



BECOME A ROAD-READY TEEN DRIVER

Getting a driver's license is a rite of passage for teens. It's an accomplishment that takes months or even years to achieve. Preparing for and earning your license is an exciting time. But it's important to remember the responsibility that comes along with the right to drive.

Did you know that motor vehicle crashes are the number one cause of death among teens in the United States?

To help keep teens like you safe on the road, The UPS Foundation teamed up with Boys & Girls Clubs of America to create UPS Road Code, a national program educating teens on safe driving techniques. Below you will find important information from the UPS Road Code program on how to decrease your risk of accident or injury so you can feel more confident as you hit the open road!



EIGHT DANGER ZONES LEADING RISKS FOR TEEN DRIVERS

1

DRIVER INEXPERIENCE

Crash risk is higher during the first year a teen has his/her license.

Decrease Your Risk:

- Practice driving with a parent or licensed adult for six months. Try to get 30-50 hours of practice driving.
- Practice driving on a variety of roads, at different times the day, and in different weather and traffic conditions.

2

DRIVING WITH TEEN PASSENGERS

Crash risk goes up when you drive with other teens in the car. Having one teen passenger in the car doubles the risk of being in a crash, and crash risk continues to go up as the number of passengers increases.

Decrease Your Risk:

- During your first six months as a driver, limit the number of teen passengers to zero or one.
- If you are riding with a teen driver:
 - » Always wear your seatbelt
 - » Reduce distractions
 - » Help the driver if asked
 - » Say something if you feel unsafe

3

NIGHTTIME DRIVING

For all ages, fatal crashes are more likely to occur at night. But the risk is HIGHEST for teens.

Decrease Your Risk:

- During the first six months of driving, be off the road by 9 or 10 p.m.

4

NOT WEARING A SEATBELT

Young drivers are less likely to wear their seat belt all of the time compared to other drivers. About 60 percent of 13-20 year olds who died in a motor vehicle crash were not wearing a seat belt at the time of the crash. Without a seat belt, drivers and passengers can be ejected or thrown from the vehicle; the majority of people ejected in a crash die.

Decrease Your Risk:

- The easiest way to prevent injury or death in a crash is to buckle up.
- Wear your seat belt on every trip, even if it's a short distance. Using seat belts reduces serious injuries and deaths in crashes by almost 50 percent.
- Always wear your seat belt, no matter where you are sitting in the car.
- Require all passengers to wear a seat belt every time you drive.
- Wearing seat belts is a law; a person is penalized if found not following the law.

5

DISTRACTED DRIVING

In 2011, 55 percent of high school students ages 16 and older reported they do not text/email while driving. Teens who do text/email while they drive are also more likely to not wear their seat belt and more likely to ride with a driver who has been drinking alcohol.

Decrease Your Risk:

- Put your phone in a place you cannot reach it while driving.
- Pull over to a safe place if you must use your phone.
- Download a free app that silences incoming text messages and sends an auto-reply (for example, AT&T's DriveMode app).

7

RECKLESS DRIVING

Teens lack the driving experience needed to understand risky driving behaviors such as speeding and tailgating.

Decrease Your Risk:

- Always follow the speed limit and adjust speed to road and weather conditions.
- Always maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

6

DROWSY DRIVING

Young drivers are at the **HIGHEST** risk for drowsy driving, which causes thousands of crashes every year.

Decrease Your Risk:

- During the first six months of driving, be off the road by 9 or 10 p.m.
- Be fully rested before getting behind the wheel.

8

IMPAIRED DRIVING

Even one drink will impair a teen's driving ability and increase the risk of a crash. At all levels of blood alcohol concentration, the risk of being involved in a crash is greater for young people than for older people. Young drivers (ages 16-20) who drink and drive are **17 times** more likely to die in a crash than when they have not been drinking.

Decrease Your Risk:

- Choose to never drink and drive.
- Refuse to ride in a car with anyone who has been drinking.

Information on the Eight Danger Zones is provided courtesy of the Centers for Disease Control and Prevention (www.cdc.gov/ParentsAreTheKey/danger).

FIVE VIEWING HABITS

1 LOOK UP AHEAD

It's important to look up ahead at all times when driving. Have you ever played darts? You focus on the bullseye ahead before throwing the dart. What would happen if you were looking up at the ceiling while throwing the dart? The dart would most likely veer off in another direction than the bullseye. The same is true of a car. If you are driving and not looking up ahead, your car will most likely veer off in another direction. Not good!

Another reason to look up ahead is so you can find a safe path in case something ahead of you goes wrong.

2 SEE AS MUCH AS YOU CAN

Being able to see as much as you can while driving is very important. Imagine you're driving and come up behind a large commercial truck. If you are right behind it, there isn't much you can see other than the back of that truck. The best way to see as much as you can is to stay back from the vehicles in front of you.

