traffic keep to the right—This is a way to avoid having other drivers tailgate you.

- 5) Don't make obscene gestures—This will trigger rage in some drivers.
- 6) Stay away from angry drivers—It's better to be behind than in front of a driver who is emotionally unstable.



IMPORTANT!

A seldom considered anger avoidance technique to use: when being tailgated by an aggressive driver, simply signal a right hand turn and safely pull over onto the shoulder of the road to let the aggressive driver pass.

- 7) Never look at a driver directly to engage them if you accidentally cut them off or forced them to go around you. Avoid eye contact with angry drivers—otherwise, you must gesture an apology!

In a worst-case situation, keep driving and call 911. Also, if the opportunity presents itself, drive into a police or fire station. And the best advice of all would be the adage, “It takes two to tango.” So please suggest to your teen that they try to “waltz” themselves clear out of the situation. In other words, just try to drive and stay alive.

Finally, let's discuss why the following quote on road rage makes sense with all of the technology and stress it brings into our lives: “Technology is a goddamn bully.” — Scott Cherney, Red Asphalt



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. Savor the moment.

Lesson #9:

Freeway Driving Made Easy (and the dangers of speeding)

“It takes 8,460 bolts to assemble an automobile, and one nut to scatter it all over the road.”— Author Unknown

In this lesson we have a general discussion about freeway and Interstate Highway driving with points about basic types of collision, defining lanes, and warning signs. Then we follow it up by three great safety tips.

Lesson #9: Freeway Driving Made Easy and Speeding

Objective	Coach your teen on driving tips before taking to the Freeways. Also discuss how speed kills and dramatically increases with increased speed.
Location	On the freeway
Suggested Time	Saturday or Sunday around 1 pm or at night during the week

Speed Limits	Under the speed limit
Parent Instruction	The goal here is to make them aware of speeding and how going at the suggested speed limit may one day save their lives.

1) Interstate Driving (discussion)

Freeway driving is generally considered to be the safest type of driving—that is once your teen masters it in more detail. But understand that freeways are the scariest location for a new driver and require some extra practice. Below is a refresher on freeway driving and some information on the most effective lanes of travel on the freeway where three basic causes of collisions exist:

- 1) *Unsafe speed*—driving too fast or even too slow and being rear ended.
- 2) *Tailgating*—always maintain a minimum of five car lengths away from other cars.
- 3) *Unsafe lane changing*—collisions are usually caused by unsafe lane changes where the driver fails to properly check blind spots by using their head and shoulders to check manually for oncoming traffic. Also, collisions occur when the driver fails to use the mirrors before attempting a lane change.

So impress upon your teen the simple notion that safe freeway driving involves essentially following these simple steps:

- Enter the freeway safely and at the appropriate speed to seamlessly enter.
- Select a lane and maneuver into it safely.
- Maintain a safe speed.
- Maintain a safe following distance and a space cushion.
- Maneuver safely back into the far right lane.
- Exit the freeway safely.

A) Which lane to choose?

On a 4-lane freeway, here are the lanes and the proper place you should be:

#1 Lane (far left lane, fast lane, speeding lane)	High speed/ passing
#2 Lane.	Thru traffic
#3 Lane	Thru traffic (or interchange)
#4 Lane (far right lane “slow lane”)	Entrance and exit (or interchange)

Only drive in the #4 slow lane immediately after entering and before exiting the freeway.

B) Freeway warning signs:

Never allow your teen to:

- Drive at an unsafe speed
- Tailgate
- Make an unsafe lane change
- Forget to check mirror or glance over shoulders for blind-spots
- Drive side-by-side with other vehicles
- IMPORTANT:** Learning to drive safely on the freeway will take more than just one lesson. Remember:
 - Always drive at a safe speed and never follow too closely (three-second rule) **ALWAYS!**
 - Change lanes to avoid tailgaters and keep a space cushion around the car.
 - Never forget to glance over shoulders before changing lanes.
 - Scan ahead—drivers should scan ahead 2-30 seconds (1/4 mile). Doing so enables you to see brake lights ahead.

2) Two Driving Tips and the Need to Not Speed

“Leave sooner, drive slower, live longer.” ~Author Unknown

A) The (Only) Six Reasons Drivers Speed

1. **Velocitation**—Most drivers who speed are simply not paying attention. The body is inside the vehicle but the head is miles away. Don't be distracted when you drive (radio, thoughts, conversation, cell phone, your boss, your wife, your kids and your mother-in-law, etc.). Glance down at the speedometer from time to time and check your speed. Some drivers will exceed the speed limit by as much as 20 mph simply because the street is empty and they're not paying attention.
2. **Ignorance**—Know what the speed limit is. Look for speed limit signs. Do a drill now and have your teen spot each speed limit sign on the freeway (and streets) and see if he or she can identify when they change. If you don't know the speed limit, slow it down a notch.
3. **Impatience**—Drivers will often speed simply out of a generalized frustration, anger or anxiety. Actually, any negative emotion can cause that right foot to get heavy. So enjoy the ride. How? Close the window, turn off the cell phone and enjoy the beauty of driving. Or listen to the radio on a non-distracting station. (Some music compels you to speed—take care what you select.)

