the PARENT'S supervised driving program

For the **parents** of **teen drivers**
— a **requirement** for teen licensing

A PROGRAM OF THE WASHINGTON STATE DEPARTMENT OF LICENSING

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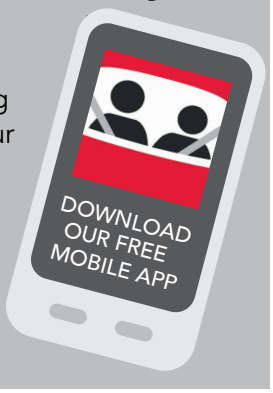

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A message to parents

Your teen has finally arrived at a time he or she has been looking forward to - learning to drive! This is an important milestone for your teen, and it opens up a new world of choices, responsibilities and freedom. This guide has been developed to help you and your teen accomplish this very important life-long skill.

Motor vehicle crashes are the leading cause of death and injury for teenagers because they lack driving experience. Washington State has implemented Intermediate Driver Licensing laws to decrease this risk by introducing teenagers to driving in phases to help them gradually - and safely - build their skills and experience behind the wheel. Your teen becomes better able to handle high-risk conditions as he or she gains driving experience and maturity.

As role model and coach, your teen driver will be watching what you do and look to you for your guidance and expertise. Some important aspects of your job include:

- Knowing and enforcing the driving laws
- Knowing the Intermediate driver license requirements and holding them accountable to the rules
- Certifying that your teen has completed at least 50 hours of supervised driving, including 10 hours at night
- Setting family driving rules and limits
- Talking to other parents to make sure they are enforcing the same rules with their teens

This guide was designed as a teaching tool and it contains valuable advice, checklists, a driving log, a sample driving contract, and a driving certification form to help you teach your teen to be a safe and confident driver. Please take the time to read and use this valuable resource.

Safe Driving,

Pat Kohler

Pat Kohler
Director

View our Target Zero Video: www.youtube.com/watch?v=zaT6d1pwBEE

@PSDP_Info thank you!

I love this app so much.

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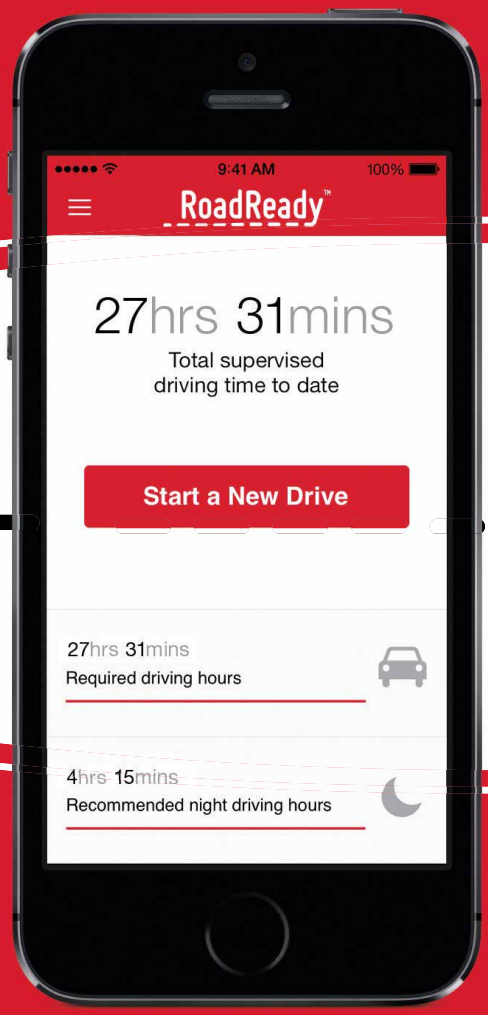

RoadReady®

A component of the PARENT'S supervised driving program

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to log your Learner's Permit practice driving.

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Log your drives, including driving conditions (road type and weather), driving notes, state requirements & more.

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Share drives and accomplishments with friends on social networks with RoadReady's social sharing options.

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Connect one teen driver's practice drive time across mutiple phones by using the same log-in on each device.

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Sponsor message

A driver's license is a huge milestone in your teen's life, and one to be celebrated. As a parent, it can also leave you feeling concerned about your child's safety. State Farm® chose to be a part of *The Parent's Supervised Driving Program* to help parents guide a new generation of drivers to become safer, confident and more experienced every time they're behind the wheel.

State Farm understands that motor vehicle injuries are one of our country's most important public health problems. In fact, car crashes are the #1 killer of teens, and the first few months of unsupervised driving are the most dangerous.[1] As the nation's leading auto insurer,[2] State Farm has been an integral part of landmark teen driver research to help us and others understand how so many of these car crashes can be avoided. We've also learned new drivers need and want parental involvement. By providing teens with significant practice on a variety of driving skills and conditions, parents can make a huge impact in keeping the roads safer for everyone.

Through continued research and funding, State Farm is committed to preventing injuries and saving lives. We also work with national and local organizations to bring ongoing attention to auto safety issues and legislation. Across the U.S., more than 18,000 State Farm agents are making a difference too, by increasing awareness around safe driving and the impact new drivers have on the roads.

We encourage you to read this program guide and know that you will make a difference in your teen's safety, wherever the road takes them. Together, we can make this milestone a real celebration for your child *and* you.

State Farm®

1 – https://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html

2 – https://www.statefarm.com/about-us/company-overview/company-profile/fast-facts

About this program

Developed by Safe Roads Alliance, a non-profit dedicated to promoting safer driving through education for drivers of all ages, *The Parent's Supervised Driving Program* is designed to improve teen driver safety by providing parents and guardians with a methodical approach to teaching the requisite driving skills. Each lesson concentrates on a particular sequential skill. Parents are in the best position to help their teens become safe, smart, and skilled drivers.

The Parent's Supervised Driving Program also includes a website, social media pages, and a mobile app, RoadReady®.

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Illustrator: Lou Eisenman

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This program is also available online at:

PSDPonline.com

the PARENT'S supervised driving program

Welcome parents of teen drivers!

The Parent's Supervised Driving Program is a resource for parents to utilize when teaching their teen to drive.

1. This program is divided into core driving skills.

- Read through each section at home before your teen starts a new skill.

2. Log your driving time. This can be done 2 ways:

- Carry this printed guide with you during the drive and use the printed log section – you or your teen can log the supervised driving hours once the drive is finished.
- Download and use the free RoadReady® app to track your driving time. RoadReady tracks your teen's driving hours until you reach the state requirements. Download for free on the App Store℠.

3. Turn in your log when applying for your license.

Stay Connected with Us!

Follow *The Parent's Supervised Driving Program* for expert driving articles, program launch events and additional safety resources.

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Table of contents

Notes for parents/guardians

About supervising teen drivers 1
Vehicle control for supervisors 2
Distracted driving and more 3

Skills

Skill one: before you start the engine 4
Skill two: moving, steering and stopping 5
Skill three: how close are you? 6
Skill four: backing up 7
Skill five: driving on a quiet street – part one 8
Skill five: driving on a quiet street – part two 9
Skill six: looking ahead 10
Skill seven: turning around 11

Supervised driving log 13
Parental Authorization Affidavit 24
Getting your License 25
Safe Driving Agreement 27

Skill eight: parking – part one 29
Skill eight: parking – part two 30
Skill nine: multi-lane roads – part one 31
Skill nine: multi-lane roads – part two 32
Skill ten: city driving – part one 33
Skill ten: city driving – part two 34
Skill eleven: highway driving – part one 35
Skill eleven: highway driving – part two 36

Beyond the basics

Continuing education 37
Practice in other conditions 38
Teens' biggest dangers 39
Sharing the road with trucks 40
Sharing the road with bicyclists and pedestrians 41

Your opinion matters

Take our program survey and tell us about your experience.

www.theparentssupervisedprivingprogram.com/survey

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About supervising teen drivers

The Parent's Supervised Driving Program gives you a simple, easy-to-follow plan you can use to help your teen be a safe and responsible driver.

Some thoughts as you begin this exciting experience together:

Make an effort to enjoy the learning process: Driving is a big step toward independence, and your teen is entering a new phase of life. You'll both remember this experience for years to come. Make it a good memory!

Practice makes perfect: Studies show that the risk of a crash diminishes with experience. The more time you can spend driving with your teen, the less likely it is they'll crash when they begin driving alone. Driving in a variety of circumstances is equally important. While using this program, you should drive on all types of roads. Make sure your teen gets exposure to a variety of roadways, and in different conditions as well: at night; in rain, fog, and snow; and in heavy and light traffic.

Be a driving role model: It's not enough to say, "Do as I say." Children imitate their parents'/guardians' behavior, so your driving should set a good example for your teen to emulate. Be sure that you:

- Obey all traffic laws.
- Correct any unsafe driving habits (driving aggressively, rolling through stop signs, accelerating through yellow lights, speeding, etc.).
- Refrain from using your cell phone or texting while driving.

Check your emotions

At the start of each driving lesson with your teen, leave your problems behind — and make an effort to stay focused. Don't bring up touchy subjects such as grades, homework, boyfriends/girlfriends, or anything else that might distract either of you from the task at hand.

Tips for teaching your teen

- **Seat belts** must always be worn properly by everyone in the vehicle.
- **Before each session,** discuss the goals of the day's lesson.
- **Before each new lesson,** review what was learned during the previous lesson.
- **Keep instructions simple and concise.** Say where to go and what action to take. For example: "Drive to the corner and turn right."
- **The feedback** you give should be calm, precise, and immediate. Be patient and alert at all times. Remember to give positive feedback when your teen succeeds!
- **When your teen makes a mistake,** which will happen often, do not criticize. Remain calm and simply repeat the maneuver until it's done correctly. To minimize their frustration, emphasize to your teen that mistakes are a normal part of learning.
- **These lessons should be consistent** with what is taught by your teen's driving instructor. If you teach something differently, your teen will be confused and learning will be more difficult. If the lessons in this program are different from the instructor's, contact them to clarify the discrepancy.
- **Remember that students learn at different paces.** Make sure your teen has mastered each skill before you move on to the next lesson, even if that means repeating a lesson several times. Patience and practice will pay off in the long run.
- **Integrate night driving** into as many lessons as possible.

Most importantly, make sure the vehicle you use for training is safe. Confirm that the brakes have been recently inspected, and check to make sure the tires have sufficient tread depth. It's generally recommended that you do not train in larger vehicles that lack stability control.

Vehicle control for supervisors

Teaching a new driver can be stressful, but knowing you have some control can help. Professional driver's education instructors are taught emergency responses to potential hazards that can crop up with an inexperienced driver behind the wheel. Here are some skills you can learn to help you maintain control from the passenger seat while teaching:

Emergency shifting: In a quiet, large, level, empty area, practice shifting the transmission from drive to neutral.

Taking the wheel: With an experienced driver in the driver's seat, in a quiet, large, level, empty area, practice steering the car with your left hand from the passenger seat.

Mirrors: Adjust the mirror on the passenger sun visor so you can use it as a rearview mirror. If the right side mirror is properly adjusted, you can use it to monitor traffic to the rear from the passenger seat.

Awareness: Never assume everything is okay. Always check and re-check mirrors before you give instructions to your teen.

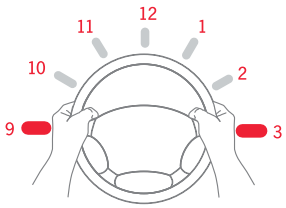
Emergency stopping: Practice stopping the car with the parking brake (if your vehicle's parking brake is located between the seats). This can be dangerous, even at low speeds, and should only be used as a last resort.

