the PARENT'S supervised driving program

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

A PROGRAM OF THE NEW HAMPSHIRE DEPARTMENT OF SAFETY

New Hampshire Department of Safety
DMV
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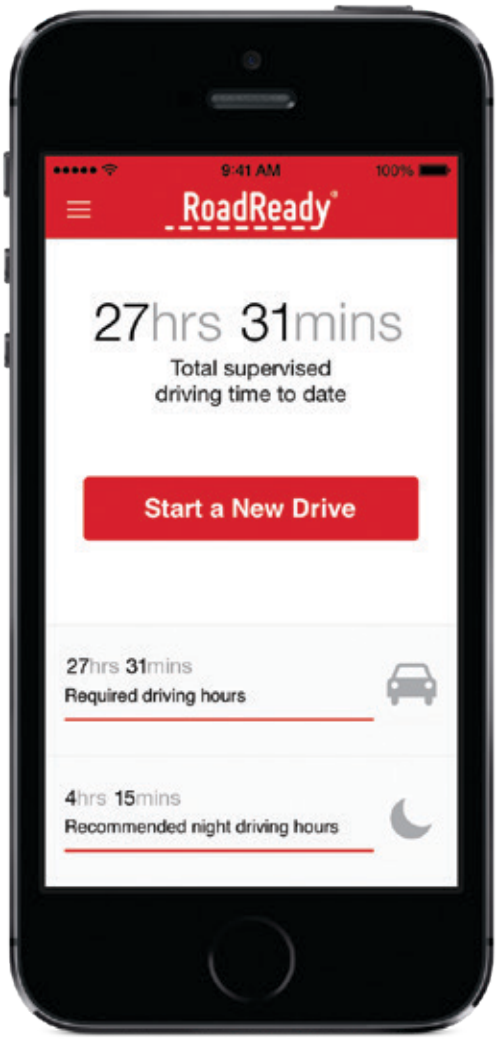

Teaching your teen to drive presents enough challenges. With RoadReady, your focus can remain where it needs to be: on your teen and on the road. "Start a New Drive" and RoadReady will log the rest. Download your log to verify you've completed your state requirement.

A component of the PARENT'S supervised driving program

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A message to parents and guardians

Having your teen reach the important milestone of learning to drive is exciting and scary at the same time. This guide is meant to assist you in making this endeavor not only meaningful but enjoyable. Driving a motor vehicle is a privilege that comes with many responsibilities. Assisting your new driver in learning to be safe, courteous, and attentive on our roadways is the first step in a lifelong journey of driving.

Students who receive careful direction, supervision, and plenty of behind the wheel practice from their parents are among the most successful and safest drivers.

As you know, driving is a task that requires your full attention. New Hampshire drivers should be prepared for changes in the weather and road conditions, which can be a challenge even for an experienced driver. This guide will provide you with a tool to assist your teen driver practice safe driving maneuvers.

Thank you for taking an active role in your teen's driving education and for helping the next generation of drivers have a safe and enjoyable experience on our New Hampshire roadways.

NH Department of Safety
Division of Motor Vehicles

The New Hampshire Driver Education Teachers Association is excited to provide you with *The Parent's Supervised Driving Program* manual.

This guide focuses on the critical role of the parent in the teen driver education process and encourages parents and teens to drive together in a variety of weather conditions and in unfamiliar settings, be it rural roads, highways, in cities and in other heavy traffic situations. The manual's design provides important instructional modules which contain information on how and where to complete the lesson for maximum success. Allowing your teen to spend as much time as possible behind the wheel will increase the development of their driving skills.

The purpose of driver education is to instill safe driving habits that last a life time. By offering an enhanced supervised driving experience, we hope that parents and guardians will extend the supervised driving period beyond the state requirement of 40 hours.

Motor vehicle crashes are the leading cause of teen deaths. Roadway safety in New Hampshire is dependent on the behavior of each individual driver. Your commitment to assist your child in maximizing this learning experience is commendable. The time you spend teaching your teen how to drive might just save their life.

The NHDETA is proud to be a partner in creating safer roadways for all of us.

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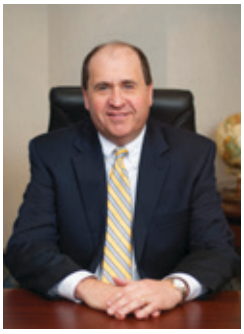

When your child starts driving it can be both exciting and stressful at the same time. The thought of a young excited inexperienced teenager behind the wheel for the first time makes us all understandably nervous about handing over the keys.

Teaching your children how to drive is a multi-step process that will hopefully help them build confidence on the road and help you gain trust in their abilities. We are pleased to provide *The Parent's Supervised Driving Program* to map out – for both parents and teens – the path to becoming a safe and successful driver.

While some of this information may seem obvious, studies show that utilizing a phased approach helps both driver and teacher understand driving milestones and the responsibilities and challenges of each phase; this program emphasizes accomplishments, rather than a specific timeline, because everyone learns at a different pace.

Safety Insurance is proud to sponsor this official program, and hopes that it will make the driving experience a safer one for both you and your teen driver.

Safe Driving,

George M. Murphy
President and CEO of Safety Insurance

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My family business has been serving New Hampshire since 1924 and we are here for drivers from day one. Grappone believes in educating consumers so that they can make smarter decisions for themselves and their families. We are honored to be viewed as a trusted source for information on all things automotive, because driving isn't a luxury in the state of NH, but most often a necessity. We are excited to expand the resources available to our community by helping young drivers and their families learn more about safe and responsible driving practices. My hope is to offer more public awareness about this program to start conversations about keeping teens safe on the roads.

Grappone Automotive is so pleased to be a sponsor for *The NH Parent's Supervised Driving Program* and our team of experts can answer any questions you have, from service to sales to parts. Parents and students, if you ever need me, please call or email at any time. Thank you for being a part of the program and we'll see you on the road!