A sports game, talk show, the news: safely distract yourself from the frustrating traffic out there. You can still check your mirrors when you listen to the radio. It's passive entertainment. The cell phone is interactive and, as a result, inherently much more dangerous. **IMPORTANT:** Wait to search for a radio station until you are stopped at a red light. Reaching for the dial while driving can result in a collision. Don't take your eye off the road for more than even a split second or it can end up in disaster.



WARNING!

The radio can be a real hazard for inexperienced drivers. Never have the radio (okay, iPod) playing during lessons. And urge your teen to avoid the radio until you are absolutely confident of their driving ability.

4. The thrill—Many teens love driving fast. Don't forget: one third of all teen automobile fatalities are caused by speeding. Impress upon your teen this fact: **SPEED KILLS**. It is a cliché but true nonetheless.

Your teen might find this interesting: The Indie (Indianapolis 500) race car is a light vehicle—weighing only about 1500 pounds. But at 200 mph—racing speed—it weighs virtually 5000 pounds. How can his be? The race car is designed with reverse aerodynamics (think of an upside down wing). The faster it runs the harder it



presses down onto the pavement. It is designed to hold tight to the track at racing speed.

But the average passenger automobile—roughly 4000 pounds—will weigh virtually only 10 pounds at 100 mph. It doesn't get heavier, it actually gets lighter! All you need is a slight loss of traction to become airborne. A pot-hole can send you flying... or a sudden dip in the road... or a puddle.... or a gust of wind from passing a big rig.

5. Don't drive too fast or too slow—Picture this: you are on the freeway and it seems everyone is moving at 80 mph. So, you accelerate to 80 mph. Suddenly a motorcycle officer appears in your rearview mirror, lights flashing. You pull off the road. When the officer approaches the following conversation ensues:

You say: "C'mon, officer, everybody was driving 80 mph. Why did you stop me?"

Officer says: "I can't get everybody."

The solution to this problem according to some drivers is simple: Driving 80 mph is clearly illegal. But driving at 50 mph is also unsafe when the traffic is moving 30 mph faster. Analyze the situation and come up with a safe middle ground.

6. Late-in a hurry—A speeder will make up an average of *only 90 seconds every hour* over a driver moving at the speed limit. Rolling through a stop sign will cut roughly 2 seconds off your travel time. Speeding and running red lights in the city is an exercise in futility. You might get ahead for a minute, if you're lucky. There's not much you can do except make sure you're not running late next time. So get out of the house earlier tomorrow!

B) Some Warnings About Speed

- a) If you double your speed, it will take you four times longer to stop.
- b) Double the speed and the force of the impact will be four times as great.
- c) The higher the speed... the worse the driver's peripheral vision. In other words, the faster you drive, the less likely you are to see hazards approaching from the sides.
- d) The higher the speed, the greater the risk of a rollover.
- e) The higher the speed, the higher the risk of injury or death in a collision.

3) Driving Drill—(short and sweet):

While the parent is driving on the freeway have your teen pretend to be a police officer and see how many tickets they would be able to give out in a span of five minutes for speeding, following too close, unsafe lane changes and for lane changes without turn indicators. You will be amazed at how easy it would be to "meet a quota" if such a thing exists.



ICE CREAM DRILL

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Lesson #10:

Night Driving...Like a Star

"If you are driving at the speed of light and you turn on your headlights, what happens?" – Unknown

Lesson #10: Night Driving...Like a star

Objective	Discuss how nighttime driving is possibly the most difficult time to drive.
Location	Several discussions and driving when applicable
Suggested Time	Anytime
Speed Limits	Please drive under the speed limit at night
Parent Instruction	The goal here is to make your son or daughter aware of the dangers of nighttime driving

In Lesson #10 we cover the following points:

- Night driving oral drill (three important questions that focus on the dangers of nighttime driving).
- A great driving tip worth staying awake for.
- Dateline article that drives home the dangers of driving at night... heart wrenching but with an impact.

“Adolescents do 20 percent of their driving at night, but 50 percent of teen fatalities occur at night.” — Rush University Medical Center

The table below shows the number of casualties during night time hours in England.

Group	Fatal Injuries	Serious Injuries	Slight Injuries	Total Casualties
Motorcyclists	158	1,502	4,000	5,660
Car Occupants	842	5,492	45,428	51,762
All Road Users	1,397	9,812	60,406	71,615

Source: Rospa The Royal Society for the Prevention of Accidents

Ask your teen what specifically do they “see” with the above figures?

**NOTE**

We suggest that at least 25% of your teen’s driving practice is with you at night due to excessive danger that night driving brings. Work on right turns, left turns, U-turns, driving in residential and business areas and also driving on freeways at night. And take this moment to view a Disney Epcot 3 minute drive at night time.

<http://www.youtube.com/watch?v=1hf2izABO1Q&feature=pyv&ad=9014465635&kw=night> We hope you enjoy the journey on “Space” Mountain. ☺

Night Driving—General Overview

It is important to make your teen aware of important night driving tips since driving after dark can be extremely dangerous. At night, everyone's vision becomes impaired, our distance perception is reduced, we don't focus well on objects close in or far away, and our bodies are starting to become tired in anticipation our eventually sleep. Please take this moment to ask your teen to discuss the following safety questions with you related to driving after dark:

1) Oral Drill



Question—Ask your teen to tell you why, from a historical/scientific perspective that human beings for thousands of years have slept at night. In other words, how has “survival of the fittest” resulted in humans generally sleeping during the night?

