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.