Amanda

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We know the importance of investing the time and commitment to ensure our youth learn the skills needed to tackle life's milestones. As a parent, you provide the guiding principles to ensure your teen makes responsible decisions. We hope you cherish this experience with your teen as you coach them through this guide on how to develop safe driving habits.

Together, we celebrate this special milestone with you and your teen. **Safe travels!**

Ronald L. Magoon
President & CEO
Franklin Savings Bank

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 to 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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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.
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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Take our program survey and tell us about your experience.

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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 will be that 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 while driving.
- Always wear your seat belt, and remind your teen that buckling up is the law. This will need to be an ongoing conversation — buckle up every trip, every time.

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.

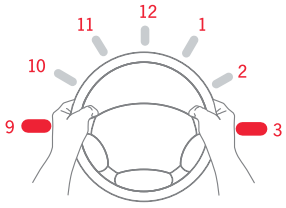
Emergency stopping: Practice stopping the car with the parking brake (if your vehicle's parking brake is located between the seats). This can be dangerous, even at low speeds, and should only be used as a last resort.

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 standard 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. The use of a safety belt allows the driver to stay behind the wheel in order to take advantage of the airbag. Since air bags deploy out of the wheel on impact, it's important to keep your hands and arms in the recommended position.

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 and also lessens the risk of injury if the airbag was to deploy.

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 that takes the driver's attention away from the primary task of driving. Distracted driving, impairment, speeding, and not wearing seat belts are all risky choices that can lead to serious injury and death. 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 ages 16-19 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 2017 across the United States, 3,166 people were killed in a distraction-related crash, with teens having the highest rate of distracted driving crashes causing a fatality. In 2016, an estimated 434,000 people were injured in crashes involving a distracted driver. (NHTSA)
- 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.

There are three kinds of distractions:

- Visual – doing something that requires the driver to look away from the driving task.
- Manual – doing something that requires the driver to take one or both hands off the wheel.
- Cognitive – doing something that causes the driver's mind to wander or focus elsewhere.

To combat this growing epidemic, we suggest the following:

- **Set a good example:** Kids observe and learn from their parents. Put your phone away while driving and only use it when you are safely pulled over. According to the Pew Research Center, 40 percent of teens aged 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. Encourage them to speak up if they are a passenger in a car with a distracted driver.
- **Establish ground rules:** Set up family rules about not using the phone while behind the wheel. Enforce the limits set by the Graduated Licensing Program (GDL).
- **Sign a pledge:** Have your teen take action by agreeing to a family contract about wearing safety belts, not speeding, not driving after drinking or using any drugs, and not using a cell phone behind the wheel. Agree on penalties for violating the pledge, such as 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, 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. While parked, test your teen on how long they look away when doing various tasks inside the vehicle, such as adjusting the temperature. Coach them repeatedly on the importance of focusing on the road ahead.

Drugged driving

As more and more states legalize marijuana, it's important to remember that it's illegal for everyone under 21. And just because it's legal doesn't mean it's safe. Laws for operating under the influence of alcohol also apply to drugs. Almost any drug can affect your driving skills, including illegal drugs, prescription medicine, and even over-the-counter medicine. Smoking or ingesting marijuana makes it more difficult to respond to sights and sounds. This makes you dangerous as a driver; it lowers your ability to handle a quick series of tasks. The most serious problems occur when facing an unexpected event, such as a car coming out from a side street or a child running out between parked cars. These challenges get worse after dark, because marijuana can also limit night vision.

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

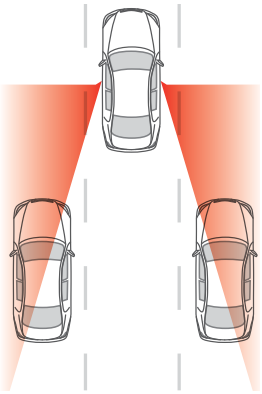
Lesson two – mirror settings

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

A proper seat position is critical to maintaining control of 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 quickly 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 settings

In the past, drivers were often taught mirror settings that created an overlap between the rear and side mirrors. This is actually less safe because it increases the size of the blind spots. This is a great opportunity to update your own driving skills while teaching your teen!

Skill completed

Supervisor initials

Driver initials

#RoadReady

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.

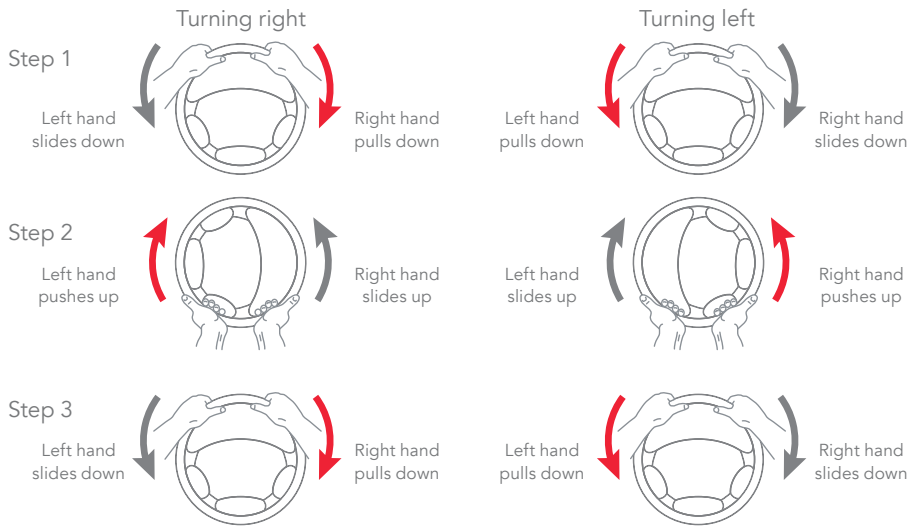
Pick several targets in the large, level, empty practice area, and have your teen drive to them at specific speeds. For example, "Drive to the stop sign at 15 mph." Focus on steady speed and smooth starts and stops.

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.*

Controlling 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?