Driving has changed

Chances are, today's cars are not the same as they were when you learned to drive. To teach your teen effectively, you need to know about a few important recent changes in how cars work, how we drive, and how driving is taught.

Anti-lock Brake System (ABS): Most newer cars offer ABS as either standard or optional equipment. ABS is a dramatic safety improvement that works by letting the tires rotate, rather than lock up, when the brake is engaged. This allows drivers to turn the car in an emergency stop. ABS should be used with firm, continuous pressure. The brakes may shake and grind when applied, which often concerns users – but this is a normal function of ABS. To find out if your car has ABS, check the instrument panel after you turn on the ignition or read the owner's manual.

Note: When driving a car without ABS, the old rules still apply. Don't "slam" the brakes. Rather, press the brake pedal firmly. The intention is to stop quickly, but also to avoid locking the brakes and skidding. Skidding causes a loss of control and requires more distance to stop.



Arms holding the wheel at 9 and 3 o'clock are not as likely to be hit by the air bag.

Air bags: Air bags are designed to work with seat belts, which must be worn for the air bags to be effective. Since air bags deploy out of the wheel on impact, it's important to keep your hands and arms clear.

Steering wheel hand position: Most of us were taught to position our hands at 10 and 2 o'clock on the steering wheel. It's now suggested that you hold the wheel at 9 and 3 o'clock. This gives you better vehicle control.

Commentary driving

Commentary driving is a great communication tool. Coach your teen to describe their actions, thoughts and observations out loud as they drive, similar to a sports commentator. Throughout the learning process, ask them to verbalize what they see around them, including potential risks and any steps they need to take to avoid those risks.

Distracted driving and more

Distracted driving involves any activity, such as cell phone use, that has the potential to distract someone from the task of driving. Distracted driving, alcohol, speeding, and not wearing seat belts can lead to death and injury in crashes. Teens, who are still learning the complex skills of driving, are particularly susceptible to distractions while behind the wheel. Don't let you or your teen become another statistic. Here are the facts:

- Motor vehicle crashes are the leading cause of death for U.S. teens. Mile for mile, teens are involved in 3 times as many fatal crashes as all other drivers. And 1 in 3 teens who text say they have done so while driving.
- In 2015, 3,477 people were killed and an estimated 391,000 people were injured in crashes involving a distracted driver. That's a 10.2 percent increase from the estimated 3,154 killed in 2013.
- A Virginia Tech Transportation Institute study revealed that physically dialing a phone while driving increases the risk of a crash as much as 6 times. Texting is riskier still, increasing collision risk by 23 times.

To combat this growing epidemic, we suggest the following:

- **Set a good example:** Kids observe and learn from their parents. Put your phone down while driving and only use it when you are safely pulled over. According to the Pew Research Center, 40 percent of teens 12 to 17 say they have been in a car when the driver used a cell phone in a way that put themselves and others in danger.
- **Talk to your teen:** Discuss the risks and responsibilities of driving and the danger of dividing their attention between a phone call and the road. Show them the statistics related to distracted driving and urge them to share what they learn with their friends.
- **Establish ground rules:** Set up family rules about not texting while behind the wheel. Enforce the limits set by the graduated licensing program.
- **Sign a pledge:** Have your teen take action by agreeing to a family contract about wearing safety belts, not speeding, not driving after drinking, and not using a cell phone behind the wheel. Agree on penalties for violating the pledge, including paying for tickets or loss of driving privileges.

Other dangerous distractions: In addition to cell phone use, distracted driving can include eating, grooming, drinking, listening to or adjusting the radio or MP3 player, using the GPS, talking to passengers, or watching a video, just to name a few activities. Inexperienced drivers are particularly susceptible to these kinds of distractions.

Eyes on the road

Teens tend to look away from the road and become distracted for longer periods than older drivers. It's important to train them to keep their eyes on the road ahead. Test your teen on how long they look away when doing various tasks inside the vehicle, such as tuning the radio. Coach them repeatedly on the importance of focusing on the road ahead.

Before you start the engine

Goal: Teach your teen vehicle basics before actual driving begins.

Location: Parked. This is a non-driving lesson.

Lesson one – touring the vehicle

Walk around the outside of the car with your teen. Instruct them to look for leaks and hazards such as broken glass, and to make sure it's clear behind the vehicle as well as in front of the vehicle.

Have your teen practice these basic skills until they don't need help:

- Starting and stopping the engine
- Naming and operating all dashboard controls
- Checking oil level
- Checking wiper fluid
- Checking tire pressure

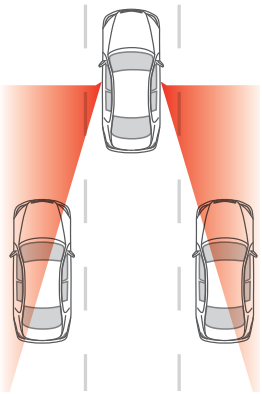
Lesson two – mirror settings

The method below provides the best view of adjacent lanes, for maximum safety.

- **Inside mirror:** Have your teen sit up straight in the driver's seat and adjust the inside mirror so that it frames the entire rear window. This is the main mirror for viewing what is behind the vehicle.
- **Left-side mirror**: Have your teen lean their head toward the left-side window, and set the left mirror so they can barely see the side of the car. When they sit up straight, the car should no longer be visible in the mirror.
- **Right-side mirror:** Do the same to the right. Have your teen lean to the right over the car's center console, and set the right mirror so they can barely see the right side of the car.

Lesson three – checking blind spots

Additionally, teach your teen how to look over their shoulder to check the "blind spot" on each side of the car that cannot be seen in the mirrors.



The most effective way to deal with blind spots is to briefly turn and look.

Lesson four – seating position

The proper seat position is important to safely control the vehicle. Your teen should sit with their back firmly against the seat. There should be at least 10 inches between the steering wheel and the driver's chest, with the air bag pointing at the chest. The top of the steering wheel should be no higher than the shoulders. Move the seat forward or backward so that the driver's heel touches the floor and can pivot between the brake and accelerator. Shorter drivers may need a seat cushion or pedal extenders to sit safely 10 inches from the air bag. The head restraint should be at the center of the driver's head.

Lesson five - proper footwear

Wearing the right shoes has an effect on operating a vehicle. Flip flops are dangerous to wear while driving, so encourage your teen to wear shoes that have a flat sole and a back. Driving barefoot is unsafe as well. Keep an extra pair of shoes in the car so your teen can remember to wear the proper shoes while driving. If they need to brake suddenly, the wrong footwear can make for an unsafe situation.

Proper mirror setting

In the past, drivers were often taught mirror settings that caused overlap between the rear and side mirrors, which was less safe. This is a great opportunity to update your own driving skills while teaching your teen!

Skill completed

Supervisor initials

Driver initials

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Moving, steering, and stopping

Goal: Teach your teen to consistently start, stop, and turn smoothly with full vehicle control.

Location: A large, level, mostly empty area.

Everyone in the vehicle **must** be properly buckled up.

Before starting, coach your teen to always signal and check mirrors and blind spots before changing the speed, position, or direction of the car. Remind them when needed.

Have your teen drive around the perimeter of the lot several times at a slow speed. Have them stop and start frequently, practicing smooth hand-to-hand steering, braking, and accelerating.

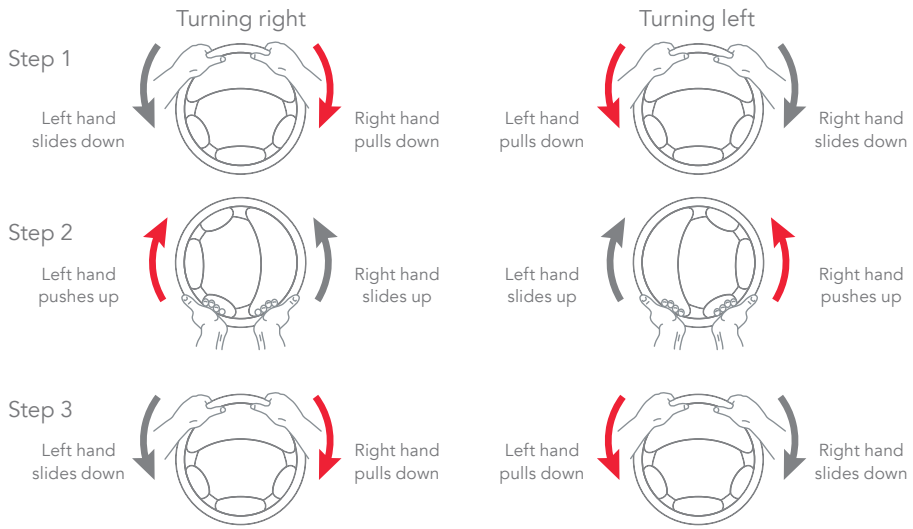
Pick several targets in the large, level, empty practice area, and have your teen drive to them at specific speeds. For example, "Drive to the stop sign at 15 mph." Focus on steady speed and smooth starts and stops.

Once your teen is braking smoothly, practice "hard, smooth stops" at slightly higher speeds (approximately 25–30 mph). *Hint: Curling toes back just before braking results in smoother stops. It eases the pressure on the brake.*

Reducing speed

New drivers tend to use the brake too much and the accelerator too little to control speed. Coach your teen about easing up on the gas pedal as a way to reduce the car's speed.

Lesson one – steps toward turning



With hand-to-hand steering your hands do not cross each other.

Lesson two – turning techniques

- Ease off the accelerator or use the brake to reduce speed before entering a curve; use gentle acceleration to overcome inertia and pull the vehicle out of the curve.
- Use smooth, continuous steering wheel movements when approaching a turn and when returning (sliding) the wheel through the hands until the vehicle is in the proper post-turn position.
- Coach your teen to pick a target near the center of the intended travel path. This target can be used as a visual aid to aim at while steering through turns.

Skill completed

Supervisor initials

Driver initials

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How close are you?

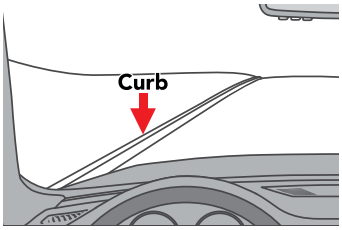
Goal: Teach your teen how to tell where their vehicle is in relation to other vehicles or objects.

Location: A large, level, mostly empty area with clearly painted pavement lines and curbs.

Lesson one – reference points

Explain to your teen that reference points are visual guides to help them judge the car's distance from curbs, lines, other objects, and vehicles.

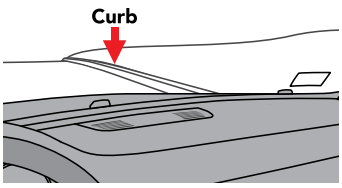
Lesson two – driver's side curb (or line)



View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Choose a pavement curb (or line), and tell your teen that the goal is to pull the driver's side of the vehicle 6–12 inches away. Coach them to slowly pull up parallel to the line, getting gradually closer, and stop when they think they are 6–12 inches away. Have them look at where the line intersects in the front window.
- Have your teen put the car in park and get out to check if the driver's side wheels are 6–12 inches from the line. If it's not the right distance, have them do it again, checking the reference points.

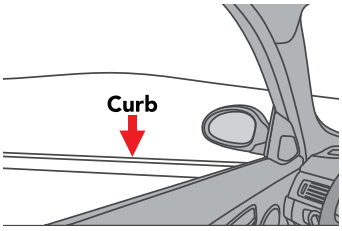
Lesson three – passenger's side curb (or line)



View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Choose another curb (or line) parallel to the passenger's side, again pulling up slowly to within 6–12 inches. Use the same gradual pull-up method, but for this side, coach your teen to stop when the curb appears to intersect the center of the hood.
- Again, have your teen get out of the vehicle to check whether the tires are 6–12 inches from the curb. Keep practicing and making adjustments, noticing the reference point, until they can do it consistently.