Answer—Humans need a certain amount of sleep to be alert and the time of day that humans have the most trouble seeing or reacting to danger is at night time. These factors dictate that we need to take extra cautions when driving at night. We don't see signs clearly, we don't see other pedestrians, cars, or drivers; we have trouble seeing at a distance and we have trouble seeing up close. As a result, always drive slowly, carefully and with great caution.



Question—Ask your teen to name up to some important factors/actions that could help save their lives at night.

Answer

At night:

- 1) Always drive slower at night.
- 2) Increase your following distance.
- 3) Keep windows, mirrors, headlights and brake lights clean.
- 4) Darkness makes potential hazards more difficult to see.
- 5) Avoid staring at headlights of oncoming vehicles—look to the right edge of the road as a reference point.
- 6) Signal all changes of direction well in advance.
- 7) Headlights should be activated 30 minutes before sunset.

Also be sure that bright lights are only used in remote areas

2) A Great Driving Tip—Worth Staying Awake at Night!

A) Asleep At The Wheel

Sleepy drivers are actually more dangerous than drunk drivers! Why? Not every drunk driver is about to pass out. EVERY sleepy driver, however, might suddenly lose consciousness. Drunk drivers are, by-and-large, out at night. But sleepy drivers can be found on our streets and highways 24 hours a day, 7 days a week. Stats show sleepy drivers cause 100,000 collisions every year in this country—possibly more. Sleep scientists have determined that many drivers are sleep deprived.

How does all of this affect your teen? Well, the younger you are the MORE sleep you need to function and drive properly. Teen's growth necessitates a need for extra sleep. If your teen is not getting a consistent eight hours of sleep every night they run the risk of falling asleep at the wheel.

And after a long day of school, studying, and sports or activities, we become even less alert so we need to “ramp it up” at night and ensure that we become very defensive and proactive drivers by signaling ahead, stopping at greater distances, scanning for objects, cars and animals on the roadway.

B) Some Hints on How to Avoid Sleepy Driver Syndrome

- 1) If you feel tired, let someone else drive (when legal and safe).
- 2) If you're alone in the vehicle, get off the road and rest in a safe place.
- 3) On a long trip, take frequent breaks and rest stops. Make sure you eat and hydrate.
- 4) Never allow all the passengers in the vehicle to sleep. The front seat passenger should always remain awake as a precaution—in case the driver nods off.

C) Are we there yet? (a fun game for the whole family)

Have you ever taken a family trip at night and your children (especially those under the age of 10) ask you about three times every minute. “*Are we there yet? When are we gonna get there? I wanna be there NOW!*” Does this “drive” you insane? Well, here's a handy method for having some fun with this vexing situation. And it will give your kid a better sense of where you are on your journey.

Little children frequently have trouble grasping the concepts of time and distance—how long it takes to travel 2 miles or 100 miles. So give them something they can understand—like the human body. It's very simple: every trip starts at the “bottom of the feet” and ends at the “top of the head,” whether it's a short run to the grocery store or a major cross country expedition.

In other words, when you pull out of your driveway you are essentially at the “toes.” When you reach the half-way point you're at the “tummy” or the “belt.” And when you've almost reached the destination you're in the vicinity of the “face” as in... “*Okay,—we're at the nose, now!*” Try it. It works!

Below is a heartbreaking, Dateline article on the hazards of nighttime driving that we would suggest reading with your teen: Please be sure to discuss how this

accident could have been avoided (hint speed) and what should your teen do differently if she were in the car?

IDENTIFICATION DRILL- "DON'T BE IN THE DARK" ☺

First at night, and then during the day at the same exact spots, calculate how long it you and your teen to locate a street, sign, a street address, a speed limit sign and also a dark car. You will be amazed at the difference between night and day.

DATELINE ARTICLE ON THE PERILS OF TEEN DRIVING

The following is a must read article and video on a doctor who even though he was extra cautious with allowing his teen daughter to go out and drive at night, still dealt with an innocent, but deadly nighttime tragedy. This is a short and touching portrayal that will make both you think twice and see stars before venturing out at night without lots of parent-teen nighttime experience.

<http://www.msnbc.msn.com/id/8501174/>

Stats on teen driving and crashes

- Car crashes are the leading cause of death for American teens — more than drugs, guns, or any disease.
- A teenager's first 500 miles of driving are the most dangerous. During that time, they're 10 times more likely to crash than an adult.
- In 2003 alone, teens were involved in an estimated million and a half accidents.
- Two-thirds of the teenagers who died in car accidents last year were not buckled up.
- During the most recent five year period for which records are available, nearly 35,000 people died when a teenager was driving.
- Teen drivers killed in motor vehicle collisions had a youth passenger in the automobile 45 percent of the time.
- For every 10 "close calls" in a car, there's one crash.
- 16-year-olds crash at a rate that's nearly one and a half times as high as 17-year-olds.
- 15 to 20-year-olds make up 7 percent of licensed drivers, but suffer 14 percent of fatalities and 20 percent of all reported collisions.
- 53 percent of teen driver deaths occur on weekends.
- On the basis of current population trends, there will be 23 percent more 16 to 20-year-old drivers on the road in 2010 than there are today — 26.1 million.