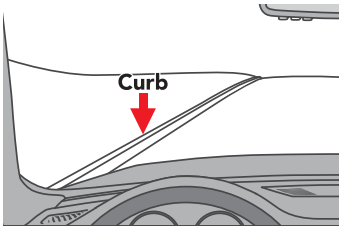
Goal: Teach your teen how to tell where their vehicle is in relation to other vehicles or objects.

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.

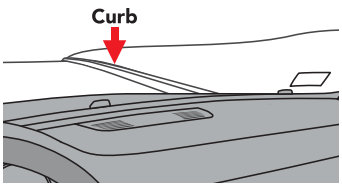
Lesson two – driver's side curb (or line)



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.

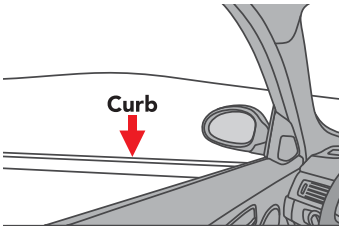
Lesson three – passenger's side curb (or line)



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

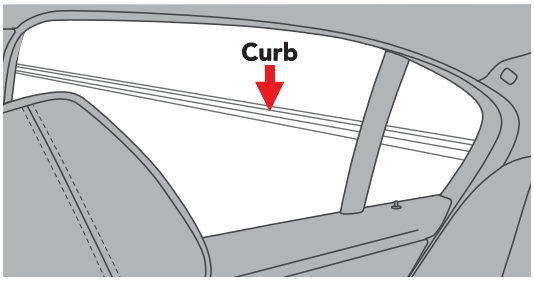
- Check all areas behind the vehicle prior to and while backing up.
- Grasp the steering wheel with the left hand and look over the right shoulder through the rear window.
- First release the brake, then use the accelerator gently, and only when necessary, to control speed. Keep it slow.

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 the 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. Out of respect to our neighbors, please do not use official state road test courses for 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

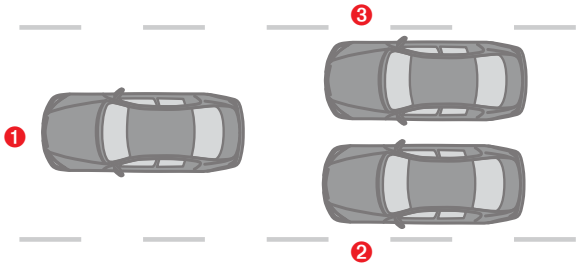
When you and your teen feel ready, move to a quiet street.

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 parked vehicles and potential hazards on the right (if no oncoming traffi c). It should be avoided on a hill or a 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

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Driving on a quiet street – part two

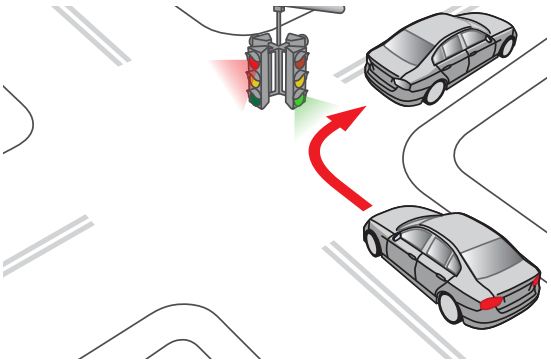
Goal: Teach your teen to turn both right and left safely and with confidence on quiet roads.

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.

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.

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.

Skill completed

Supervisor initials

Driver initials

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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. Out of respect to our neighbors, please do not use official state road test courses for practice. Move onto a road with light traffic when your teen is ready.

Don't tailgate

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.

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 these problems, and then execute the maneuver.

Lesson two – stopping-distance rule

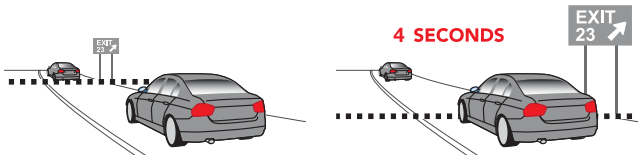
Teach your teen the stopping-distance rule, for the safest distance to stop behind another vehicle. When your vehicle stops, you should be far enough away from the car in front of you that you can see where its tires make contact with the ground. Any closer is too close.

Lesson three – four-second rule

Teach your teen the three-second rule for the appropriate following distance when driving behind other vehicles. The four-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, one thousand FOUR."
- Your front bumper should not pass that same object before you've reached "four."

Have your teen practice the four-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 "four."

Skill completed

Supervisor initials

Driver initials

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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. The less backing up, the better! 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

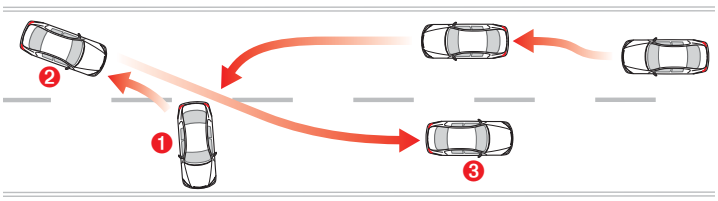
A two-point turn involves backing into a driveway to reverse direction. On a quiet street, have your teen identify an available driveway on the same side of the street as your car, at a point where they can see oncoming traffic for at least 200 feet.

- 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.



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

- 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.

