

# PASSPORT TO SAFE DRIVING

## HELPFUL DRIVING TIPS FOR TEENS + ADULTS

#DRIVINGSKILLS101

PSA VIDEOS

DEVELOPED BY STUDENTS

★ & ★  
ADULT  
TALKING  
POINTS



INCLUDES

TEEN  
TIPS

The National Road Safety Foundation



NRSF

# **WELCOME TO THE PASSPORT TO SAFE DRIVING!**

**Dear Drivers & Caring Adults,**

**Thousands of teens die in vehicle crashes each year. Adults SHOULD be role models who can help reduce these preventable deaths from happening. This Passport to Safe Driving will give teens and adults valuable information and tips to achieve this goal. Each page is filled with tips and QR codes that will open even more useful information to ensure a safe arrival. As new and experienced drivers, we must obtain the proper driving skills to operate a vehicle.**

**Take the time to go through this useful tool, and remember...safer roads start with safer, skilled drivers.**

**Thank you,  
Your Friends at  
The National Road Safety Foundation**



**Scan this QR code to view the  
Passport's digital landing page!**

# KNOW BEFORE YOU GO

Each page of this Passport contains information on a different driving skill. Teens and parents should use these pages/skills to guide their driving sessions. We recommend focusing on one or two skills per driving session. Included skills:

- Speed Limits
- Cannabis Impairment
- Respect the Roundabout
- Manage the Merge
- Pass on Passengers
- Weather the Weather
- Tailgating
- Driving at Night
- Left Turns
- Blind Spots
- GDL
- Driving Schools
- Passenger Empowerment

Teens should read the Teen Tips before getting behind the wheel so they have context for the skill they are learning. Adults can use the Talking Points as a guide for corrections and conversation.

The QR code on each page leads to the digital passport and provides more information on the skill, including a helpful video!

Once a skill has been completed and understood, teens and parents should sign the Passport Stamp on the bottom of the skill's page to mark completion! You could also use a stamp or stickers if you prefer.

In the back of this Passport, you will find helpful tools like a notes section and advice on advocating for improved traffic safety in your community!

# SPEED LIMITS

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

## TEEN TIPS

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

## ADULT TALKING POINTS

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



Scan the QR code to watch a PSA on this topic, then complete this step by signing the Passport Stamp together!



# CANNABIS IMPAIRMENT

While laboratory studies of people with THC in their bloodstream do not support significant impairment on single tasks, such as memory, addition, or subtraction, there may be a more significant impact on multitasking and handling unexpected events (which are critical components of safe driving).

## TEEN TIPS

- **Cannabis use impairs cognitive abilities necessary for safe driving, including reaction time, road lane-tracking ability, and attention maintenance.**
- **Cannabis can impair coordination, distort perception, and lead to memory loss and difficulty with problem-solving.**
- **In 2017, 49% of drivers ages 14-18 who currently use cannabis engaged in driving after using.**

## ADULT TALKING POINTS

- **Too many teens and their parents don't know the facts about cannabis and driving.**
- **In a 2017 SADD/Liberty Mutual Survey, 33% of teens and 27% of their parents surveyed thought it was legal to drive under the influence of marijuana in states where marijuana is legal to use.**
- **Neurodevelopment continues until at least the early or mid-20s, and cannabis use impacts how connections are formed within the brain.**
- **Discuss these long-term effects with your teen.**



Scan the QR code to watch a PSA on this topic, then complete this step by signing the Passport Stamp together!



# RESPECT THE ROUNDABOUT

A roundabout, also known as a traffic circle, is a circular intersection with design features that promote a safe and efficient flow of traffic.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# MANAGE THE MERGE

Managing the merge can be a tricky task, but following the tips below can help you teach your young driver to do so safely!