Lesson #11
Having the Foggiest...
Conquering Hazardous Conditions

What does the following quote mean to you: "Strictly speaking, a driver can register a BAC of .00% and still be convicted of a DUI. The level of BAC does not clear a driver when it is below the "presumed level of intoxication." — 1999 Tennessee Driver Handbook and Driver License Study Guide

This quote is pretty fascinating because even if you don't register as a DUI because maybe the test couldn't detect the drug or alcohol used in your system, you could still be convicted of a DUI if your driving behavior is so dangerous that it clearly would be construed as Driving Under the Influence. Thus, just because the DUI test was negative, if you killed or injured someone and/or witnesses including a police officer saw your erratic behavior, expect to be convicted of DUI.

Lesson #11 presents discussion and drills for driving in adverse conditions, including fog, ice and snow, and rain. Then three driving tips.

Lesson #11 Having the Foggiest...Conquering Hazardous Conditions

Objective	Coach your teen on how to handle hazardous conditions by 3 practice pretend drills. Later when these conditions strike please practice them live with the parent always going first.
Location	On the highway
Suggested Time	Anytime
Speed Limits	Please driver under the speed limit by at least 10 mph or more depending upon the condition.
Parent Instruction	The goal here is to make your son or daughter aware of how to handle hazards defensively and be prepared when danger lurks.

Drill 1: Driving in Hazardous Conditions: Practice Pretend Drills

We suggest you present each hazardous condition below and have your teen role play on how to handle each condition:

Wet/slippery surface

It never rains but it pours. — English proverb

The above quote literally means that when things are bad, they can quickly become worse so be prepared. Sometimes it's almost impossible to see or drive so pull over out of harm's way. It takes a vehicle two to three times longer to stop on a wet road.

Remember the "Three-Second Rule?" This rule was for establishing a safe following distance on a DRY road. In other words, a safe following distance in the

rain is much greater and would be six to nine seconds. When driving in the wet/slippery conditions remember to always add time and be safe....

Your teen will now call out to you that the road ahead is slippery and you about to lose some control. What should you do fast?

- a) Reduce your speed.
- b) Increase your following distance.
- c) Never slam on the brakes—pump them instead, unless the vehicle has antilock brakes, then maintain steady pressure on the brake pedal.
- d) Avoid sudden, abrupt turning maneuvers.
- e) Use lower gears when driving down steep grades.

Now it's your teen's turn to be the driver why you call it out.

Hydroplaning

Occurs when tires lose contact with the road and float up on a thin layer of water causing a complete loss of vehicle control. If your vehicle should start hydroplaning, below are the actions to take. Your teen will call out to you that your car has an emergency, that you hit water and it is hydroplaning out of control. What should you do? Here are the tips to stop hydroplaning:

- a) Ease off the accelerator.
- b) DON'T slam on the brakes.
- c) Steer in the direction you want the vehicle to go.

You can avoid hydroplaning by...

- a) Having properly inflated tires with good tread.
- b) Reducing speed in the rain.
- c) Avoiding driving through puddles of standing water.

Driving on ice/snow

Your teen will call out to you that your car has struck a wet snow patch water and is somehow losing control. What should you do? Here are the tips:

The most important rule when driving in snow and ice is to slow down and maintain a greater following distance. If the vehicle becomes stuck in deep snow “rock” the vehicle by shifting back and forth from reverse to forward-low.



DEFINITION: BLACK ICE

When water freezes into ice at 32 degrees Fahrenheit, it freezes absolutely clear—like a window. Unless there is direct sunlight reflecting glare off the surface, the ice is virtually invisible. All you can see is the “black” of the asphalt. As the temperature drops below 32 degrees, white frost appears and the ice is easier to see.



Question:

Why does ice form on a bridge before the adjacent road?

Answer:

- Cold air is blowing under the road as well as over the road.
- Steel inside the bridge conducts heat away from the road faster.

So reduce speed and be extra cautious when crossing bridges in winter.

Drill 2: Oral Discussion: Three Driving Tips

A) The (Sad) Truth about Cell Phones

“Cell phone distraction causes 2,600 deaths and 330,000 injuries in the United States every year.” — the Human Factors and Ergonomics Society

- 1) Drivers who use a cell phone while they operate a motor vehicle are four times more likely to be involved in an automobile collision. Texting while driving is 23 times more dangerous than drinking and driving.
- 2) When you are talking on the cell phone you are as dangerous as a drunk driver.
- 3) Most cell-phone related collisions happen while the driver is reaching to answer a ringing phone. Never look away from the road.
- 4) Drivers tend to stare straight ahead while on the phone—they’re much less likely to check their mirrors.
- 5) The most dangerous type of phone conversation to have while driving is an argument because you are concentrating on emotions rather than driving reactions.
- 6) Even in states without a law prohibiting cell phone use you can still receive a ticket for operating your vehicle in an unsafe manner.

B) Texting: 23 Times the Terror!

Cell phones and other mobile devices have become an integral part of our daily lives. They can save time, effort, and even our lives in some circumstances. But,

while phoning when driving can be dangerous, communicating with text messages ("texting") is often downright deadly!

Meanwhile, the U.S. Department of Transportation (USDOT) recently banned truck and bus drivers from texting with a handheld phone or wireless device while traveling on an Interstate highway, with violators subject to a fine of up to \$2,750. (Yes, you read that correctly!)