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

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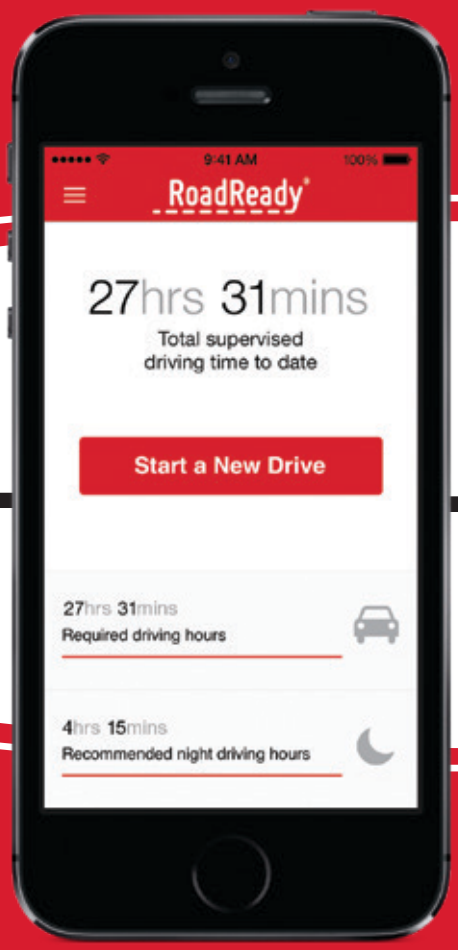

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Supervised driving log

Parents or guardians are responsible for making certain that their teen has completed no less than 40 hours of supervised driving, with 10 of those hours completed between sunset and sunrise. The 40 hours can be completed with a licensed driver who is at least 25 years old. The following form is a tool for your convenience that will help you keep track of time spent on the road, and will ensure that your teen has a diverse supervised driving experience.

In NH, the GDL rules apply to the holder of a youth operator license, which is defined as anyone under the age of 21. A youth operator:

- May not drive between 1 AM - 4 AM.
- May not have more than 1 non-family passenger who is under the age of 25 for the first 6 months, unless accompanied by a licensed driver over 25.
- May not use any electronic device until over 18 and then only hands free. There is an exception to call 911.
- Is required to have a seat belt for every passenger.

GDL systems

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Elizabeth A. Bielecki
Director of Motor Vehicles

Certification of Additional Supervised Driving

Full Name of Driver: _____ Date of Birth: ___/___/___ Telephone #: _____

Address: _____

NH Law requires that in addition to a Driver Education program, an applicant under the age of 18 must complete a ***minimum*** of **40 hours** of practice driving under the supervision of a licensed parent, guardian, or a licensed adult over the age of 25, and that ***at least*** **10 hours of the supervised driving time shall be completed during the period from ½ hour after sunset to ½ before sunrise**.

We encourage practice driving as much as possible before applying for a driver license, which may include the time prior to taking a driver education course, as long as the driver is at least 15 years and 6 months of age, and is accompanied by a licensed driver who is at least 25 years old, pursuant to RSA 263:25.

You may utilize the log below and on the reverse side to keep track of the driving hours.

Date	Time (AM/PM) Start	/ End	Cumulative Hours Daytime	/ Nighttime	Skill Practiced Ex: Highway, Parking, etc.	Parent or Guardian Initials
Total Time this page:					**Please use reverse side if more space is needed.**	
Total Time back page:						
Total Time Logged:						

CERTIFICATION OF APPLICANT: I certify that I have completed a minimum of 40 hours of practice driving with at least 10 of those hours taking place during the period from ½ hour after sunset to ½ before sunrise. **This authorization form is signed under penalty of unsworn falsification pursuant to RSA 641:3:**

Signature of Applicant: _____ Date: _____

CERTIFICATION OF PARENT/GUARDIAN: I certify that the applicant has completed a minimum of 40 hours supervised driving with at least 10 of those hours taking place during the period from ½ hour after sunset to ½ before sunrise. **This authorization form is signed under penalty of unsworn falsification pursuant to RSA 641:3:**

Signature of Parent or Guardian: _____ Date: _____

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Continued from front side:

Date	Time (AM/PM) Start	/ End	Cumulative Hours Daytime	/ Nighttime	Skill Practiced Ex: Highway, Parking, etc.	Parent or Guardian Initials

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Date	Time (AM/PM) Start	/ End	Cumulative Hours Daytime	/ Nighttime	Skill Practiced Ex: Highway, Parking, etc.	Parent or Guardian Initials

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Continued from front side:

Date	Time (AM/PM) Start	/ End	Cumulative Hours Daytime	/ Nighttime	Skill Practiced Ex: Highway, Parking, etc.	Parent or Guardian Initials

Parking – part one

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

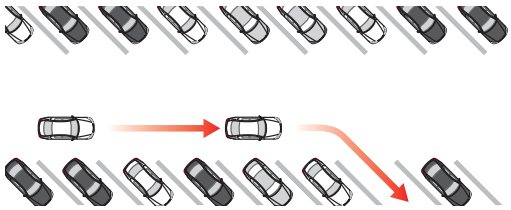
Location: Start in large, level, mostly empty areas. You will need angled and perpendicular spaces.

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. *Hint: Choosing a parking spot on the left side of the car can provide more room to maneuver and a better view of traffic when backing out.*

- 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.

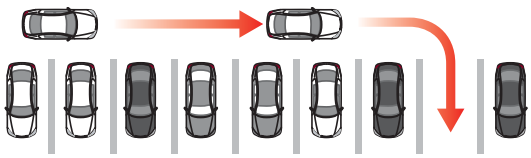


Turn when the front of your vehicle reaches the edge of the space. Stay alert for cars backing out to leave their space.

- 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.
- Suddenly opening car doors can pose a very serious threat to bicyclists. When opening your car door, drivers and passengers are encouraged to check your rear-view mirror, side-view mirror, then open the door with your far hand.

Lesson two – perpendicular parking

The steps are the same as for 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

- 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

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Parking – part two

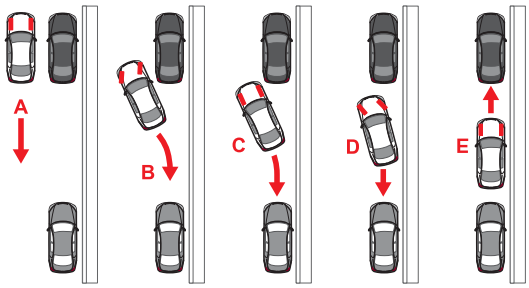
Goal: Teach your teen to master parallel parking.

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.

- 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, 2-3 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.



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

- 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.

Have patience

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.

Lesson two – exiting a parking space

- With a foot on the brake, shift to reverse, turn around, and back as close as possible to the vehicle behind you.
- Turn steering wheel slightly to the right when backing out in order to move the front of the vehicle away from the curb.
- 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 – 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.