Lesson four – front curb (or line)



View out the driver's side window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Teach your teen to align the front bumper between 6–12 inches from a pavement curb (or line). Have them drive slowly straight toward the curb. Coach them to stop when the curb appears under the passenger's side mirror.
- Have your teen get out of the vehicle to check whether the front bumper is 6–12 inches from the curb. If not, have them adjust the reference point as needed and keep practicing.

Making your teen safer

It takes more than 15 minutes every day for 6 months to complete 50 hours of practice driving. For 100 hours, it's more than 30 minutes a day for 6 months. Studies show that the more time you drive together, the safer your teen will be when driving alone.

Skill completed

Supervisor initials

Driver initials

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Backing up

Goal: Teach your teen how to safely drive backwards in a straight line and while turning.

Location: A large, level, mostly empty area.

Lesson one – before moving the vehicle

- Coach your teen that they must turn around and look backwards through the rear window when backing up. Using mirrors or backup cameras doesn't give a full view.
- Have your teen shift their hips and turn around until they get a good view behind the vehicle. They should drape their right arm over the back of the seat and grasp the top of the steering wheel with their left hand.

Slow and consistent

Emphasize that backing up must be done at slow, but consistent, speeds. It's harder to maintain control of the car when it's in reverse.

Lesson two – backing up in a straight line

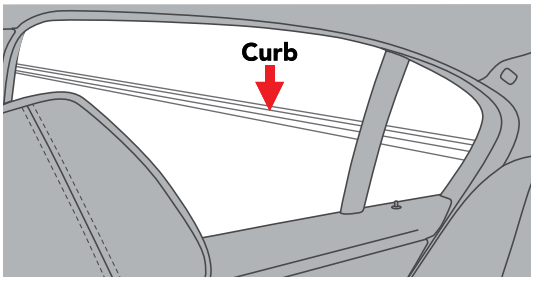
- Check all areas behind the vehicle prior to and while backing up.
- Grasp the steering wheel with the left hand and look over the right shoulder through the rear window.
- First release the brake, then use the accelerator gently, and only when necessary, to control speed. Keep it slow.

Lesson three – backing up in a turn

- If turning to the left, grasp the steering wheel with the right hand, or with the left hand if turning to the right. Remind your teen to turn the wheel in the direction they want the car to travel.
- Look in the direction the car is moving through the rear side windows.
- Back into the turn slowly, first releasing the brake, then using the accelerator if needed.

Lesson four – aligning rear bumper to a curb

- Choose a curb (or line) for a target.
- Have your teen back up toward the target, coaching them to stop when the curb appears near the middle of the rear right window when looking over their right shoulder.
- Have your teen put the car in park and set the emergency brake.
- Have your teen get out of the car to see whether the rear bumper is close to the target.
- If adjustments are needed, have your teen try again, establishing a new reference point. Repeat as often as needed until your teen can consistently come within close proximity to the target.



The driver's view out of the back passenger window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

Skill completed

Supervisor initials

Driver initials

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Driving on a quiet street – part one

Goal: Teach your teen to move and stop a vehicle safely and with confidence on quiet roads.

Location: Start in a large, level, mostly empty area. Move to a quiet neighborhood street when indicated. If you know that the neighborhood you're driving in is used for the an official driver license exam, please use a different area to practice.

Before moving out onto the road, make sure that your teen has reviewed the driver's manual and is familiar with street signs, signals, pavement markings, and yield and speed laws.

Skill review

Starting in a quiet, large, level, empty area, review the skills learned so far. Have your teen drive several laps around the lot, practicing smooth braking and accelerating, maintaining steady speeds, steering into right and left turns, and using reference points to align the car with curbs (or lines).

Lesson one – commentary driving

Coach your teen to use "commentary driving" (see sidebar on page 2) throughout this lesson, if possible.

Lesson two – lane position

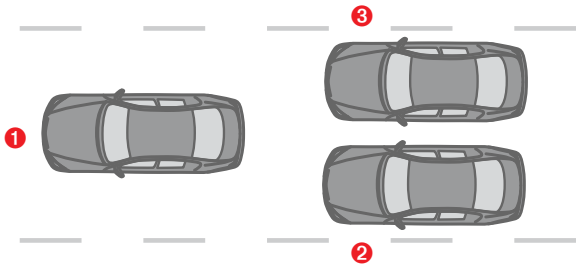
When you and your teen feel ready, move to a quiet street.

With your teen behind the wheel, first have them practice driving straight in three different lane positions. Do this for several miles, practicing each position at least 10 times:

Center position ❶: The most common position, with the vehicle centered within the lane. Coach your teen that they should stay in the center position under most circumstances.

Left position ❷: The vehicle positioned to the left side of the lane. This is best used when approaching a hill or curve.

Right position ❸: The vehicle positioned to the right side of the lane. This is usually done when making a right turn to allow for a safety margin on the left side of the vehicle.



Most driving is done in lane position number one.

Lesson three – intersections

Coach your teen on these techniques for safely approaching an intersection:

- Search for vehicles, pedestrians, signs, and traffic signals.
- Check the rearview mirror for any potential hazards behind the car.
- If it's an intersection with traffic signals, identify who has the green light.
- If turning, put on the turn signal four seconds before making the turn.
- If a stop is required, stop behind the white stop line.
- Select the best lane for the intended direction of travel.
- Yield the right-of-way to pedestrians and other vehicles.

Emergency vehicles

Make sure your teen understands what to do if they encounter emergency vehicles. First, turn down the radio to listen for the direction of the emergency vehicle(s). Stay calm and pull over to the nearest curb, clear of intersections, and wait for the emergency vehicle(s) to pass.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Driving on a quiet street – part two

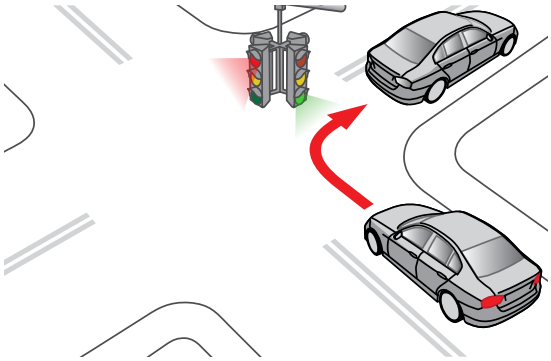
Goal: Teach your teen to turn both right and left safely and with confidence on quiet roads.

Location: A quiet block of single-lane roads, ideally without traffic signals at the intersections.

Lesson one – right turns

When your teen is comfortable with lane positions and intersections, it's time to practice turns. Start with right turns. Have your teen drive clockwise around the block 10–12 times:

- Pick a line at the center of the intended travel path while steering through a turn. Make sure your teen does not fixate on one specific spot, but instead focuses on a broader path.
- Focus on smooth braking into the turn and acceleration out of the turn, as previously practiced in the large, level, empty area.
- Always check mirrors before turns and signal four seconds before turning.



Have your teen drive around the block making right turns 10–12 times. When they are proficient, drive around the block 10–12 times making left turns.

Focus ahead

Most drivers have a tendency to steer in the direction they look. If their eyes move to one side, the car may drift in that direction, too. Remind your teen to focus on a path line in the middle of their travel lane – and not fixate on lane lines or other objects. The rest of the area should be scanned quickly but frequently.

Lesson two – left turns

When your teen is proficient at right turns, move on to left turns. Have your teen drive counterclockwise around the block 10–12 times, coaching them on these techniques for safe left turns:

- Position the vehicle close to the yellow line in the middle of the road.
- If there is a stop sign or red light, stop with wheels pointed straight ahead before the stop line, crosswalk or intersection.
- Search the intersection in all directions for vehicles, pedestrians, signs, and signals.
- Select a gap in traffic and pull straight forward toward the middle of the intersection. Coach your teen to avoid hesitating.
- Use the yellow line on the street being turned onto as a target. Turn into the travel lane closest to the yellow line.
- When the turn is complete, let the steering wheel slide back through the hands.
- Pick a new target 15–20 seconds ahead in the center of the travel path and accelerate gradually.

Be sure to practice with your teen in a variety of conditions, including at night and in inclement weather, as much as possible.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Looking ahead

Goal: Teach your teen to develop defensive driving techniques and higher-level visual and anticipatory driving skills before moving on to more complex driving situations. In order to avoid last-second reactions and spot potential hazards, have your teen always look 12–15 seconds down the road. When they are looking far enough ahead, they will be able to spot hazards early and be well prepared to react to them.

Location: Start on a quiet neighborhood street. If you know that the neighborhood you're driving in is used for the an official driver license exam, please use a different area to practice. Move onto a road with light traffic when your teen is ready.

Lesson one – IPDE system

Teach your teen the IPDE system, a simple system to help new drivers recognize, anticipate and avoid risks before they turn into problems. IPDE stands for:

Identify potential risks, like oncoming vehicles, pedestrians, obstacles, or intersections.
Predict when and where there will be a conflict or problem.
Decide on the best course of action.
Execute that action.

Have your teen use commentary driving as they practice the IPDE system. As they drive, ask them to verbally describe their thoughts and actions in order to identify potential risks they see, predict problems these risks could cause, decide what to do to avoid a problem, and then execute the maneuver.

Lesson two – stopping-distance rule

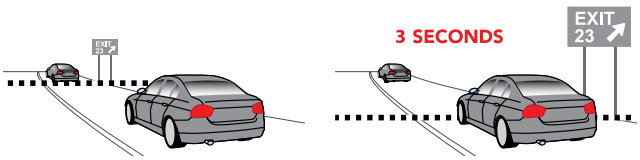
Teach your teen the stopping-distance rule, for the safest distance to stop behind another vehicle. When your vehicle stops, you should be far enough away from the car in front of you that you can see where its tires make contact with the ground. Any closer is too close.

Lesson three – three-second rule

Teach your teen the three-second rule for the appropriate following distance when driving behind other vehicles. The three-second rule is an important safety measure designed to give drivers enough time to safely steer or brake to avoid problems that occur in front of them on the road.

- Start counting when the rear bumper of the vehicle in front of you passes an object.
- Count "one thousand ONE, one thousand TWO, one thousand THREE".
- Your front bumper should not pass that same object before you've reached "three".

Have your teen practice the three-second rule at least 10–12 times, counting out loud to check whether their following distance is appropriate.



Your front bumper should not pass before you've reached "three".

Minimize risks

Rear-end collisions are the most common form of a car crash. Emphasize to your teen that increasing following distance behind other vehicles is the single best thing they can do to minimize the risk of a crash.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Turning around

Goal: Teach your teen the best ways to turn a vehicle around in various circumstances.

Location: Start on a quiet neighborhood street with accessible driveways. Please be respectful of neighbors and private property. Move to a multi-lane road for U-turns, if legally allowed in your area.

Lesson one – turning around safely

Start by coaching your teen that the safest and easiest way to turn around is to drive around the block. Since that's not always possible, it's important to practice other ways to turn around.

Legal U-turns

U-turns are illegal in many locations. Make sure you and your teen only practice legal U-turns. U-turns should never be made across a double yellow line or where a sign indicates that they are prohibited.