This latest rule was likely prompted by a wave of studies highlighting the dangers of the distractions that texting can cause. One, by the Virginia Tech Transportation Institute, found that texting made drivers *23 times more likely to crash* or to get into a near-wreck than undistracted drivers. And the USDOT reports that drivers distracted by a cell phone or texting device were involved in collisions that caused nearly 6,000 deaths and over 500,000 injuries last year.

The dangers of texting should be obvious: Even the most skilled of multitaskers would have trouble concentrating on the road while composing a message, entering data on an undersized keyboard, and reading from a tiny display. Research by the Federal Motor Carrier Safety Administration found that texting drivers take their eyes off of the road for roughly 4.6 out of every 6 seconds they spend sending and receiving text messages. Here is a 30 second "PG" video on YouTube to "drive it home" <http://www.youtube.com/watch?v=aPlnNaHGZY8>

But before we leave you, we want you, if legal, for you to try the following drill in a closed parking lot early Sunday morning with no cars or pedestrians around.

ONE DRILL YOU ARE GUARANTEED TO FAIL: In a deserted parking lot (if legal only please), the parent may considering trying to text on your cell phone and drive straight at 3 mph while your teen makes sure you are not going to hit anyone or any object in the parking lot. How about typing in "If I do this while driving I could kill someone." Now, if legal have your teen tell you to try this while turning left and then right. And also possibly consider trying stopping while texting during this test drill (but never in an actual road driving, no practice situation). Finally, try to do a figure 8 while typing. This drill will show how dangerous it truly is to drive and text.

So, if you're driving...NO TXTING PLZ!!!



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. Savor the moment.

Lesson #12

Emerging from Emergencies

*“The best thing one can do when it's raining is to let it rain.”
Henry Wadsworth Longfellow.”*

This lesson covers the following severe unexpected conditions:

- emergency-brake stop tests
- how to stop a runaway vehicle
- the antilock-braking stop test
- what to do in the case of engine failure
- if headlights fail
- if car ends up on side of the road (the shoulder)

Lesson #12 Emerging From Emergencies

Objective	Coach your teen on how to handle additional emergencies by practice pretend drills and later when these conditions strike with the parent always going first
Location	On the highway
Suggested Time	Anytime
Speed Limits	Please driver under the speed limit by at least 10 mph or more depending upon the condition.
Parent Instruction	The goal here is to calmly explain emergencies and teach them how to handle them like a pro.



IMPORTANT!

Important safety tip: worn tires should be replaced before the rainy season starts. Poor tread will not hold the road in wet conditions.

Equipment Problems

Many states do not require any type of mandatory vehicle safety maintenance check. But responsible drivers, despite the minor cost, will have their vehicles inspected regularly—especially brakes and tires. Safe drivers don't forget tune-ups and tire rotations! Preparing for something, even an emergency, is the surest way to emerge unscathed from an accident. We never tire of car safety. ☺

The following are drills that you and your teen can cover regarding equipment failure and how to navigate them like a pro:

1) Brake stop drills



WARNING!

Only attempt an emergency brake stop test in an empty parking lot with no other cars around and at a speed of 10 mph or less and be very careful, please.

The emergency brake stop test:

Most drivers never touch the emergency brake except when parking. Don't wait for an actual emergency to learn how to stop a vehicle with the emergency brake.

- Find an empty parking lot.
- Have your teen drive at a speed of about 10 mph in the lot and then have them instantly: Activate the *emergency* brake! Next try this drill using the regular brake. Notice the difference?
- Please do the drill several times and discuss the impact of the emergency brake in its ability to slow down the vehicle.

REMEMBER: Always engage the release button/lever and be prepared to pump the brake to prevent the vehicle from skidding.

2) Gas Pedal Stuck

If your gas pedal becomes stuck, the first thing you should do is to depress the gas pedal sharply. If that doesn't release the pedal, your initial reaction might be to turn off the ignition, but that is bad idea. Doing so may cause your steering column to lock. Instead, try to downshift or put the transmission in neutral. This will make the engine turn at high revolutions, which may overheat it—but that's better than the alternative.

Activate your hazard lights and apply the brakes; as the vehicle slows, try to maneuver off of the road to a safe position. Once you've found a safe spot, turn off the engine and wait for help to arrive. If you can make a roadside repair, be sure to test the pedal to verify that everything is working correctly before starting out again.

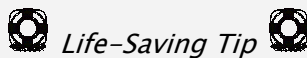
3) Brake Failure

If you experience a sudden and severe loss of braking power, vigorously pump the brake pedal to try to build up pressure in the system. If that fails to produce any results, shift to a lower gear to help slow down the vehicle. Activate your emergency flashers and sound your horn as necessary to warn other drivers of your situation. You might try to use the parking brake—but be careful to apply it gently and in a pumping fashion to avoid skidding out of control.

4) A Deliberate Collision

This is about the only time we would actually encourage you to hit something with your vehicle. As an absolute last resort, you might need to make contact with an outside object to help stop your vehicle before something truly catastrophic happens:

- Rub your tires against a curb.
- Rub up against a guard rail.
- Drive into bushes or shrubbery — (*NOT a tree*) Increasing the distance between first impact and a complete stop diffuses the force of impact and keeps you safe(r).
- Avoid a head-on collision with a solid object at all costs!