Skill completed

Supervisor initials

Driver initials

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Driving on rural roads

Goal: Teach your teen to drive safely and with confidence on two-lane rural roads.

Location: A two-lane rural road.

Lesson one - gravel roads

Gravel roads present their own special road safety challenge. The issue is traction. Driving on loose gravel is harder than driving on pavement because your tires don't have the traction needed to give you stable control. Slow down, avoid sudden turning, accelerate and brake slowly, and increase your following distance. Be particularly aware of gravel "windrows," piles of gravel near the road edge, used for highway maintenance.

Lesson two - driving hazards

Large/slow vehicles: Slower trucks, farm vehicles, and road maintenance equipment are likely to make wide turns at unmarked entrances. Use caution and make sure the driver can see your vehicle before passing.

Sharp drop-offs and gravel shoulders: One of the most common driving hazards is running off the road. The urge to overcorrect is strong and often results in a serious crash. If you run off the road, follow these steps to ease your vehicle back onto the road:

- Do not turn the wheel; continue driving straight.
- Take your foot off the accelerator.
- Find a safe place to reenter the road and reenter the road when it is clear.
- Do not apply brakes until regaining control of the vehicle.

Restricted visibility: Trees, cornfields, buildings, and hills can block a driver's view of oncoming traffic, or traffic entering from the side. Identify blind spots to better anticipate and be prepared for potential dangers.

Uncontrolled intersections: They are not controlled by yield or stop signs. Use caution, slow down, and be prepared to stop for cross traffic. The vehicle on the left should yield.

Animals: If unable to stop for an animal crossing the road, do NOT swerve – swerving makes it hard to keep control. The most serious crashes happen when drivers swerve into oncoming traffic or roll into a ditch.

If you see an animal, slow down and be prepared to stop. Always be on the lookout, especially at sunrise and sunset. October and November are peak months for deer crashes. Deer travel in groups; if you see one, look for more.

Hills and curves: These are often steeper and sharper on rural roads than on interstate highways. Before reaching the crest of a hill, or entering a curve, slow down, move to the right side, and watch for traffic.

Railroad crossings: Always slow down, look both ways, and be prepared to stop. On rural roads, many railroad crossings are marked only with a round yellow 'Railroad Crossing Ahead' warning sign and a white X-shaped railroad crossing. There may not be flashing lights, warning bells, crossing gates, or pavement markings.

Gravel slide

Be ready for skids. A vehicle can become difficult to handle in heavy gravel. If the vehicle starts to skid, release the accelerator or brakes. As you release them, look where you want to go, and steer in that direction.

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.

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.

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.

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.

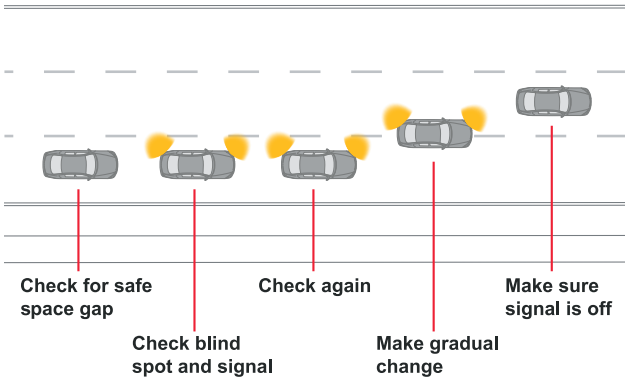
Other road users

Motorcyclists, bicyclists, and pedestrians are more difficult to see than cars because they are smaller — and drivers tend to focus on looking for cars. Traffic, weather, and road conditions require cyclists to react differently than motorists. It can be difficult for young drivers to judge and predict their actions. Always give bicyclists and motorcyclists a wide berth and reduce your speed.

Lesson one – 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.

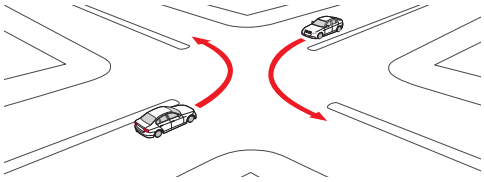
Lesson one – right turns

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



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

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 in to the intersection. Don't turn the wheel until you're ready to make the turn.
- Yield to any vehicles, cyclists, 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.

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. Have them practice judging oncoming vehicles' distance from your vehicle by counting out loud the time it takes for an oncoming vehicle 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

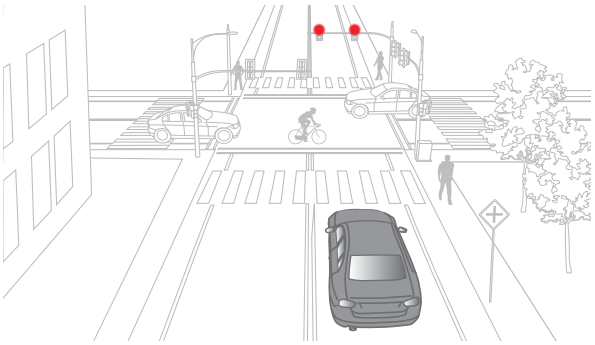
Scan first

Keep reminding your teen that constant awareness and looking ahead are the keys to driving 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.



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

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:

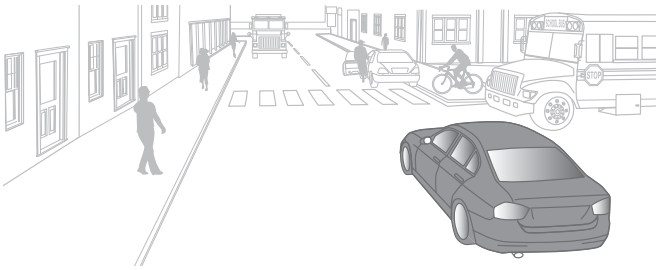
- Identify right-lane obstacles, such as stopped buses, parked cars, delivery trucks, and cyclists.
- Identify left-lane obstacles, such as vehicles waiting to make a left turn, or cars traveling in the opposite direction drifting over the center line.
- Identify the least-congested travel lane. *Hint: 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.