3 SEE AS MUCH AS YOU CAN

Viewing Habit #1 told you to "Look Up Ahead." But that doesn't mean you only look up straight ahead. If you only stare straight ahead, you may miss hazards that enter your driving path from the right and the left. Move your eyes every two seconds in what's called the Triangle Viewing Method. Look ahead to the left; then look ahead to the right; then look straight ahead. By using the Triangle Viewing Method, you'll be able to see potential hazards such as an animal that wanders into the street.

4 KEEP AWAY FROM OTHER VEHICLES

The example in Viewing Habit #2 about not being right behind a large truck is one reason to keep away from other vehicles. You also do not want to be in the middle of two vehicles on both sides of you in case you need to change lanes to avoid an accident. Give yourself a place to go in case something goes bad. Expect the unexpected.

5 KEEP AWAY FROM OTHER VEHICLES

There are two main ways for you to be seen while driving:

- Establish eye contact – Making safe eye contact with the driver of another car or a pedestrian lets him or her know you see them and lets you know he or she sees you.
- Use horn, lights and signals – These features are part of a car for more than cool/funny sounds and to be flashy. They let others on the road know you are there, where you are heading (such as changing lanes) and if they are about to cause an accident.

10-POINT COMMENTARY

01

Look left, right, left before entering an intersection.

Whenever you're starting up at an intersection, you always want to look left, right and then left again. Once you are through the intersection, check your rear- and side-view mirrors. It is important to scan the intersection well in advance.

02

Keep space in front of your car when stopped in traffic.

You should be able to see the rear tires of the vehicle in front of you touching the pavement. This will allow enough space to pull your car around the vehicle ahead if it should stall and give you space in between should it make a turn. Additionally, it will provide you time and space if another driver makes a mistake. Remember: You may not always be able to control the space on the sides or to the rear, but you always control the space in front of your vehicle.

03

Delay your start-up by three seconds after the vehicle in front of you has started to move.

Follow this step when stopped at an intersection behind another vehicle. You already left adequate space between your car and the one in front of you. When the vehicle ahead of you starts to move, count – one thousand-one, one thousand-two, one thousand-three – then begin to move. By allowing three seconds, you automatically establish enough space in case the vehicle ahead of you has to make a sudden stop.

04

Maintain a good following distance.

This allows you to control the space in front of your vehicle. A good following distance also allows you to make smooth adjustments as you drive and to view the changing traffic.

05

Look further down the road – look for changes in your travel path.

This is the best way to keep your eyes ahead of your wheels and provides yourself with the time needed to adjust to ever-changing road conditions around you.

06

Scan parked cars – look for signs of movement.

Look and see whether or not cars at the curb are occupied. This is the only time they are a threat. If they are occupied, the driver is probably about to exit from the car or pull out from the curb. Some things to look for are lights, reverse lights, tires turned, movement inside the vehicle, door partially open, dome light on, kids playing around the vehicle, exhaust from the tailpipe, hood up and trunk open.

07

Identify stale green lights.

A "stale green light" is a light you did not see turn green. It is already green when you come upon it. Stale green lights can be dangerous because you don't know when the light will turn yellow then red, requiring you to stop. Since you do not know how long the light has been green and when it will turn yellow then red, you must be mentally prepared to stop.

08

Look for eye contact.

Only when you have eye contact can you expect the other person to act reasonably. You can establish eye contact by using your horn. Usually, a friendly tap on the horn is all that is needed to get someone's attention. Sometimes a longer blast of the horn may be needed. Remember: If you don't see their eyes looking back at your eyes, you cannot expect them to react reasonably. Something serious could happen because they did not see you.

09

Look over your shoulders when changing lanes.

Your car mirrors have blind spots, which are areas of the road or other vehicles that cannot be seen while through the mirrors. By looking over your shoulders when changing lanes, you will prevent a sideswipe accident from occurring.

10

Check mirrors every 5-8 seconds.

Not all hazards that may cause an accident are always in front of you. In some cases, hazards can be on the side of you or behind you. By scanning your mirrors every 5-8 seconds, you will constantly be reminded of the changing conditions on the side and back of your vehicle while you travel.

Interested in the full UPS Road Code program?

Find out if this free safe driving program for ages 13-18, which includes practice on driving simulators, is available at a local Boys & Girls Club in your area at www.bgca.org/findroadcode or contact upsroadcode@bgca.org.

YOU CAN DRIVE CHANGE

HOW TO TALK TO YOUR FRIENDS ABOUT SAFE DRIVING

Did you know that crash risk goes up when you drive with other teens in the car? Having one teen passenger in the car doubles the risk of being in a crash, and crash risk continues to go up as the number of passengers increases. Whether you're driving or riding along with a friend, it's important to speak up about safety.

Let's face it. It's important to share safe driving tips with your friends both in and out of the car. Here are a few tips:

PRACTICE WHAT YOU PREACH

When driving a friend, make sure you practice safe driving habits. The best way to help your friends become safe drivers is to lead by example! Adjust your mirrors, stay alert, keep safe distances from other cars and avoid distractions.

EXPECT RESPECT

Set "house rules" for your car and make it clear that you expect your friends to behave a certain way as your passenger. For example, make sure your friends always wear their seat belts and don't cause distractions while on the road.

