IKnowEverything

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.