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.

More is better

City driving skills take a long time to acquire. Spend as much time as possible driving in many circumstances with your teen. This should include driving at night and in inclement weather. Plan trips to less familiar places where you might not normally travel.

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

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 always being attentive and looking ahead are the keys to driving safely.

Lesson two – on-ramp segments

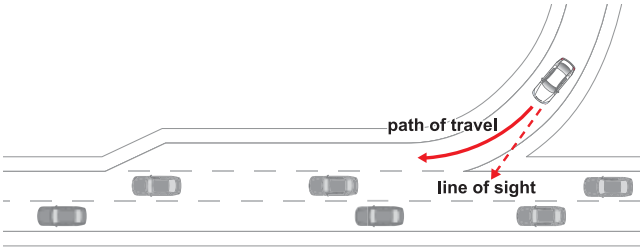
Explain the three segments of on-ramps, and how they're used:

- **Entrance area:** The driver searches the highway and evaluates 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.



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

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.

Practice both merging and exiting 10-12 times each, or more if needed for your teen to feel comfortable.

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.

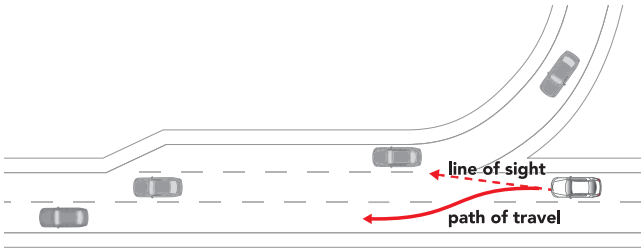
Lesson one – steering technique

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.

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 ten: multi-lane roads", until they are comfortable performing them at highway speeds.
Remind your teen to:

- Watch for merging vehicles and move one lane to the 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.
- Change lanes to move around any stopped vehicle with flashing lights, or vehicles stopped on the shoulder. Unless it's absolutely necessary, never stop on the shoulder of a highway.



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 three – four-second rule

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

Roundabouts

Goal: Teach your teen how to enter and drive roundabouts safely.

Location: A road that leads to a one-lane roundabout. Move on to practice at two or more lane roundabouts when your teen is ready.

Roundabouts are circular intersections designed to calm traffic, increase safety, reduce stop-and-go travel, and decrease traffic delays. Roundabouts have proven to be an efficient means to move traffic through congested intersections and have shown to reduce crashes by half (all but eliminating the more severe broadside and head-on collisions). Roundabouts also offer a safe environment for pedestrians, who only have to navigate one-way traffic flow.

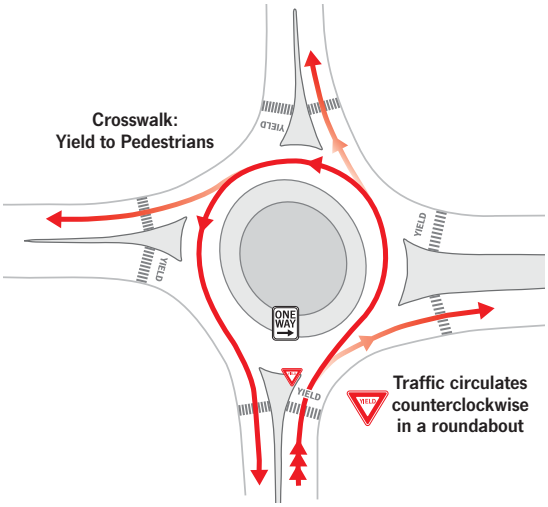
Driving in a roundabout can be intimidating, but it's really quite simple when you know how it works.

Yield the right-of-way

As a rule of thumb, always yield to traffic on your left, when entering or driving through a roundabout.

Lesson one – five easy steps

- **Slow down:** Speeds of 15 mph or less are adequate in the roundabout.
- **Yield:** Vehicles must yield to the left before entering a roundabout.
- **Don't stop:** Never stop once inside the roundabout. The vehicle in the roundabout has the right of way.
- **Follow signs:** Look for destination signs and exit in that direction.
- **Exit:** Look to your right, check your mirror and use your turn signal.



This example shows the traffic movement patterns through a one-lane roundabout. The one-lane roundabout is known as one of the safest and most efficient intersections.

Lesson two – emergency vehicles

- If you have not entered the roundabout, pull over and allow emergency vehicles to pass.
- If you have entered the roundabout, continue to your exit, then pull over and allow emergency vehicles to pass.
- Avoid stopping in the roundabout.

Lesson three – two or more lane roundabouts

- As you approach, observe the signs and arrows to determine which lane to use before entering.
- Black and white signs on the side of the road and white arrows on the road will show the correct lane to use.
- If you want to make a left turn, stay in the left lane or other lanes that are signed and marked as a left turn.
- To make a right turn, stay in the right lane or other lanes that are signed and marked as a right turn lane.
- If you want to go straight, observe the signs and arrows to see what lane is correct.

Skill completed

Supervisor initials

Driver initials

#RoadReady

Adapting to new landscapes

Mountain driving

Some hazards you should be aware of are steep hills, changing weather, wildlife, and rocks in the roadway. If your vehicle experiences difficulty traveling up steep roadways, pull off the road at the first place you may do so safely, or stay in the right lane to allow other vehicles to pass. Here are some added tips:

- Pay special attention to speed limit signs and warning signs, such as those warning of curves, steep hills, or other hazards.
- Watch for bicyclists near the right edge of the road.
- Use lower gear to control speeds while going up or down long, steep hills.
- You must yield to vehicles going uphill if you are traveling downhill on a narrow road.
- Do not coast downhill by shifting into neutral or disengaging the clutch.

The higher the altitude, the less oxygen there is in the air. Some people may react to the decrease in oxygen. They may develop mild symptoms, such as headache, nausea, and fatigue. Remember, insufficient hydration can lead to the onset of symptoms of altitude sickness. Even if they are mild, they can affect your alertness as a driver.