ASK FOR HELP

Before you turn on the car, let your friends know that you may need help while driving. Your friends should be prepared to help navigate, turn down the music volume or adjust the air conditioning.

BE SPEEDY TO SPEAK UP

If your friend is speeding or driving recklessly, be quick to speak up. You can't count on anyone else to chime in, and your friend may not be as knowledgeable about the risks of the road.

PLAN AHEAD

Before heading out on the road with friends, make sure you know where you're going and how long the drive will take. Plan ahead to make sure you're off the road by 9 or 10 p.m. to avoid dangerous nighttime driving.

SHARE SAFE DRIVING APPS

Help your friends avoid the temptation to text and drive. Encourage them to take advantage of the many free apps available that silence incoming text messages and send an auto-reply, like AT&T's DriveMode app.

SPREAD RESOURCES

Pass along information that you think may be helpful to your friends in learning safe driving habits. Encourage them to take the Road Code Report Card Challenge at www.roadcodereportcard.com. And if the UPS Road Code program is available at a local Boys & Girls Club in their area, urge them to sign up. (Locations are available at www.bgca.org/findroadcode or contact upsroadcode@bgca.org.)



THE ROAD TO SAFETY CONTINUES

CONGRATULATIONS - YOU'VE EARNED YOUR DRIVER'S PERMIT OR DRIVER'S LICENSE! NOW LET'S MAKE SURE YOU'RE REALLY READY FOR YOUR ROAD RESPONSIBILITIES.

Know Your Local Distracted Driving Laws

Almost every state has distracted driving laws, such as requiring a hands-free device for talking or prohibiting texting while driving (44 states as of 2014). Make sure you get to know your own state's regulations to avoid penalization and stay safe. Find your state's laws from the Governors Highway Safety Administration at www.ghsa.org.

Be a Seatbelt Myth Buster

Did you know that most fatal crashes happen within 25 miles from home and at speeds of less than 40 mph? Buckling up is important no matter how short the distance or how low the speed limit. There are lots of seat belt myths out there, so make sure you speak up and let everyone know that seat belts reduce serious injuries and deaths in crashes by almost 50%.

Be a Seatbelt Myth Buster

Take away the temptation to text and drive. There are free apps available that silence incoming text messages and send an auto-reply, like AT&T's DriveMode app. Wait until you're safely stopped before checking your phone or chatting with friends and family.

Restrain Road Rage

Road rage is dangerous and it's against the law. Remember to always be a courteous and patient driver, and keep in mind that all drivers make mistakes – even you!

Strive for Five

Remember the five viewing habits to keep a safe distance from other drivers and stay alert:

- 1) Look Up Ahead.
- 2) See as Much as You Can.
- 3) Look Around – Don't Stare.
- 4) Keep Away from Other Vehicles.
- 5) See and Be Seen.

Never Stop Learning

There are tons of safe driving resources out there, so make sure you check them out! Just because you have your license doesn't mean your driver's education is complete. Here are a few links to explore:

- Road Rage Report Card
- CDC Eight Danger Zones
- National Highway Traffic Safety Administration
- National Teen Safety Week

Involve the "Rents"

The first safe drivers you knew were most likely your parents. They had precious cargo in the vehicle – YOU! Share what you've learned about safe driving with your parents/guardians. The CDC even has resources for them at www.cdc.gov/parentsarethekey.



BOYS & GIRLS CLUBS OF AMERICA AND UPS

A GREAT PARTNERSHIP THROUGH UPS ROAD CODE

The UPS Foundation has partnered with Boys & Girls Clubs of America since 2009 to deliver UPS Road Code, a national program educating teens on safe driving techniques. This program is based in large part on the same safety training used with UPS's own drivers. UPS's 103,000 drivers worldwide are among the safest on the roads, logging more than 2 billion miles per year with less than one crash per million miles driven. In fact, UPS has more than 7,000 members in its "Circle of Honor" program, recognizing drivers who have had no avoidable accidents in 25 years.

Taught by approximately 150 UPS employees trained as volunteer instructors, UPS Road Code teaches safe driving techniques to teens and helps them to "Drive Change" surrounding this important issue. The program focuses on different safety principles, from basic instruction to the consequences of risky behaviors such as talking on cell phones, texting or drinking while driving. Teens practice what they've learned on driving simulators, which feature a computer screen that serves as a windshield to the program's interactive animation, a steering wheel and life-like gas and brake pedals.

UPS Road Code is currently available free of charge in 52 Boys & Girls Clubs in 40 cities across the country, reaching an estimated 5,000 Boys & Girls Club members ages 13-18 annually.

Find out if UPS Road Code is available at a local Boys & Girls Club in your area at www.bgca.org/findroadcode or contact upsroadcode@bgca.org.





**BOYS & GIRLS CLUBS
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National Headquarters
Boys & Girls Clubs of America
1275 Peachtree St. NE
Atlanta, GA 30309
www.bgca.org

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