Life-Saving Tip

Remember as a last ditch effort you can go up a hill, side swipe many objects (like bumpers on the road or parked cars) rather than head on. Sure your insurance rate will rise but you may end up alive. Never hit an object directly; the impact can kill you.

5) The antilock brake (ABS) stop test drill

Your teen should know what to expect when the vehicle's antilock braking system is activated (and most modern cars have ABS). Don't wait for an actual emergency stop situation. On an empty street or parking lot at a speed of 15 mph, first you and then your teen will slam down hard on the normal ABS brakes. They will notice a "pulsing" in the foot pedal—this is the automatic pumping action. Discuss that this safety device is making sure your brakes are operating at efficient capacity.

6) If the engine fails—drill, pretend practice

If the engine dies, you will notice a loss of power to the brakes and the steering wheel. Role-play the following: Immediately activate emergency flashers, take your foot off the gas pedal, get to the side of the road as quickly as possible and stop the vehicle in a safe and secure place. Should the engine fail here are the steps to take:

- A) Shift to neutral .
- B) Brake.
- C) Use the emergency flashers.
- D) Get off the road to the right.
- E) Turn off the engine when steering power is not needed.

7) If the headlights fail—drill, pretend practice

In a safe, secluded spot when no one is around, turn off your headlights. Then, parent followed teen will do the following:

- A) Try the headlight/dimmer switch.
- B) Activate the emergency flashers.
- C) Pull off the road.
- D) Call for assistance.

8) If the car ends up on the side of the road drill (shoulder recovery)

Driver fatigue and/or a distraction might cause the car's wheels to drift onto the shoulder—the far right-hand side of a highway often which is often laced with soft dirt that is very dangerous. Parent and then teen will find a soft dirt spot (not wet) off the side of the road and drive on it briefly staying close to the lane (where legal).

Practice this recovery maneuver on a two-lane country road with a right shoulder free of obstructions and with no traffic. If the tires drift off the road onto the shoulder, remember, don't go too far off the road or you'll end up stuck. Also, some cars/suv/trucks can activate 4-wheel or all-wheel drive here for better traction or even engage the lower gears.

Here are the steps to using your “head” on a soft “shoulder.” ☺

- A) Ease off the gas.
- B) Allow speed to decrease to 10 mph.
- C) Straddle the pavement.
- D) Activate left turn signal.
- E) Confirm road is clear of following and oncoming traffic.
- F) Turn the steering wheel approximately 1/8 turn back towards the road.
- G) As the front right tire catches the pavement edge, turn steering wheel 1/4 turn to the right.
- H) Establish position in traffic lane.
- I) Cancel the turn signal and accelerate to a safe speed.

Here is a one minute video showing what may happen if you pull over on a soft shoulder...even worse at high speeds your car could flip

<http://www.youtube.com/watch?v=YfAoX7gLGRg>

9) Three Great Driving Tips/Lessons (oral discussions)

A) Collision drive-by drill

In the course of your lessons you might encounter a crash scene. If it is feasible, stop near the scene in a safe, secure place where you can observe without getting in the way. When a minor collision unfolds, you can take the opportunity to just sit back and watch with your teen. You can discuss what the law requires of drivers

when they become involved in a vehicle collision. If there are any injuries and you are willing (in some states it's the law to help), you can render assistance. Keep the following points in mind:

- 1) Be sure to drive past the crash scene before you pull over unless your assistance is needed. Don't block the view of the collision to oncoming traffic.
- 2) Avoid hazards as you approach the vehicles.
- 3) Turn off the ignitions of the vehicles but **DO NOT MOVE ANY VICTIMS** to reach the key.
- 4) Call 911 or the police or fire station for help.



Life-Saving Tip

Psychologists for years have theorized that many people won't call for help because they assume some else has or will. It's better to be safe than sorry.

B) Avoid the basic violations



Question

Why do the police issue tickets to drivers when they break traffic laws?

Answer

A typical answer might be: "Because they want our money!" But there is a more important reason. And this is it: Tickets are issued to save lives. How does that work? The police and our society want us to obey traffic laws because most collisions are the direct or indirect result of three basic violations of the vehicle code:

- 1) Unsafe speed—driving too fast or too slow results in a large percentage of collisions.
- 2) Unsafe following distance—you can avoid a freeway pileup by never tailgating to increase your reaction time and to provide you with an emergency exit should you need it.
- 3) Failure to yield/move over—whenever a collision occurs during a turn or a lane change, it is because somebody failed to yield right-of-way.

In other words, if every licensed driver obeyed every traffic law all the time the majority of automobile collisions would never happen. A crash could be the result of an "act of God"... or natural disaster... or a product-recall mechanical failure... but really, how often does a tornado suck a minivan off the Interstate? No driver wants to be involved in a collision. And that includes your teen.

C) And if you are pulled over for a traffic violation... role play this drill

What should your teen do if they are pulled over by a police officer?

Drill now pretending the adult or teen is an officer. You may want to take out two cars and pretend one of you is pulling each other over.