Rural driving

When driving in rural or country areas, there are a number of special situations that require attention. Watch for driveways, farm equipment, railroad crossings that might not be marked, and bridges that are narrow and poorly surfaced. Some intersections may be hidden by trees, brush, and crops. Animals often are found wandering along the roadway. Extra care and slower speeds should be used when driving on gravel roads because of the reduced traction due to the road surface. The road surface can be affected by loose gravel, slippery conditions after rain or snow, ruts in the driving lanes, and washboard conditions. When approaching oncoming vehicles, watch for soft shoulders or the absence of shoulders.

Safety around snowplows

When you see lights from a snow plow, slow down and use caution.

- **Give snowplows room to work:** They are wide and can cross the center line or shoulder.
- **Do not tailgate and avoid passing, especially on the right:** If you must pass, be extremely cautious and beware of the snow cloud.
- **Keep your distance and watch for sudden stops and turns:** A snowplow operator's field of vision is restricted. You may see them, but they don't always see you.

Note: Four-wheel drive (4WD) vehicles do not stop faster on ice and snow than two-wheel drive (2WD) vehicles. The heavier the vehicle, the longer it takes to stop, no matter the vehicle's wheels.

Overconfidence

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

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 they be exposed to a wide variety of driving circumstances and conditions. Make a point of driving with them in situations that they have not yet experienced, 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 to be less skilled at anticipating these trouble areas than experienced drivers. A good exercise is to have your teen describe the blind spots and possible areas of conflicts they see. It will let you know that they are thinking, anticipating, and driving intelligently.

Keep on coachin'

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. Remember that crash rates are highest in the first months of licensure. Your role is still vital even after your teen receive his or her license!

New vehicle technology

There is an ever-increasing amount of safety technology in today's cars. Features like automatic emergency braking, blind spot monitoring, and forward collision warning keep us all safer, but only if they're used correctly. It's important to understand how these advanced driver assistance features work and their limitations. A key point is to remember these are driver "assistance" features and not driver "replacement" features.

The easiest way to ensure you're using everything right is to carefully review your car's manual. Read about any features that are new to you and make sure you know how they work. If you still have questions, then reach out to the dealership so they can explain. Once you understand the technology, share that information with your teen driver so they understand it, too.

Check out this website for additional information: https://mycardoeswhat.org/safety-features/

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.

Drowsy driving

Staying alert means focusing on the road and not driving when fatigued. Review signs of drowsy driving, such as difficulty focusing, frequent blinking, or drifting from your lane. Remind your teen to take a break after driving for 2 hours, or after 100 miles. Teens should avoid driving at times they would normally be asleep. Always increase following distance at night.

Teens' biggest dangers

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

Seat belts

The unfortunate reality is that teens buckle up far less than adults. A 2008 study showed 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 who were involved in fatal crashes were unbuckled. Whether sitting in the front or back of a car, buckle up every trip and remind other passengers to buckle up too. It could save their lives, and yours. Please visit NHTSA's website for more information https://www.nhtsa.gov/risky-driving/seat-belts

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. In 2016, nearly 20 percent of teenagers involved in fatal crashes had been drinking. Marijuana is the drug that's most commonly found in the blood of drivers who have been in a car crash. It is important to enforce a zero-tolerance policy at home. If your teen uses any alcohol or drugs, they cannot drive, nor should they ride with anyone who has been drinking or using drugs — in any amount.

Fatigue

As teens get older their bedtimes get later, but waking times do not tend to change. From ages 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 can result 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 content (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 that 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 are factors that increase risk.

Teen passengers

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.

If you feel different, you drive different

If you feel different, you drive different. If you're buzzed, drunk, or high, you are impaired and should never get behind the wheel. Marijuana, the drug most commonly found in the blood of people who have been in a car crash, can effect people differently. The best rule is this: if you plan to drive, have no drugs or alcohol.

Sharing the road

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 widely 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. 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 crash. 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

Work zones

Expect the unexpected. Follow the posted speed limit and pay attention. Leave extra space between you and the vehicle in front of you, and keep a safe distance between you and workers on or near the roadway.

Sharing the road with bicyclists and pedestrians

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.

- **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 bicyclists:** 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 bicyclists 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, look in your mirror and physically turn your body to make sure no bicyclists are coming. Learn more here: http://www.dutchreach.org/dutch-reach-practice-tips-door-latch-reminders

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.

Lowering speeds can save lives

Source: Impact Speed and a Pedestrian's Risk of Severe Injury or Death. Brian Tefft, AAA Foundation for Traffic Safety, 2011

Prevent and manage vehicle breakdowns

The most common reasons for breakdowns relate to failed tires, running out of gas, engine overheating, and dead batteries.

Prevent tire-related breakdowns: Taking good care of tires can prevent crashes, as well as breakdowns.

- Have tires inspected, rotated, and balanced by professionals every 5,000 miles.
- Check air pressure every month and before long trips. Best to check when tires are cold. Use a tire pressure gauge, and find the recommended PSI (Pounds per Square Inch) on the driver's side door jam or in the owner's manual (not from pressure shown on the tire sidewall).

Manage tire-related breakdowns: Safety comes first. Find a safe location to stop; it's okay to drive slowly on a flat tire's rim for a short distance to a wide shoulder, rest stop, gas station, or parking lot, making sure to activate your car's hazard lights.

Consult the vehicle operator's manual when you change the tire, or call roadside assistance.

- Have a fully inflated spare tire in your car. Donut spares should be inflated to 60 PSI.
- Practice (before the flat tire happens) using your car's tools to change the tire. Identify tool shortages and acquire what is missing.

Prevent running out of gas: Fill the tank when the gauge says ¼ full. In winter, or in a rural area, keep the tank at least ½ full. Don't wait until the fuel light comes on; you could get stranded or break down in traffic.

Manage running out of gas:

- Stow an empty 1-gallon gas can so you can carry it to the nearest gas station. Never stow a container with gas in the car. Adding gas works best when the car is on level ground.

