

# I Know Everything

Does your **teen** have the **#IKnowEverything** mentality? Share the stats. **Have the conversation.**

## PARENTS

Finding the best way to begin a conversation about alcohol with teens isn't always easy. As adults, you are one of the most influential driving instructors for your teens.

## TEENS

Welcome to the big leagues! You are **driving** now, and although you might think you know everything, let's review the DOs and DON'Ts of getting behind the wheel.

## DO

- Pay attention to the road 100% of the time.
- Know and obey the speed limit.
- Wear a seat belt, whether you are a driver or a passenger.
- Make sure others know your plans and whom you'll be driving or riding along with.
- Have a plan in the event of a risky driving situation, such as a crash, bad weather or other unexpected occurrence.
- Know the consequences of what will happen if you break the law.

## DON'T

- Text, eat, change music, or read while driving.
- Drink alcohol and drive.
- Get distracted by friends or other passengers.
- Drive when you're tired.
- Use drugs and drive.

**Motor vehicle crashes** are the leading cause of death for teens in the U.S.



Among **high school students** who drove in the past month, **8%** report they have **driven a motor vehicle** one or more times when they had been drinking.



More than **one in four** teens (27%) admit they **text while driving** and **68%** report **using an app** while driving.

Among **high school students** who drove in the past month, about **42%** report **texting or e-mailing while driving** a motor vehicle on at least one occasion during the past 30-days.



**One in five** high school students (20%) say they **rode in a car with a driver who had been drinking** alcohol in the past 30 days.



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