Lesson two – two-point turns

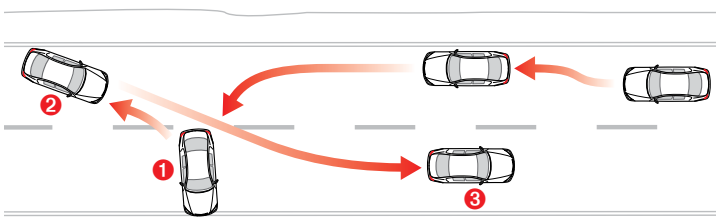
A two-point turn involves backing into a driveway to reverse direction. On a quiet street, have your teen identify an available driveway on the same side of the street as your car, at a point where they can see oncoming traffic for at least 200 feet.

- Pull just ahead of the driveway, making sure there is no traffic behind the car, and signal.
- Make sure the road is clear behind the car and the driveway, put the car in reverse, and then back into the driveway.
- Shift back into drive and check the road for approaching traffic from both directions.
- When it's clear, turn back onto the road.

Lesson three – three-point turns

This more challenging turn should only be done when there is no available driveway. Three-point turns block both sides of a two-lane road, so coach your teen to make absolutely sure that the traffic is clear in both directions:

- Pull as far to the right as possible to maximize room to maneuver.
- Turn sharply across the road ❶ until the car is perpendicular, facing the curb.
- Continue checking for traffic in both directions.
- Put the car in reverse and back up ❷, turning sharply in the other direction, into the original lane, but now facing the opposite direction.
- Shift into drive and pull forward ❸ into the correct lane, driving straight ahead.



Practice two-point and three-point turns at least 10 times each.

Lesson four – U-turns

First explain that U-turns can be very dangerous, and should only be done where they are legal.

- Begin the U-turn in the left lane, closest to the center line or median.
- Be sure there is enough room to make the turn without hitting the curb or any parked cars.
- Signal to indicate the direction of the turn, checking carefully for oncoming traffic.
- Move forward, turning the wheel sharply to turn around.
- Finish the U-turn in the opposite direction and accelerate to an appropriate speed.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Now, they're in the driver's seat.

From mirrors and blind spots to seatbelts and speed, new drivers have a lot to think about. As a parent, you have their safety to think about. One of the best things you can do is set a good example when you're behind the wheel.

State Farm® wants to help you keep them safe too. Find interactive safety programs, tips and more at **teendriving.statefarm.com**. Just one more way we're *here to help life go right.*®

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
Bloomington, IL

State Farm County Mutual Insurance Company of Texas
Richardson, TX

1701322

StateFarm®

Supervised driving log

Parents or guardians are responsible for making certain that their teen has completed no less than **50 hours** of supervised driving, with **10 of those hours** completed at night. The 50 hours can be completed with a commercial driving school or any other supervising driver who has had their license for 5 years. The following log is a tool for your convenience that will help to keep track of time spent on the road on the road, and will ensure that your teen has diverse supervised driving experience. You want your teen to be as prepared as possible for their Intermediate Driver License.

WITH SUPPORT FROM StateFarm®

DOWNLOAD OUR FREE MOBILE APP RoadReady®

LOG YOUR DRIVES ON THE FORM BELOW
OR DOWNLOAD THE FREE MOBILE APP

RoadReady®

Use this log to track your teen's behind-the-wheel practice and progress.

Date	Session Topic	Time (hrs/mins)	Cumulative hours	Driver's initials	Adult's initials

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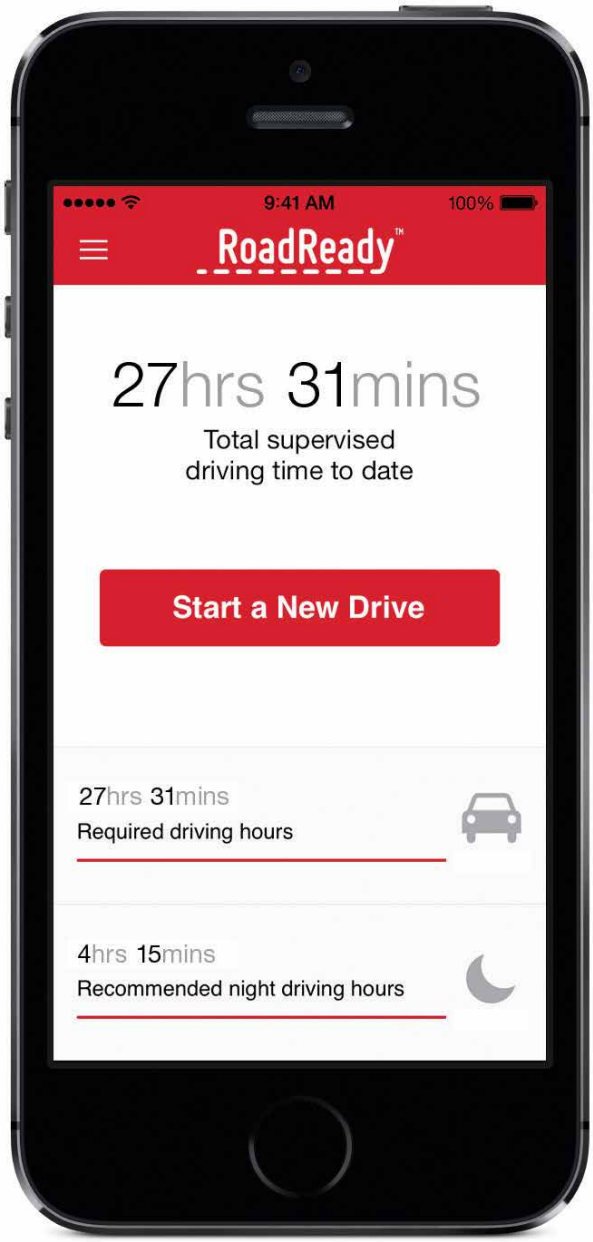
RoadReady®

LOG YOUR DRIVES.

FOCUS ON YOUR TEEN.



Teaching your teen to drive presents enough challenges. With RoadReady, your focus can remain where it needs to be: on your teen and on the road. "Start a New Drive" and RoadReady will log the rest. Download your log to verify you've completed your state requirement.

WITH SUPPORT FROM

StateFarm®

Download on the App Store

A component of the PARENT'S supervised driving program

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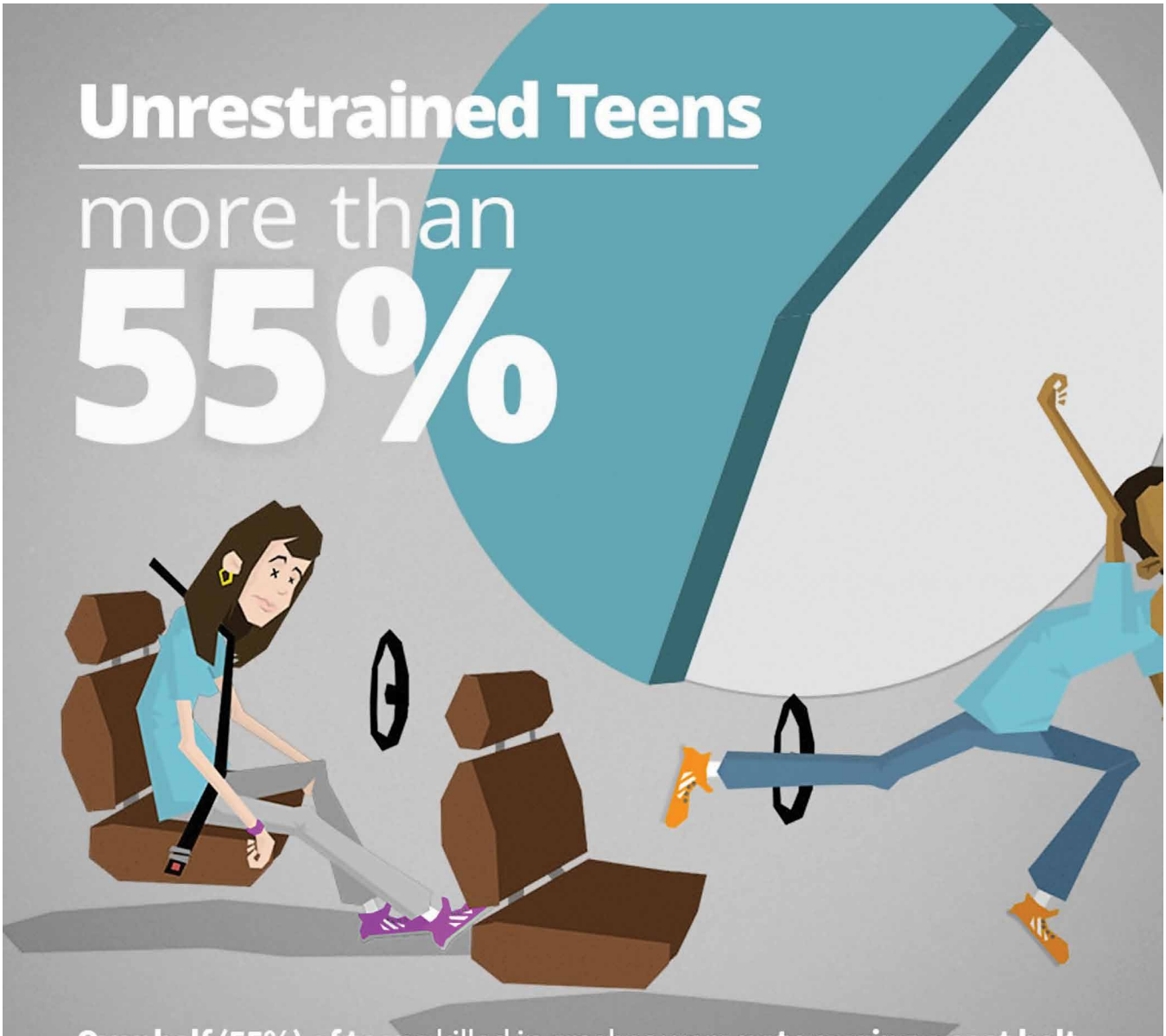
Unrestrained Teens

more than 55%



Over half (55%) of teens killed in crashes were **not wearing a seat belt.**

* 2013 fatal crashes involving 15–19 year olds (teens) in passenger vehicles

WASHINGTON STATE DEPARTMENT OF LICENSING

dol.wa.gov

WASHINGTON STATE DEPARTMENT OF LICENSING

Driver license/ID card number

Parental Authorization Affidavit

This affidavit must be signed by the applicant's parent or legal guardian. In the event the applicant, who is still a minor, has neither parent nor guardian, an employer's signature will be accepted. An employer may not sign if parent or guardian has custody of the applicant. The signature below grants us permission to consider this application. Once granted, parent/ guardian/employer permission cannot be withdrawn.

I certify that I am the ☐ custodial parent ☐ legal guardian ☐ employer of:

Applicant name (*Last, First, Middle*) _____

whose date of birth is (*Month/Day/Year*) _____, and who is applying for:

☐ Instruction Permit
☐ Motorcycle Instruction
☐ Permit Identification Card
☐ Driver License
☐ Motorcycle Endorsement
☐ Duplicate Driver License or Instruction Permit

☐ I certify that the above named individual has had at least fifty hours of driving experience, ten of which were at night. A licensed driver with at least five years experience supervised this driving. To the best of my knowledge, this applicant has not been issued any traffic infractions or cited for any traffic violations that are pending at the time of this application.

I certify under penalty of perjury under the laws of the state of Washington that the foregoing is true and correct.