Prevent battery problems: Car batteries usually last 3 to 5 years. Hotter climates will shorten a battery's life.

- At first sign of weakness, have the battery checked, and replaced if weak.
- Look for: illuminated battery light, slow engine crank, and dimming lights.
- Keep clamps to battery terminals tight so they cannot be moved by hand.

Manage battery problems: If the car doesn't start, most likely its battery is dead or its clamps are loose.

Stow 20 ft. long jumper cables in your trunk. Know how to use them correctly with another car's alternator.

- Stow a portable jumper battery. Charge it monthly and after each use.
- Have a correctly-sized combination wrench to tighten loose battery clamps.

Prevent engine overheating: Having low coolant in the radiator is the most common cause – usually due to a leak, hot weather, and/or a malfunctioning radiator cooling fan.

- Pay attention to signs, including temperature gauge's reading over halfway from cold to hot, steam or water vapor coming out from the hood, or a sweet smell coming from the engine. Proceed right away to a mechanic!
- Check engine coolant regularly. It should be above the 'Minimal' or 'full' line when the engine is cool, and at or just below the 'Max' line when the engine is hot. Stow a gallon of water in the car in case of an emergency.

Manage engine overheating: If you encounter any of the above signs:

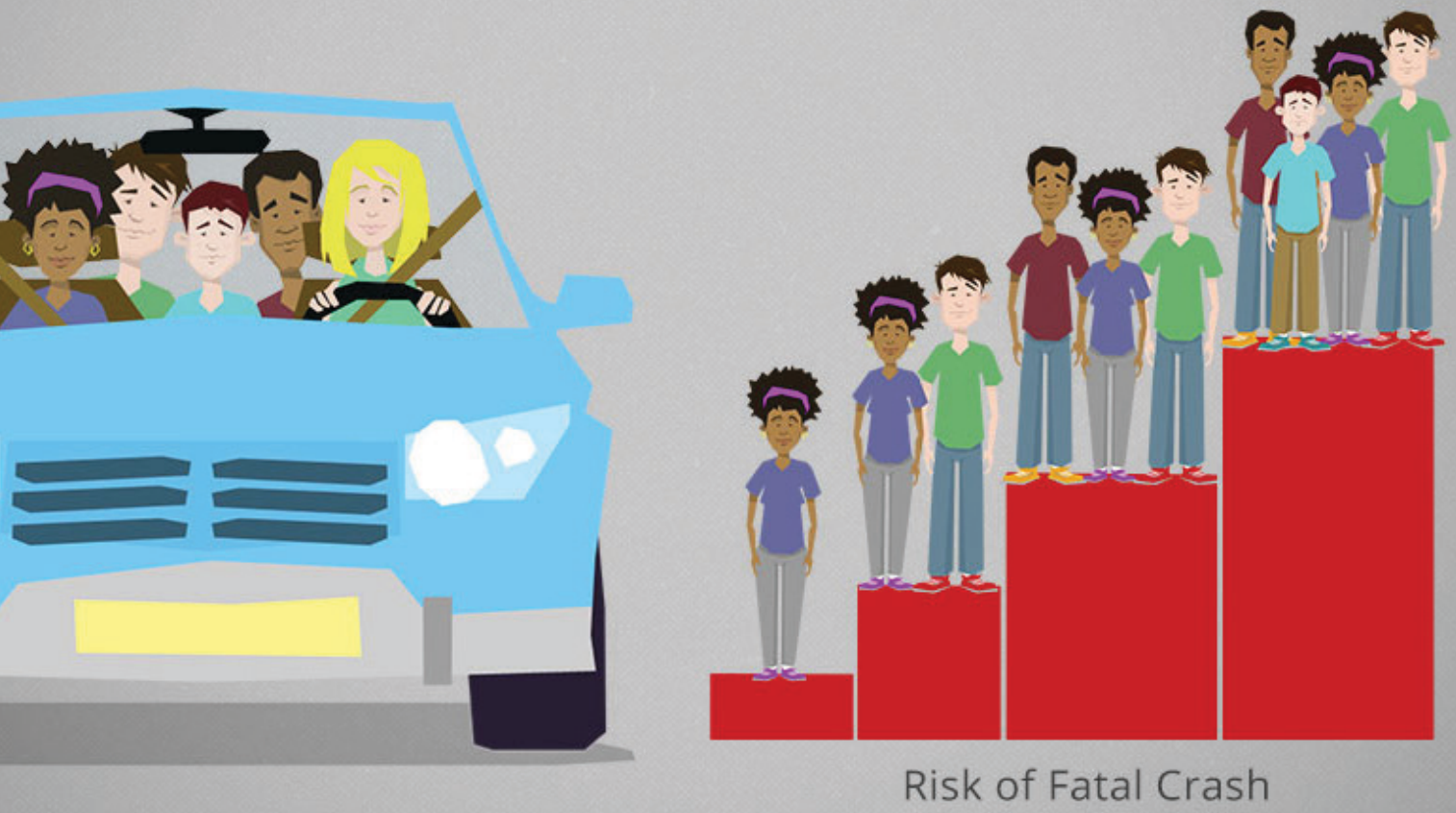
- Get to a safe location as soon as possible and turn off the engine.
- Allow engine to cool down for at least 30 minutes before opening the hood. DO NOT open the radiator cap while the engine is hot because the system is highly pressurized.
- Add water if coolant is low. Adding water, without antifreeze, can usually get you from roadside to a repair shop.
- Before proceeding to a mechanic, turn off the air conditioner and turn on the heater.

Sources: Bridgestone Tires, "Roadside Survival: low-tech solutions to automobile breakdowns" by Walt Brinker http://www.roadsidesurvival.com/, *AAA, and In Control Family Foundation*

Correct air pressure

Correct air pressure in tires helps prevent blowouts. Check spare tire PSI also, as it is usually low.

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.

A safety message from:

NHTSA
www.nhtsa.gov

New Hampshire Department of Safety
DMV
Division of Motor Vehicles

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