This makes for a fun role play... you can be the police officer and pull over your teen for speeding! To the driver:

- 1) Try not to be upset.
- 2) Signal and pull over into a safe spot. If you are on the freeway it might be a good idea to exit before you stop but make sure the police officer knows you are not attempting to evade. Don't wait too long to pull over or you could risk arrest although first and foremost make sure it's always safe.
- 3) After you stop the vehicle, turn off the engine, take the keys out of the ignition, place them on the left side of the dash and place both hands on the wheel. **DO NOT EXIT THE VEHICLE UNLESS INSTRUCTED TO DO SO.**
- 4) Always tell the officer what you are doing before doing so. For example, if you move suddenly towards the glove compartment, the police officer may just think you are reaching for a gun and act draw his/her weapon... Always calmly tell the police officer what you are doing first.
- 5) Always follow the police be polite and hope for the best.



ICE CREAM DRILL

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Lesson #13

Three Miscellaneous Items All Teens Should Know

An entertaining movie you may want to see (but don't get any ideas here) is *The Fast and Furious*: "I live my life a quarter mile at a time. For those ten seconds or least I'm free nothing else matters." — Vin Diesel

The following three items will most likely be of interest to you and your family. First is how to drive a manual transmission if you have a "stick shift car." Second, we have a fun game titled, "Spot the Violations" to keep your teens and other kids entertained on trips. Finally, we created our top ten list of the best websites for teen driving that offer an incredible amount of outstanding and easily accessible information.

Lesson #13. Three Miscellaneous Items All Teens Should Know

Objective	Together, cover briefly how to drive a manual or stick car should your teen ever need to do so. Then, play a fun game called “spot the violators, and finally do some homework checking out our top 10 sites.
Location	At home or if you have a manual transmission car on a lightly travelled road.
Suggested Time	Anytime
Speed Limits	Zero.. unless you have a manual transmission car and then drive slowly.
Parent Instruction	The goal here is to discuss the concept of the increasingly rare stick car and how to use it in case of emergency. And we have a learning game that can be played over your driving lessons.

1) The Schtick—Learning to Drive a Manual Transmission

Even you don’t have a “schtick” shift, it is important that you cover with your teen how to drive a manual transmission car in emergencies. (For instance, an emergency could be driving a friend to the hospital whose car is a stick shift or getting the last rental car left).

And if you have a stick we suggest you work with teen to teach them how to drive it, even if they won’t be using it. And here’s your caveat on how to motivate them since driving a stick is not easy: Ask them what their favorite car in the world is and most kids will say a Lamborghini, Ferrari, or Maserati. Tell them these are all equipped with manual transmissions (or sticks).

Now, of course if you have a really smart kid, he will probably say a Bugatti which will run mom and dad a hefty \$1,705,769 (actual MSRP dollars) or a Rolls Royce. If you have one of those really smart kids, then reply, “Well let’s assume one of your friends offers to let you try out his or her Ferrari, what would you do if you didn’t know how to drive it? So get ready to learn.” Here is a few minute video of how to drive a stick with some ‘schtick’ followed by our more detailed explanation: http://www.youtube.com/watch?v=_gmGoQ1dI2E

The first thing to notice before learning to drive a stick shift car is that there are three pedals instead of two. These three pedals are from left to right:

- the “clutch”
- the frequently needed “brake”
- what moves you ahead once you engage the clutch—the “gas pedal”

The other big difference with a manual transmission vehicle (stick shift) is the gear shift (or gear lever). Most cars nowadays are automatic and they automatically shift for you making your life a breeze, but with a stick-shift car, only the driver can manually shift the car to move ahead to higher speeds.

Remember that lower gears (1-2) are for starting out and higher gear (3-5) are when you are driving at higher speeds. You must engage the clutch with your feet first and then rapidly shift each gear to increase your speed since each gear has a limited

range. Next, you repeat this procedure as you go faster. And you are probably wondering why in the world would anyone drive a stick especially up high hills?

There is really no need to drive a stick anymore except for the famous “macho man” type who wants to gain a second on his or her 0-60 mph times and be a race car driver. Stick shift cars are more dangerous; however they do get better mileage (if driven properly). The dangers (excessive speed, backing up, wear and tear costs of replacing worn clutches, etc.) in our opinion more than outweigh any positives.

One important thing to learn before starting to learn how to drive a stick shift is the use of the parking brake (and the brakes). Either leave your car in gear when not in use or you must always engage the parking brake or your car will roll backwards, especially if you are parked on a hill. Remember don't ever forget to brake when needed to stop the car from going backwards.

Before starting a car with a stick, look at the diagram on the top of the gear shift for the number of gears and how it works. And before starting the car, be sure to first press down/engage the clutch. Okay, here's the drill:

- 1) While you are pressing down on the clutch, shift the car in first gear. With your foot still press down on the clutch, apply the foot brake and release the parking brake.
- 2) When you are ready to start moving the car forward, release your foot off the brakes. Now, gently release your foot off the clutch. When you sense the car is starting to move forward, you can then apply a little gas to accelerate. This process is the most important in learning to drive a stick. You must be able to feel the point where the vehicle needs for you to give it a little gas.
- 3) Once the vehicle starts moving forward, at approximately 3000 rpm on your instrument panel (avoid the red warning light area that can damage your engine), you press the clutch again and switch to second gear. In each gear (1-5 or 1-4), you will have to release the clutch gently while pressing down on the gas.
- 4) Shift the vehicle every 3000 rpm or every 15 mph hour. After a few times, you will have a natural sense of when to shift gears. The key is to make sure that you are not pressing the gas pedal and clutch at the same time. This may cause damage to your clutch.