State of Washington County of: _____

Signed or attested before me on: _____

Signature of notary public or licensing services representative: _____

Title: _____

My appointment expires: _____

Signature of parent/guardian: _____ Date: _____

Driver license or ID card number: _____ State: _____

Under the provisions of RCW 46,20,0921 of the Washington State Motor Vehicle Laws. It is a misdemeanor for any person to use a false or fictitious name in any application or to knowingly conceal a material fact or otherwise commit a fraud in any such application. A violation of this provision of the laws may result in suspension of the driving privilege of those involved.

We are committed to providing equal access to our services.
If you need accommodation, please call (360) 902-3900 or TTY (360) 664-0116.

Driving with an Instruction Permit

To legally drive with an instruction permit, you must:

- Have a valid permit (not expired) and
- Be accompanied by a 5-year licensed driver (their license must be valid, but doesn't have to be a Washington State driver license).

Driver education:

- Formal driver education may be the most important class teenagers take. Driver education promotes critical lifelong skills, proper safety belt use, alcohol-and-drug-free driving, respect, courtesy, cooperation, and healthy behaviors and choices. The Washington driver training program is saving lives, reducing injuries, and dramatically reducing the negative impacts of teen driving by making our teens better and safer drivers.
- Parents, educators, state officials, students, and community members need to create powerful partnerships to support teaching and learning in every community. We need to guarantee that young drivers are taught preventive behaviors to manage risk. Since driving is a lifelong skill, it is important to establish good habits early. Ask if your local school offers a driver education course. If not, there are driver training schools throughout the state.
- When your teen applies for a license, a Washington Traffic Safety Education Course completion satisfies the 30 hours of classroom and 6 hours of behind-the-wheel training requirements. Your teen will still need to complete 50 hours of practice driving, 10 of which must happen at night, with you or another licensed driver with at least 5 years of driving experience.

License requirements

To get your driver license, you must:

- Be at least 16 years old.
- Be a Washington resident (your license will show your address).
- Successfully complete a driver training course.
- Have your instruction permit for at least 6 months.
- Not have been convicted of any traffic violations within 6 months of applying for license.
- Not have been convicted of any alcohol or drug offense while holding an instruction permit.

Intermediate license laws for teen drivers

If you're under 18, you'll be issued an intermediate driver license and must follow these laws:

Driving with passengers

- **First 6 months:** No passengers under 20 years old, except for immediate family members (spouse, child, stepchild, or siblings, either by birth or by marriage).
- **Next 6 months:** No more than 3 passengers under 20 years old who aren't members of your immediate family.

Nighttime driving

- For the first 12 months, you can't drive between 1 a.m. and 5 a.m. unless you're with a licensed driver 25 years or older. The only exceptions are driving for agricultural purposes and transporting farm products or supplies under the direction of a farmer as described in RCW 46.20.070.

No cell phones

- You aren't permitted to use wireless devices while driving, even with a hands-free device. This includes talking on cell phones and sending or receiving text messages. You may only use a wireless device to report an emergency.

How to get your license:

- Pass a driver training course.
- Hold an instruction permit for 6 months
- Complete at least 50 hours of driving practice (including 10 hours at night) with someone who's been licensed for 5 years or more.
  - Resources for the person who supervises the driving practice:
    - » Intermediate License logbook to record driving practice.
    - » Washington Parent Guide to Teen Driving for tips on how to supervise.
    - » Safe-Driving Agreement between parents and teens to establish safe-driving rules.
    - » Resources listed at Teen Driver Safety.
- Pass the knowledge and skills test at any testing location
  - If you're testing at a training school, they charge a separate fee which isn't included in our license application fee.
- *The Parent's Supervised Driving Program* and the RoadReady® mobile app are tools to help parents during the supervised driving phase.

How to get your license online:

- Your **parent or guardian** must be with you so they can give permission online for you to get your license.
- Pay the licensing fee with a Visa, MasterCard, or American Express debit or credit card (no gift cards).
- **Print the receipt.** It's your temporary license. Since it doesn't include your photo, you **can't use it as identification.**
- Your permanent license will have the same photo as your instruction permit. The Washington Department of Licensing will mail it to the address we have on file.

At a driver licensing office, you will need to:

- Show you've passed a traffic safety course.
  - Your driver training school must upload your electronic course completion before you come into the licensing office.
  - If you don't have your certificate and the school has closed, email us at tse@dol.wa.gov or call 360.664.6692.
- Bring the Parental Authorization Affidavit that your parents:
  - Will sign in person at the office.
  - Have signed and notarized, if they can't go to the office with you.
- Show proof of identity.
  - Provide your Social Security number, or sign a declaration if you don't have one.
- Pass a vision screening.
- Have your photo taken, if necessary.
- Pay the $35 application fee and $54 licensing fee ($89 total) with cash, check, MasterCard or American Express credit/debit card, or some types of Visa debit cards.
  - There's a **vendor-charged fee** on all credit/debit card purchases.

Parent and Teen Safe-Driving Agreement

We, the parent(s) or guardian(s) and the teen driver agree:

The teen driver will: *(check all that apply)*

- ☐ drive safely and obey all traffic laws.
- ☐ not operate any vehicle while under the influence of alcohol or drugs.
- ☐ ensure everyone in the vehicle wears a seat belt.
- ☐ follow all intermediate license restrictions.
- ☐ not send or read text messages or talk on a cell phone while driving.
- ☐ share driving plans–destination and times.
- ☐ call if expecting to be more than 30 minutes late.
- ☐ not drive after 10 p.m. unless given permission.
- ☐ not consume alcohol or drugs.
- ☐ not ride with a driver who is under the influence of alcohol or drugs and will seek other transportation or call a parent or guardian at any hour from any place for a safe ride.
- ☐ not let anyone else use the vehicle.
- ☐ be allowed to use the vehicle based on the following grades earned at school:

_____

_____

_____

The parent(s) or guardian(s) will: *(check all that apply)*

- ☐ drive safely and obey all traffic laws.
- ☐ not operate any vehicle while under the influence of alcohol or drugs.
- ☐ track the teen driver's behind-the-wheel practice and progress using a practice driving log.
- ☐ listen to the teen driver's explanations or concerns regarding the vehicle or the terms of the agreement.
- ☐ provide respectful feedback when accompanying the teen driver in a motor vehicle.
- ☐ serve as a good role model when operating a vehicle.
- ☐ coach good driving skills and habits to the teen driver.
- ☐ not ride with a driver who is under the influence of alcohol or drugs, and will seek other transportation as needed.
- ☐ take the teen driver home at any hour from any place, without conflict or question at that time, though a discussion of the event would happen later.

If the teen driver violates this agreement or commits one of the following traffic offenses vehicle privileges will be lost for the following number of days: *(fill in days for each)*

_____ First offense _____ Second offense _____ Third offense

_____ Preventable collision _____ Serious traffic violation _____ Drug or alcohol offense

Other conditions or responsibilities agreed to:

_____

_____

_____

Teen driver signature: _____ Date: _____

Parent/Guardian signature: _____ Date: _____

Parent/Guardian signature: _____ Date: _____

We will review this agreement on (date) _____.

Are you a 16 to 25 year old getting your first driver license?

Motor vehicle crashes are the leading cause of death for young people 16 to 25. More than 100 young people die **every year** on Washington's roads.

The statistics are alarming:

- Drivers aged 16 to 25 have the highest crash rate and the highest rates of speeding, impaired driving, and distracted driving of any other age group.
- In fatal crashes, male drivers outnumber female drivers by roughly 3 to 1.
- 16 to 17 year old female drivers involved in fatal collisions were more than twice as likely to have been driving distracted as their male counterparts.

Do your part to turn these alarming stats around:

- Slow down
- Always drive sober
- Don't text and drive

For more information go to:
www.dol.wa.gov/driverslicense/teens.html

Target ZERO
Washington's Strategic Highway Safety Plan

Parking – part one

Goal: Teach your teen to master angle and perpendicular parking.

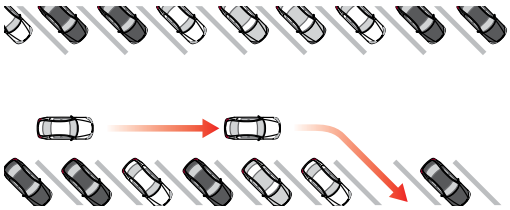
Location: Start in large, level, mostly empty areas. You will need angled and perpendicular spaces.

Before your teen starts parking practice, review "Skill three: how close are you?" and "Skill four: backing up."

Lesson one – angle parking

The gentler turn makes this the easiest type of parking for new drivers.

- Signal to indicate intent to turn into a parking space.
- Move forward until the steering wheel is aligned with the first pavement line marking the space.
- Look at the middle of the parking space and turn the wheel sharply at a slow, controlled speed.
- Steer toward the center of the space, straightening the wheel upon entry.
- Stop when the front bumper is six inches from the curb or from the end of the space.

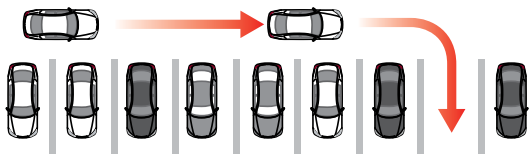


Turn when the front of your vehicle reaches the edge of the space. Stay alert for cars backing out to leave their space.

- After you've parked, put the gear in park for automatic transmissions (for manual transmissions, put the car either in first or reverse) and set the parking brake. Shut off the ignition and remove the key. Check for traffic prior to getting out. Lock the doors.

Lesson two – perpendicular parking

The steps are the same as angle parking, but the sharper turn into perpendicular spaces may require more practice.



Turn when your outside mirror reaches the edge of the space. Always finish with your wheels straight and your car centered in the space.

Lesson three – exiting spaces

- With a foot on the brake, shift into reverse, which will signal that you will be backing up.
- Turn around to look for oncoming traffic.
- For angled spaces, back up straight until the driver's seat is even with the bumper of the next vehicle on the turning side. For perpendicular spaces, back up straight until the windshield is aligned with the bumper of the next vehicle.
- Quickly turn the wheel in the direction that the rear of the car needs to go.
- Glance forward to make sure the front bumper is clear of the car on the other side.
- When the front bumper clears the other vehicle, stop, shift into drive, and pull forward to complete the exit.

Practice makes perfect

Plan to spend a good amount of time on parking practice with your teen — it's a difficult skill to learn. Many crashes happen in parking lots, and mastering parking skills is an important way to help avoid collisions. Have your teen practice angle and perpendicular parking 15–20 times each.

Skill completed

Supervisor initials

Driver initials

#RoadReady

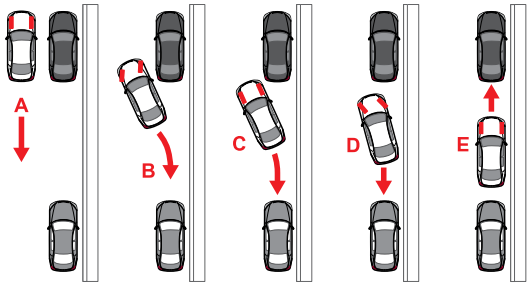
Parking – part two

Goal: Teach your teen to master parallel parking.

Location: A street with marked parallel parking spaces at a time of day when traffic is light.

Lesson one – parallel parking

Parallel parking is a difficult maneuver for new drivers, so patience is key. Many drivers never learn to do it well, especially in areas where it's not common. Because of the difficulty of learning parallel parking, and because there are several different teaching methods, **this skill is sometimes best taught by a professional driving instructor**. Assess your own parallel parking skills and your teen's abilities before beginning.



Start by practicing with cones before graduating to practicing alongside vehicles.

