



Teen Driver Safety Tips for Parents

No matter if you are helping your newly permitted driver learn to navigate the roads or your teen just earned their driver's license, don't miss these six tips to help prepare the new driver in your house.

Lead by example.

Model the behavior you want to see, including limiting distractions, putting your phone away, monitoring your own speed and never driving drunk or impaired.

Set clear rules and expectations.

The rules in each state vary and many have changed since you became a licensed driver. Be sure to read up on things like passenger limitations and restrictions like night time driving. The teens will try to skirt these rules....be consistent with enforcing them at home!

Discuss the dangers of impaired driving.

Always role model responsible decisions if you choose to drink. Allow your teens to hear you discussing your plans for safe choices later in the evening. For example, if you are heading to a dinner party or social event, discuss making plans to take a ride share and not drive, in front of your teen. Let them hear you actively choosing safety first and planning ahead. Actions speak as loud as words. And make sure your teen knows, when it comes to them, you care most about their safety.

Talk in terms of safety, not threats.

Research shows teens respond to prevention messages from a safety perspective. Consider sharing the science behind their growing brain versus a lecture based on "because I said so." Always base your conversations on facts and safety and not scare tactics and remind them that it is illegal to drink alcohol underage.

Practice with your teen.

Spend time driving with your teen in different conditions, including changes in weather, or daytime and nighttime driving. Quality AND quantity of time behind the wheel is important. Nothing will prepare them better than practice.

Role play scenarios in advance.

Talk with your teen about the different scenarios they could encounter when out socially and what decisions they will make. Guide the discussion around safety, encouraging them to call you for a ride, without judgement, or to blame you as an excuse to leave any situation. Finally, make sure they have a ride share app on their phone, just in case.



For more information on how to talk to your teenager about the dangers of underage drinking, visit

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