The same process you use when shifting upwards is used to switch downward. Thus, when you are slowing down, you will need to depress the clutch and shift into a lower gear. Always shift to second gear to stop and make turns. Do not use first gear for either of these processes because it will cause your manual transmission vehicle to jerk.

To drive your vehicle in reverse, you will have to follow the same directions, only there is only one reverse gear. Remember that the main component of learning to

drive a stick shift is the take-off (or in the case of a Bugatti that hits 0-60 mph in 1.67 seconds with a top speed of 270 mph... blast off).

2) Spot the Violation Game

A great teaching game for long trips

Here is a fun way to keep your teen motivated and provide them with a great teaching tool as well. In the course of your driving lessons, encourage your teen (and all of your children) to identify other drivers when they commit moving violations. There is no shortage of violations on the street: slick speeders, terrible tailgaters, crazy line crossers, ugly U-turners, roaring road-ragers, and radical running-the-red-lighters—you name it.

You can keep a running tally and award points toward driving privileges, money for gas—whatever works for you and your wallet. And let the winner choose the restaurant. We have included a “Spot the Violation!” scorecard for your convenience. Here is the game... just grab a pen, look around, and have a blast.



WARNING!

Don't start playing Spot the Violation until your teen has had at least 20 hours behind the wheel—city streets and freeways. If you play the game too early it will only be a distraction and can cause a crash.

3) Our Top Ten “Out of Site” Car Safety Websites

Even if you review just one site a week from this excellent list below (these sites cover several important topics), you and your teen will gain substantial knowledge and insight into traffic safety. This list is provided as a means for further study into teenage driver education and issues dealing with teen drivers. Here are our top ten teen driver’s sites...in the world:

Address	Description
www.safercar.gov	Phenomenal Government Crash test site on most cars!!
www.madd.org	Mothers Against Drunk Driving
www.keepkidsalive.com	National Keep Kids Safe
www.iihs.org	Insurance Institute for Highway Safety—car crash safety
www.nationalroadsafety.org	The National Road Safety Foundation, Inc.
www.cdc.gov/motorvehiclesafety/Teen_Drivers/index.html	Centers for Disease Control and Prevention
www.libertymutualteendriving.com	Liberty Mutual Insurance (tips)
www.niaaa.nih.gov	National Institute on Alcohol Abuse and Alcoholism
www.nida.nih.gov	National Institute on Drug Abuse
http://ncadi.samhsa.gov	US Department of Health and Human Services (drinking driving and drugs—Three D’s just like you don’t want to get in school)

And we had to add two more phenomenal sites including one that we helped create so we think/hope pray that it will be good right? The first one shows the relative safety of cars based on how they do on actual crashes and the second is candy to our ears: ☺

http://www.iihs.org/research/hldi/composite_intro.html	Natl. High Traffic Safety Admin.
http://www.trafficsafety4u.com	A driving site with discounts on driving retailers, driving and traffic schools, and info on electronic stations, cheap gas, traffic alerts, discount car buying-Car fax, tweets on safety etc. And since we helped to develop the site, we think it’s pretty useful if we say so

ourselves. 😊

CONCLUSION

On behalf of Traffic Safety Consultants, Inc, we have truly enjoyed working with you and your teen. Our journey began with understanding of the nuts and bolts of your car through the basics of intersecting at intersections to conquering freeways. We took some twists and turns and always drove like a star at nighttime even though sometimes we didn't "see" the answers that may lie ahead.

This addendum and our published book titled "*Teach Your Teen To Drive...and Stay Alive*" available at www.TeenDrivingOnline.com or Amazon, are just the beginning and we encourage you to always continue to learn more about "car and driver," particular car safety. As a Safe Driving Samaritan and esteemed graduate of our course, we ask one simple favor-to pass along our favorite site to anyone considering buying a car because quite honestly 36,000 people (too many) die annually in car accidents every year and we feel this sobering statistic could be reduced dramatically if drivers were driving 5-star automobiles with stability traction control (or if they read our course of course). Please pass along www.safercar.gov to anyone considering buying a car or to any new teen driver.

And if you enjoyed our course, the greatest compliment of all that we can ever receive if you recommend our book to a friend. Thank you for taking this journey with us and for sharing our passion for safety behind the wheel. We hope you enjoyed a few of the fun jokes along the way. Please be careful, cautious, courteous and compassionate in your driving decisions and always be defensive... without being defensive. Driving takes a lot of hard work but the rewards of actively anticipating situations before they occur could one day save your life or the life of someone else. We hope we have made a difference.

Sincerely,

Bruce and Brett Elkins

CERTIFICATE

Valuable Coupon:

Save \$3-\$10 at www.TrafficSafety4u.com with any of our participating merchants who offer driving schools, traffic schools, driving training or driver's ed. This is our way of saying thank you to our customers and a freeway for any of our affiliates who would like to market to help students with a discount. Please go to the site for coupons or simply email us to: jennifer@trafficeducation.net with the actual type of course you want (be sure to state the state you need, too) and we'll email you a coupon code(s) to any participating merchant site (and most do participate). We have many participating merchants in several states. Tell them that Brett and Bruce sent you!