- Select an available space on the passenger's side of the car.
- Signal when approaching the space and check mirrors for traffic behind the vehicle.
- Move forward past the space until lined up directly parallel to the car parked in front, 2–5 feet away. Being too close or too far away will make parking more difficult.
- With a foot on the brake, shift to reverse and turn around to check for traffic and make sure the travel path is clear.
- Release the brake, start backing up slowly, and start to make an "S" turn, turning first right and then left.
- Glance both forward and backward repeatedly to check the space around the car while turning.
- Once the rear of the car is mostly in the space, start turning in the other direction to straighten out.
- Adjust the vehicle's position as needed to center it in the space.
- Check to see if the wheels are 6–12 inches from the curb. If not, pull out and try again.
- Always check for passing vehicles and cyclists before you open your door.

Lesson two – exiting a parallel parking space

- With a foot on the brake, shift to reverse, turn around, and back as close as possible to the vehicle behind you.
- Check for traffic, signal, and shift into drive.
- Make sure the travel path is clear, then move slowly forward while steering rapidly out of the space.

Lesson three – parallel parking on a hill

Make sure the vehicle is in park and the parking brake is properly engaged. To prevent the vehicle from rolling into traffic, instruct your teen to turn the front wheels as follows:

- Toward the curb when parking downhill
- Away from the curb when parking uphill

If there is no curb, have your teen point the wheel so that the car would roll away from traffic if it moved.

Learning to park

When practicing parallel parking, your teen will probably hit the curb several times. Tell them not to worry – even the best parallel parkers do this often. Coach them to pull out of the space and try again, adjusting their turning angle as needed.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Multi-lane roads – part one

Goal: Teach your teen to drive safely and with confidence on busier, more complex, multi-lane roads.

Location: A busier, multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Skill review

By now, your teen should be comfortable driving on quiet roads. Before starting multi-lane road practice, it's important to review some key information from previous lessons. The following skills are crucial to safe driving on busier, more complicated roads.

Reasonable distance

Motorcycles, bicyclists, and pedestrians are more difficult to see than cars because they are smaller – and drivers tend to focus on looking only for cars. Traffic, weather, and road conditions require cyclists to react differently than car drivers. It can be difficult for young drivers to judge and predict their actions. Always give them a wide berth.

Lesson one – mirror positioning, monitoring and blind spots

Refer to Skills one and two. Clearly seeing the adjacent traffic is especially important on multi-lane roads. Remind your teen to check the mirror positions when entering the car, and to constantly monitor the traffic around them.

Lesson two – stopping distance

Refer to Skill six. Remind your teen that when stopping their vehicle behind another one, they should be far enough back to see where the other car's tires meet the road.

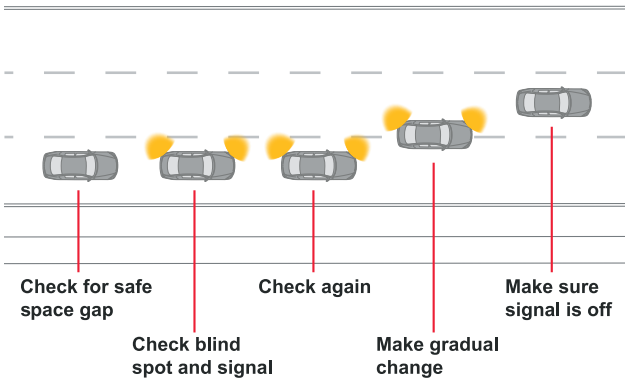
Lesson three – following distance

Refer to Skill six. Review the three-second rule with your teen, emphasizing that increasing following distance is the single best way to reduce crash risk. This gives the driver visibility, time, and space to avoid crashes.

Lesson four – safe lane changing

First, coach your teen not to change lanes unnecessarily. Studies show that while it may not look like it, most travel lanes flow at around the same rate. Changing lanes in an effort to save time doesn't actually save time, but it does increase crash risk.

Ask your teen to list valid reasons to change lanes. Good answers include: to make a turn, to avoid an obstacle, to exit the road, to park, or to pass another vehicle.



When changing lanes, always recheck traffic with a glance over the shoulder at the blind spot.

Have your teen practice these lane change steps 15–20 times:

- Check traffic to the rear and the sides for an appropriate gap.
- Signal to indicate intention to change lanes.
- Recheck traffic, including a glance over the shoulder at the mirror blind spot area.
- Maintain speed or accelerate slightly before and during the lane change.
- Gradually move into the new lane.
- Adjust following distance, using the three-second rule.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Multi-lane roads – part two

Goal: Teach your teen to drive safely and with confidence on busier, more complex,multi-lane roads.

Location: A busier, multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Lesson one – right turns

Start with right turns, which are fairly simple. Right turns are always made from the right lane of the current road to the first, open lane of the new road. Look for signs and signals that indicate whether "right on red" is allowed. Practice right turns 10–12 times before moving on to left turns.

Lesson two – left turns

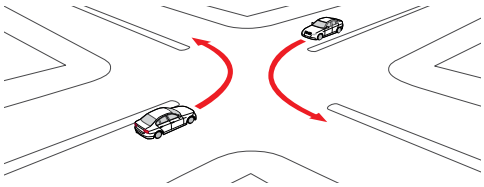
Left turns should almost always begin and end in the closest lane to the right of the yellow line. The yellow line in the lane being turned into should be your teen's target. There are three types of left turns:

- **Protected left turns** with a designated left turn lane and left turn signal
- **Semi-protected left turns** made from a center or shared turn lane
- **Unprotected left turns** made from an active travel lane

Protected left turns should be made from the designated lane when the left turn signal displays a green arrow, using the yellow line in the lane being turned into as the steering target.

For semi-protected and unprotected left turns, coach your teen on these steps:

- Make sure the vehicle is in the correct lane to make a left turn.
- Signal the turn and begin slowing down at least 100 feet from the intersection.
- Move carefully into the intersection. Don't turn the wheel until you're ready to make the turn.
- Yield to any vehicles, bicyclists, or pedestrians.
- When there is sufficient space with no oncoming traffic, move ahead into the turn.
- Choose a steering path line in the middle of the closest lane to the right of the yellow line.



Don't turn the wheel until you're ready to make the turn.

Lesson three – safe passing procedures

Discourage your teen from passing other cars unnecessarily. If passing is necessary, the following steps should be observed:

- Position your vehicle more than three seconds behind the vehicle to be passed.
- Check mirrors and blind spots for oncoming traffic.
- Check the passing lane ahead to make sure there's plenty of space before you try to pass.
- Signal intent to pass and accelerate quickly to match the speed of traffic flow.
- While passing, monitor the space in front of and behind your vehicle and check the rearview mirror for the front of the car being passed.
- When you see the front of the passed car in the rearview mirror and your vehicle is well clear, signal intent, gently and slowly move back to the original lane, cancel the signal, and maintain speed.

Making left turns

Left turns are one of the hardest maneuvers for teens to master. Be patient. New drivers often have difficulty judging the speed and distances of multiple lanes of oncoming traffic. Practice judging oncoming vehicles' distance from your vehicle by counting out loud the time it takes for them to reach your car from a designated point.

Skill completed

Supervisor initials

Driver initials

#RoadReady

City driving – part one

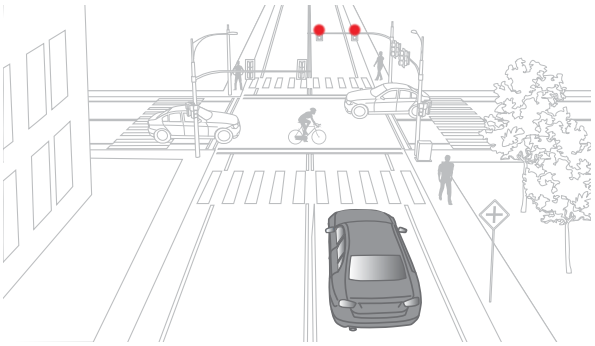
Goal: Teach your teen to drive safely and confidently in the complex environment of city driving.
Note: City driving takes hundreds of hours, if not several years, to master.

Location: Busy, urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains practice.

Skill review

Since the busy, crowded environment of city driving is challenging for new drivers, this is a good time to review key driving skills. **The most important skill for drivers is the ability to make good decisions.** City driving forces drivers to make lots of decisions quickly. The three things they need to drive safely in the city are:

- **Visibility:** To see potential problems in all directions
- **Space:** To maneuver around obstacles and avoid hazards
- **Time:** To anticipate risks and make adjustments to speed or position



Looking ahead, identifying and anticipating potential problems is crucial for safe driving.

Scan first

Keep reminding your teen that constant awareness and looking ahead are the keys to learning to drive safely on city streets. Emphasize the idea that a green light means, "Scan the intersection first, then go."

Lesson one – maximizing visibility and space

As you practice, have your teen focus on making decisions that will maximize visibility and space around the vehicle, increasing the available reaction time.

- **Looking ahead (refer to Skill six):** Congested city driving leaves very little room for error. Identifying and anticipating potential problems is crucial.
- **Covering the brake:** Coach your teen that when they spot a hazard, they should "cover" the brake by taking their foot off the accelerator and holding it over the brake. This will prepare them to slow down or stop suddenly. Make sure they don't "ride" the brake. Riding the brake confuses other drivers and puts unnecessary wear on the brakes.

Lesson two – identifying hazards

As you begin city driving practice, have your teen drive through several blocks to identify and name common hazards on busy, congested streets. Ask them to describe how they will safely deal with each hazard they identify.

Such hazards may include:

- Parked cars, cars entering or exiting parking spaces, and car doors opening
- Delivery trucks stopping suddenly, with drivers racing to and from the trucks
- Buses making frequent stops, loading and unloading passengers
- Blind alleys, with cars or cyclists darting out
- Pedestrians and cyclists moving unpredictably, crossing streets illegally, etc.
- Limited visibility and intersections spaced at shorter intervals
- Aggressive drivers competing for lane space and parking spots
- Stop-and-go traffic flow

Skill completed

Supervisor initials

Driver initials

#RoadReady

City driving – part two

Goal: Teach your teen to drive safely and confidently in the complex environment of city driving. *Note: This is not a goal that will be achieved in a single session. Spend as much time as possible with your teen practicing safe city driving skills.*

Location: Busy urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains practice.

Lesson one – avoiding obstacles

Focus on lane position to avoid obstacles: City driving involves many circumstances in which travel lanes are shared, congested, and partially or fully blocked. During practice sessions on busy city roads, have your teen identify these steps to safely avoid obstacles:

- Identify right-lane obstacles, such as stopped buses, parked cars, delivery trucks, and cyclists.
- Identify left-lane obstacles, such as vehicles waiting to make a left turn, or cars traveling in the opposite direction drifting over the center line.
- Identify the least-congested travel lane. *Hint: On a three-lane road, this is usually the center lane.*
- Position the vehicle in the lane at the greatest distance possible from any obstacles.

It can be tempting to pass vehicles on congested streets, when obstacles or traffic volume slow traffic. However, this can be dangerous, due to closely spaced intersections, irregular traffic flow, cars entering and exiting parking spots, etc. Coach your teen to avoid passing on busy city streets.

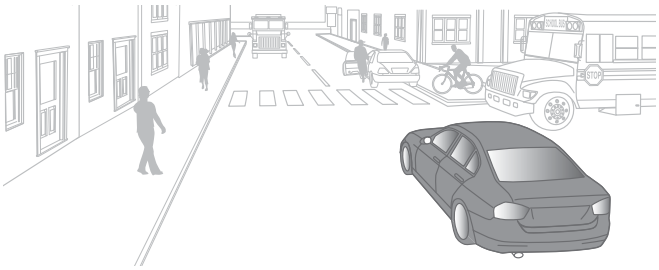
More is better

City driving skills take a long time to acquire. Spend as much time and drive in as many circumstances with your teen (night, inclement weather) as you are able. Plan trips to less-familiar places where you might not normally travel.