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# PASS ON PASSENGERS

In a study analyzed by NHTSA, teen drivers were two-and-a-half times more likely to engage in one or more potentially risky behaviors when driving with one teenage peer, compared to when driving alone.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# ADVERSE WEATHER

It's important to know how to handle each type of weather when you are behind the wheel.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# TAILGATING

When a driver tailgates, or follows another vehicle too closely, it prevents them from avoiding a crash when the vehicle in front of them brakes suddenly.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# DRIVING AT NIGHT

According to the National Safety Council, driving at night is more dangerous than any other time of day. In fact, the risk of a fatal crash is three times greater at night.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# LEFT TURNS

Left turns require advanced signaling and extra caution. As you learn how to drive make sure you learn how to make a lefthand turn using your vehicle's turn signals so that you are prepared and confident behind the wheel.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# BLIND SPOTS

As a driver, it is very important to know where your blind spots are on your vehicle.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# GDL

Graduated Driver Licensing (GDL) systems allow teen drivers to safely gain driving experience, during lower-risk times and situations, before obtaining full driving privileges. Every state's law is unique, and it is important to know the ins and outs of your law.

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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# DRIVING SCHOOLS

Choosing the right driving school can be difficult!

## TEEN TIPS

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

## ADULT TALKING POINTS

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



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SIGN HERE!

PASSPORT STAMP

# EMPOWERED PASSENGERS

Drunk, drugged, and distracted driving are on the rise in the U.S. Just telling people to drive safely isn't enough. We need to do more. We can do more! You need to play an active role in your safety in the car as a passenger. Ask questions before you get in the car with someone and always speak up when you feel unsafe!

## CONVERSATION STARTERS FOR TEENS + ADULTS

Here are some questions to ask the driver before getting in the car:

- Do you have a valid license?
- How much experience do you have driving, and how long have you been driving?
- Do you wear your seat belt?
- Will there be any other passengers in the car with us?
- Do you like to speed?
- Are you tired? Did you get enough sleep last night?
- Do you use your phone when you drive?
- Have you been drinking?
- Do you have permission to be driving this vehicle?
- Can I share your contact information with my parents?

Other questions to consider:

- Do you know the driver?
- Is the driver following GDL laws, specifically regarding passenger limitations?
- As a passenger, what is your plan to get out of an unsafe situation?



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# AWARENESS

Promote traffic safety in your community by fundraising for local groups like your SADD chapter, engaging with media, partnering with law enforcement, or advocating for change!

## FUNDRAISE

**Fundraise for a local group (like your SADD chapter) that promotes traffic safety! Here are some ideas:**

- **T-Shirt Sale**
- **Dine to Donate**
- **Grocery Bagging**
- **Bake Sale**
- **Car Wash**
- **Penny Drive**

## MEDIA

**Engage with media to spread awareness about important traffic safety messaging. Do this through:**

- **Facebook Live**
- **Press Release**
- **Twitter Chats**
- **Radio**
- **Instagram Stories**
- **Op-Ed**

## LAW ENFORCEMENT

**Partner with Law Enforcement to keep traffic safety at the forefront of public service. Check out this helpful info:**

- **An SRO is a law enforcement officer whom a police department or agency deploys to collaborate with one or more schools.**
- **You can work with your SRO by holding a school assembly or planning a National Night Out event to unite law enforcement and the community.**

## ADVOCACY

**To be an advocate, you should be prepared, confident, and willing to communicate your asks to decision-makers.**

- **Hold an event for parents and students to discuss issues that teens face today.**
- **Write a letter to your mayor asking for an official proclamation recognizing your efforts.**

# COMMUNICATIONS CALENDAR

Get plugged into these national observances and events!

## January

- National Passenger Safety Week
- NRSF #DrivingSkills101 PSA Challenge Deadline

## February

- National Teen Dating Violence Awareness Month

## March

- National Sleep Awareness Week
- National Inhalants & Poison Awareness Week
- National Kick Butts Day
- National Drug & Alcohol Facts Week
- National Youth Violence Prevention Week

## April

- Alcohol Awareness Month
- Distracted Driving Awareness Month

## May

- Global Youth Traffic Safety Month
- Mental Health Awareness Month
- National Click-it or Ticket Mobilization
- National Prevention Week
- Memorial Day : Start of 100 Deadliest Days for Teens

## June

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

## July

- SADD National Conference

## August

- Back to School: Chapter Registration

## September

- National Suicide Prevention Month

## October

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

## November

- Drowsy Driving Prevention Week

## December

- National Drunk & Drugged Driving Prevention Month













# THE PASSPORT TO SAFE DRIVING WAS CREATED BY NRSF + SADD.



## SPECIAL THANKS TO OUR CONTRIBUTORS