Lesson two – deadly distractions

What happens inside the car can be just as dangerous as what happens outside. **Engaging in distracting activities while driving can be deadly, especially for young drivers.** Ask your teen to list dangerous driving distractions. Their answers should include:

- Talking, texting, or dialing a phone
- Changing radio stations, or shuffling/streaming music
- Passengers, pets, or objects moving in the car
- Eating, drinking, or smoking
- Searching for an item
- Intense or emotional conversations
- Putting on makeup or looking in the mirror



Remind your teen to stay alert, scan their surroundings, and not fixate on any one thing.

Coach your teen to avoid distracting activities whenever possible, but especially in busy, congested environments. Remind them to focus on keeping as much space as possible around the vehicle at all times.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Highway driving – part one

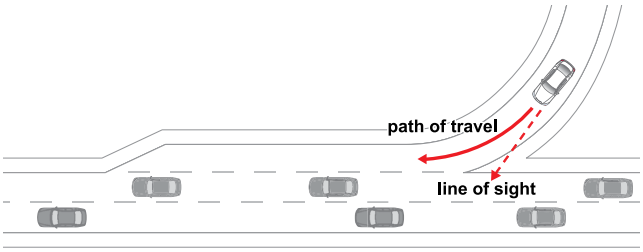
Goal: Teach your teen highway basics and how to safely enter and exit a highway.

Location: Start on a multi-lane highway with easily accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Lesson one – observation

Before your teen gets behind the wheel on the highway, have your teen spend some time on highways with you as the driver and your teen as the passenger. Emphasize the importance of looking ahead to anticipate potential problems, and explain key highway features, such as:

- The different kinds of interchanges
- The meanings of highway signs and signals
- The meanings of different lane lines and markings



There is plenty of time to merge. If a gap doesn't present itself immediately, adjust your speed in order to find one.

Worthy of repetition

Practice merging and exiting 10–12 times each, or more if needed for your teen to feel comfortable. Keep coaching your teen that constant awareness and looking ahead are the keys to learning to drive safely.

Lesson two – on-ramp segments

Explain the three segments of on-ramps, and how they're used:

- **Entrance area:** This stretch allows the driver time to search the highway and evaluate how much space they have to enter and what speed is needed.
- **Acceleration area:** The driver brings the vehicle up to the speed of highway traffic flow.
- **Merge area:** The driver uses this space to merge into the traffic flow.

Lesson three – merging

Teach the steps for merging onto a highway:

- Check for on-ramp speed signs.
- At the entrance area, make quick glances at the highway, scanning for vehicles and entry gaps.
- In the acceleration area, signal to show intent to enter the highway and adjust speed to match the traffic flow.
- In the merge area, enter the flow of traffic, checking mirrors and blind spots.
- Turn off the turn signal and begin looking ahead to anticipate problems or upcoming lane changes.
- Do not completely stop in the entrance area unless absolutely necessary.

Lesson four – exiting

Teach the steps for exiting a highway:

- Identify the exit well ahead of time.
- Scan traffic for problems when approaching the exit, but don't slow down on the highway.
- Start to signal four to six seconds before reaching the ramp.
- Upon entering the ramp, tap the brakes and begin rapidly reducing speed.
- Slow down to the posted exit ramp speed limit before reaching the curve.

Skill completed

Supervisor initials

Driver initials

#RoadReady

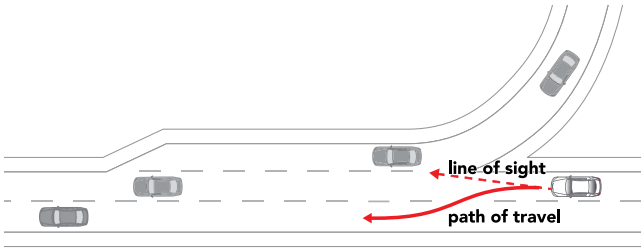
Highway driving – part two

Goal: Teach your teen to maneuver safely in complex highway driving environments at higher speeds.

Location: Start on a multi-lane highway with easily-accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Lesson one – steering technique

Once on the highway, coach your teen on steering technique. At fast highway speeds, excessive steering can be dangerous and lead to loss of control. Remind your teen to steer gently on highways.



For the first several lane changes you may need to talk your teen through the decision-making process. Double-check all mirrors to make sure that the lane is clear.

Lesson two – lane changing

In the high-speed, complex highway environment, lane-changing skills are very important. Have your teen spend several miles practicing the lane-changing and passing skills previously learned in "Skill nine: multi-lane roads," until they are comfortable performing them at highway speeds.
Remind your teen to:

- Watch for merging vehicles and move one lane left to make space for them when needed.
- Change lanes one at a time only.
- Watch mirrors for tailgaters and move to another lane to let them pass.

Lesson three – three-second rule

Review the three-second rule for following distance, learned in "Skill six: looking ahead." Additionally, coach your teen to use a three-second rule for these highway driving circumstances:

- Merging onto a highway
- Changing lanes
- Exiting a highway

Lesson four – challenging road conditions

Coach your teen to adjust travel speed and vehicle position based on weather and road conditions. Once your teen is comfortable with and proficient at highway driving in good conditions, spend some practice time on highways under more challenging conditions, such as rain. Coach them to always use appropriate caution, as conditions can change quickly.

Lesson five – road trips

Consider planning some short day trips with your teen to a destination two to three hours away. Have them drive there and back. Find an event or place that you will both enjoy and have fun.

Higher order

Early in the training process, parental instruction tends to focus on vehicle handling. As your teen's skills improve, try to focus on "higher order" instruction, such as scanning ahead, hazard detection, and anticipating the other driver's behavior.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Continuing education

Learning doesn't stop when your teen has received their license. It's important to continue teaching and building upon the skills they have learned. As you continue the supervision process, think about these three areas of focus:

- **Spend as much time as possible driving** with your teen.
- **Drive in a wide variety of conditions** (weather, time of day, different traffic volumes, etc.).
- **Focus on "higher level" learning:** scanning ahead, recognizing hazards, and learning to anticipate the behavior of other drivers.

Now that your teen has become proficient in the basic operational skills of driving, it is essential that you ensure they be exposed to a wide variety of driving circumstances and conditions. Make a point of driving with them in different conditions that they have yet to experience, and do it for all types of roads – quiet neighborhood streets, multi-lane roads, and highways. Drive with them at different times of the day, in poor weather, and with varying levels of traffic. It's much better that they experience these conditions with you, rather than alone or with other teens.

Much of what has been discussed to this point has related specifically to the basic skills your teen will need to be a safe driver. Now, your goal is to ensure your teen is thinking intelligently and making the right decisions as a driver. Sometimes after teens become proficient with the basic skills, parents/guardians will often "step back," becoming less involved in their teen's supervision. But there's still a lot to learn; their teen's education is not complete.

Be clear with your teen that the training process is ongoing and that you will continue to provide input into their development so that you both stay in the learning/teaching mode.

Even the best new drivers are likely to make mistakes. These mistakes are great teachable moments for "higher order" instructions. So instead of saying, "Stop sooner," advise your teen to try to focus on looking ahead and anticipating events, with an emphasis on good judgment, good decision making, and hazard perception. The shift from a basic comment to a more advanced focus is perhaps the most essential element of educating your teen at this point in the learning process.

As your teen drives, talk to them about specific hazard areas, possible areas of conflict, and blind spots where trouble may hide. Teens tend not to be as good at anticipating these trouble areas as experienced drivers. A good exercise is to have your teen describe the blind spots and possible areas of conflict they see. It will let you know that they are thinking, anticipating, and driving intelligently.

Inspire

Even after your teen is licensed, use your time driving with them to instill habits of good judgment, accurate hazard anticipation, and smart decision-making.

Practice in other conditions

For new drivers, it can be challenging to drive in new and unfamiliar conditions such as inclement weather, different times of day, and varying traffic volume. It's best that you provide guidance before they experience these conditions on their own.

Night driving

A driver's reaction depends on their vision, which is limited at night, making it difficult to make judgments and see pedestrians, bicyclists, and other obstacles. Some tips to keep in mind:

- Glare from headlights makes it difficult to see. Looking toward the right side of the road and flipping the rearview mirror can help to reduce glare.
- Headlights should be turned on before the sun goes down to increase visibility.
- High beams should only be used when other drivers won't see them, such as on roads with little traffic.
- To compensate for reduced visibility, drive more slowly and at a greater following distance.

Wet/slippery roads

Coach your teen to practice the following:

- Turn on the wipers as soon as the windshield becomes wet.
- Turn on the low-beam headlights; this helps others see you.
- Drive 5 to 10 mph slower than normal and increase your following distance to 5 or 6 seconds.
- Be more cautious, and slow down on curves and when approaching intersections.
- Turn the defroster on to keep windows from fogging over.

Hydroplaning

Hydroplaning occurs as a result of water on the road that is deeper than the tire tread. This reduces friction and can result in the loss of control. If you can see deep water, reflections on the pavement, or the car ahead leaves no tracks on the water, these are indications your car could hydroplane. Slow down.

Fog

Use low-beam lights or fog lights if your vehicle has them. Don't use high beams – they reflect off the fog causing reduced visibility. Slow down until your speed matches your ability to see, even if it means slowing to a crawl.

Snow

Make sure your vehicle is clear of snow and ice before driving. Driving can cause snow/ice to slide and block your view, or fly off and strike other vehicles.

- When starting to drive in snow, keep the wheels straight ahead and accelerate gently to avoid spinning the tires.
- Decrease your speed to make up for a loss of traction. Accelerate and decelerate gently, and be extra careful when braking.
- Stopping distances can be 10 times greater in ice and snow. Begin the slowing-down process long before a stop. Brake only when traveling in a straight line.
- Look ahead for dangerous spots, such as shaded areas and bridge surfaces that may be icy when the rest of the road is clear.
- Stay far behind the vehicle ahead so you will not need to come to a sudden stop, which can cause skidding.

Alertness

After becoming proficient in basic driving skills, teens can become overconfident and begin to drive faster, follow too closely, brake abruptly, etc. Gently and continuously remind your teen to stay three seconds back from other vehicles and to always drive with caution.

Teens' biggest dangers

Newly licensed teens crash much more often than older, more experienced drivers. These are the most common trouble areas for young drivers:

Other teens

Research is clear on the fact that risky teen driving behaviors increase in the presence of teen passengers. A teen who is driving with other teens in the car is more likely to crash. And the more kids there are in the car, the stronger the likelihood of a crash. This is the primary reason many states have passed laws that restrict the ability of teens to drive with their peers.

GDL systems

Graduated Driver Licensing (GDL) systems are intended to provide teen drivers with practice under the safest conditions, exposing them to more situations only as their skills and experience grow.

Seat belts

The unfortunate reality is that teens buckle up far less frequently than adults. Recent studies show that belt use amongst teens is the lowest of any age group, just 76 percent compared to a national average of 85 percent. In fact, the majority (58 percent) of young people 16 to 20 years old involved in fatal crashes are unbuckled.

Drugs and alcohol

Teens are at far greater risk of death in an alcohol-related crash than the overall population. This is despite the fact that they cannot legally purchase or publicly possess alcohol in any state. When alcohol is added to the inexperience of teen drivers, the results can be deadly. Drunk male teenage drivers are 18 times more likely than a sober male teen driver to be killed in a single-vehicle crash. Drunk female teenage drivers are 54 times more likely to be killed than a sober counterpart.

Fatigue

As teens get older their bedtimes get later, but waking times do not tend to change. From age 13 to 19, nightly sleep is reduced by 40–50 minutes. Teen drivers who sleep less than 8 hours a night are 33 percent more likely to crash than teens who get more than 8 hours of sleep. This lack of sleep results in depressive moods, more risk-taking behaviors, and lower grades. It further reduces a person's ability to process information, be attentive, and have good reflexes, which are all crucial to safe driving. Studies have shown that being awake for 18 hours has a similar impact to having a blood alcohol concentration (BAC) level of 0.08.

Distracted driving

A driver's primary responsibility when behind the wheel is to focus on the act of driving. Any behavior that distracts from this activity increases the risk of a collision. In this age of electronic communication, the dangers of distractions have increased significantly. Use of electronic devices for any purpose, to send or receive communications, to surf the web, to view images, video, or anything at all, should absolutely be avoided.

Inexperience

Just as it takes years to perfect any skill – athletic, artistic, or otherwise – it also takes years to be a truly good driver. Until teens are much more experienced, they run a greater risk of crashing, getting hurt, and potentially dying. A driver's license makes them a driver. Experience makes them good drivers.

Night driving

For teens, the most severe crashes occur at night and on weekends. Night driving is challenging for all drivers, but novice drivers do not have the experience to anticipate and react when visibility is reduced. When teens drive at night, it is more often with a lack of adult supervision, with other teen passengers, and at higher speeds – all of which increase risk.

Sharing the road with trucks

When driving on the highway, you are at a serious disadvantage if involved in a crash with a larger vehicle. In crashes involving large trucks, the occupants of a car – usually the driver – sustain 78 percent of fatalities.

In order to keep you and your teen safe on the road, you should be extra cautious when driving around large trucks and buses. Sharing the road with larger vehicles can be dangerous if you are not aware of their limitations. Here are a few tips to help you drive safer to prevent a crash and minimize injuries and fatalities if one does occur:

Cutting in front can cut your life short

If you cut in front of another vehicle, you may create an emergency-braking situation for the vehicles around you, especially in heavy traffic. Trucks and buses take much longer to stop in comparison to cars. When passing, look for the front of the truck in your rearview mirror before pulling in front, and avoid braking situations.

Watch your blind spots – the "no-zones"

Large trucks have blind spots, or "no-zones", around the front, back, and sides of the vehicle. These no-zones make it difficult for the driver to see. Avoid being caught in a truck's no-zones. If you can't see the truck driver in the truck's mirror, the truck driver can't see you.

Avoid squeeze play

Be careful of trucks making wide right turns. If you try to get in between the truck and the curb, you'll be caught in a "squeeze" crash. Truck drivers sometimes need to swing wide to the left in order to safely negotiate a right turn. They can't see cars directly behind or beside them. Cutting in between the truck and the curb increases the possibility of a crash. So pay attention to truck signals, and give them lots of room to maneuver.

Work zones

Work zones can be very dangerous, especially when traveling on the highway. It's important to be alert and prepared to slow down or stop in a work zone. Slowing down and allowing others to merge will ensure a safe passage through work zones. Here are a few tips on work zone safety:

- **Stay alert:** Work zones are busy places where construction vehicles and workers are always moving. Be alert, and stay on the safe path that is designated throughout the work zone.
- **Take your cues from trucks:** Work zones often pop up suddenly. If you are not paying attention to the signs, you could find yourself in a serious accident. Since trucks have a height advantage and can see ahead of traffic, their brake light activity can provide a good signal of a slow-down or work zone ahead. Truck drivers know the stopping limitations of their trucks and pay close attention to traffic.
- **Merge gently:** Aggressive drivers can be extremely dangerous while driving in work zones. Work zones require time and courtesy. For a smooth passage through work zones, allow others to merge in front of you. Be especially considerate of trucks. They require more space to merge and are the least maneuverable vehicles on the road.

Source: U.S. Department of Transportation, Federal Motor Carrier Safety Administration

Speed is everything

When driving in highly trafficked areas, like urban and town centers, as well as arterial roads, your speed can be a matter of life and death for you, fellow motorists, cyclists, and pedestrians. Follow speed limits and respect all road users.

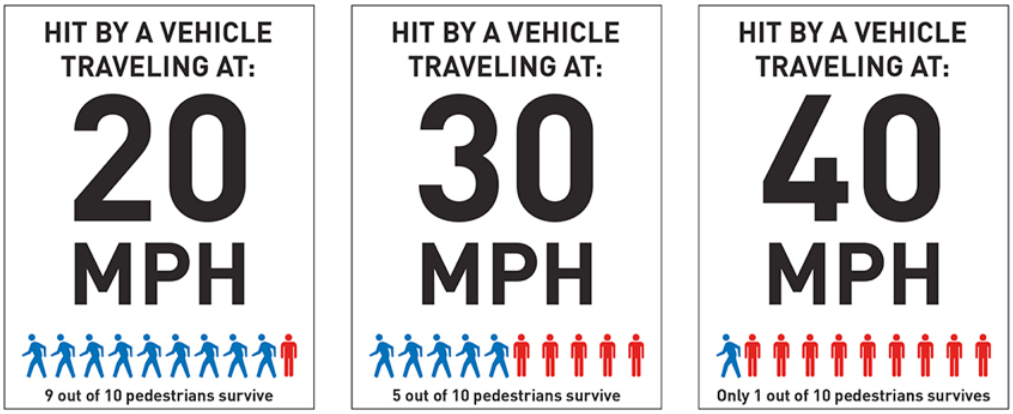
Sharing the road with bicyclists and pedestrians

- **Scan the street for wheels and feet:** Be especially careful to look for people walking and biking before turning at intersections and driveways.
- **Yield to pedestrians:** Pay attention to the pedestrian signal and give people walking the right-of-way.
- **Double threat:** Never pass another vehicle that has stopped or is slowing down for a pedestrian. Remember, you might not be able to see the pedestrian when you approach a stopped vehicle so be aware.
- **Watch for bikes:** People riding bicycles have the right to be on the road (and are often prohibited from riding on sidewalks), so respect their right to be there.
- **Passing safely:** Stay at least 3 feet away from bicyclists (and other vulnerable road users, such as garbage collectors, police officers, and tow truck operators) when passing, and don't return to the right until well clear of the person. If there isn't enough room to safely pass in the same lane, you must use another lane or wait for a safe opportunity to pass. Do not pass a person on a bike and then immediately turn right.
- **Avoid the "right hook":** Look for and yield to people biking on the right when turning right.
- **Avoid the "left cross":** Look for and yield to people walking across the street and yield to oncoming people on bikes when turning left.
- **Visibility:** Look for bicyclists at night and watch for their reflectors or lights.
- **Check blind spots:** Watch for bicyclists coming from behind, especially before turning right.
- **Doors are dangerous:** Before opening your car door or moving, look in your mirror and physically turn your body to make sure no bicyclists are coming. Learn more here: https://www.dutchreach.org/dutch-reach-practice-tips-door-latch-reminders/

Respect for all road users

Put yourself in the shoes of a person walking or biking. We are all trying to safely get to our destination.

Respect and kindness towards other road users can go a long way.



Seattle Department of Transportation www.seattle.gov/visionzero

NOTES

Text Talk TICKET

Hang Up & Drive

Tickets For Violators

Washington's distracted driving law is in effect—with strict police enforcement. If police see you holding a phone to your ear or texting while driving, they can pull you over. Tickets are costly and could be more if your distracted driving causes a collision.

> **"We will fully enforce this law from day one…in hopes of preventing these needless tragedies."**
>
> State Patrol Chief John R. Batiste

This Law Means:

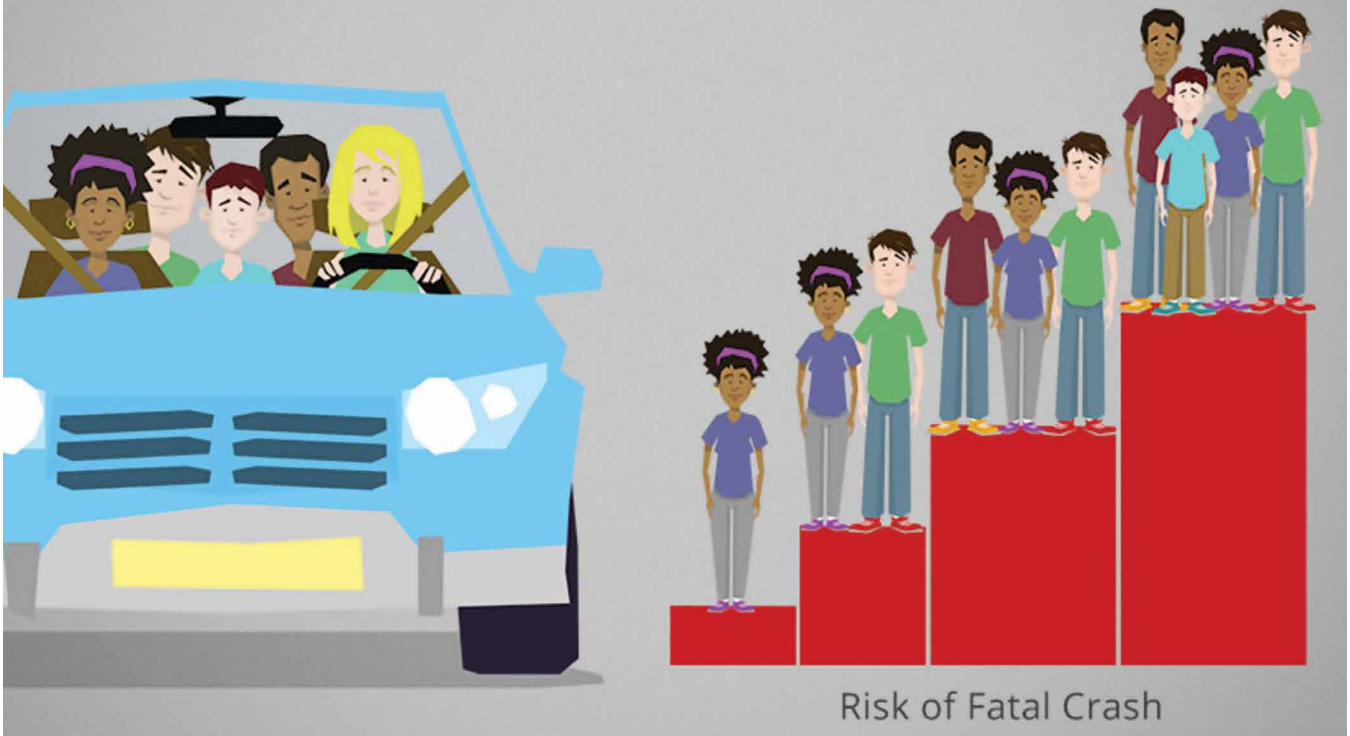
- No talking on handheld cell phones while driving.
- No texting while driving.
- Teens with intermediate driver licenses or learner permits may not use a wireless device at all while driving, including hands-free devices, unless they're reporting an emergency.

This law is not meant to encourage the use of hands-free devices. **Hands-free devices offer no safety benefit.** Parking your phone is the only safe way to drive.

Pulling to the shoulder to talk on the phone or text is rarely a safe option and should only be done in an emergency.

For more information, go to:
www.dol.wa.gov/driverslicense/distracteddriving.html

The more the merrier?
The more the scarier.



The risk of a fatal crash goes up in direct relation to the **number of teens** in the car.

WASHINGTON STATE DEPARTMENT OF LICENSING

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