

STK

Share the Keys

FACILITATOR'S GUIDE

Pennsylvania

NJM Insurance
Group





Share the Keys Program Description

Parents are Key to Teen Driver Safety

Motor vehicle crashes remain the number one cause of death for teens. Graduated Driver Licensing (GDL) laws are the single most effective tool for reducing teen driver related crashes, injuries and deaths. While Pennsylvania's GDL is considered one of the most progressive and stringent in the United States (Williams et al., 2010), it must be fully understood and supported by parents in order to save lives. To that end, ensuring parents and teens fully understand the risks and responsibilities associated with driving is essential to teen driver safety.

Parent/Teen Safe Driving Orientation

The orientation is designed to reduce teen driver crash risks by increasing parental involvement. Share the Keys brings parents and teens together as a joint audience empowering them with information, resources and tools to cultivate safe driving attitudes and behaviors for life.

Share the Keys is approximately 60-90 minutes in length, presented by facilitators in community-based settings (i.e., schools, libraries) and can be linked to parking permit requirements, classroom driver education orientations and back-to-school nights. The orientation is designed for parents and their teens in the pre-permit/permit stage of licensure (parents and their teens already holding a probationary license will also benefit) and includes a resource guide full of materials that support parental involvement and safe driving behaviors.

Evidence Based Behavioral Objectives

Parental Involvement has a significant impact on teen driver safety. Researchers have long known that parenting style has a strong influence on the likelihood of teens avoiding or taking part in behaviors such as smoking or drinking*. Parental influence on driving is no different.

Driving through the Eyes of Teens, A Closer Look is a research report from the Children's Hospital of Philadelphia's Research Institute and State Farm. The report examined the impact parenting styles had on teen driver safety and found that teens whose parents set clear rules and monitor where they are going and with whom in a helpful, supportive way (authoritative) are half as likely to crash, and 71 percent less likely to drive intoxicated than teens whose parents are less involved/supportive. The Centers for Disease Control and Prevention and other researchers (Simons-Morton, 2007) also point to parental influence directly impacting teen driving behaviors.

Share the Keys compels parents to use an authoritative style when guiding their teen through the GDL experience. Respecting the knowledge and experience of their audience, facilitators use a neutral/ non-judgmental presentation style and lead parents and teens in independent learning. Facilitators share vital information regarding teen driver safety, evidence-based approaches to reducing teen driver crash risks and resources to support the adoption of best practices. Interactive exercises based on the Theory of Planned Behavior and Accelerated Learning allow parents and teens the opportunity to try on behaviors and gain confidence in their ability to implement the presented techniques after the orientation, with resources that encourage ongoing adoption of the behavioral objectives.

*Driving through the Eyes of Teens, A Closer Look, CHOP (2009)



Share the Keys Program Description

Parents are Key to Teen Driver Safety

SHARE THE KEYS CONTENT IS BASED ON THE FOLLOWING KEY BEHAVIORAL OBJECTIVES:

Understand the Graduated Driver License (GDL) Law

The GDL is a complex law and can be very confusing. Share the Keys offers an overview of the law and its lifesaving components. It also provides easy-to-use reference materials and tools.

Be a Good Role Model

Researchers have found that teens mimic their parents' driving behaviors. Share the Keys examines the behaviors that have the most potential to influence teen driver safety and encourages parents to become good role models by adopting best practices through interactive exercise.

Effectively Enforce the GDL at Home

Two of the GDL restrictions have the most lifesaving potential; the curfew and passenger restrictions. Forty percent of all fatal teen crashes occur after 9:00 p.m. and teens driving with just one passenger have nearly twice the risk of being involved in a fatal crash. Share the Keys presents compelling statistics while offering examples of effective parental enforcement through interactive exercise, role play and the use of driving contracts.

Increase Practice Driving Hours

During the first 12-24 months of driving, teens are at the greatest risk for being involved in a crash. Practice driving is essential in lowering their crash risk, but for many parents, finding time to practice is a challenge. Share the Keys supports parents with ways to find at least one hour of deliberate practice driving a week and provides tools to support effective driving instruction.

Share the Keys

CHOP's research revealed that teens who had to request permission to use the car were 50 percent less likely to be involved in crashes when compared to teens who had primary access. Drivers whose parents shared the keys were also less likely to violate the provisions of the GDL. Share the Keys introduces this best practice and encourages parents to share the keys.

Research Driven

The orientation is based on, and driven by, ongoing research. Taken from Applying Best-Practices in Behavioral Intervention to Promoting Road Safety, the methodology used to create the orientation is a systematic approach to the development of theoretically-grounded behavioral change intervention. The six-step model emphasizes the importance of setting minimal behavioral objectives to maximize success along with the evaluation and refinement of interventions based on findings.

THE SIX-STEPS ARE:

1. Set a long-term vision.
2. Identify behavioral objectives linked to the key health outcome.
3. Identify the target constructs that influence the adoption of the behavioral objectives.
4. Design and develop intervention content to address constructs.
5. Evaluate effectiveness of interventions.
6. Refine interventions and behavior-change model, when needed.



Share the Keys Program Description

Parents are Key to Teen Driver Safety

The orientation follows this model using data to set behavioral objectives, create interventions and evaluate and refine the interventions used. Kean University conducted a 16-month research study (5/11-9/12) to evaluate the efficacy of the orientation.

The Theory of Planned Behavior was used to identify and develop the learning progression needed to affect behavioral change and evaluation. The model for effectual behavioral change was established as a conventional approach to explaining the relationship between attitudes and behavior (Ajzen, 1991) and supports participants' intentions and behavior as a function of three factors: attitudes, subjective norms, and perceived behavioral control. Armitage & Conner (2001) validated this approach to behavioral change by reviewing 185 studies and found that the theory of planned behavior accounted for 39 percent of variance in intentions and 27 percent of variance in behavior.

During a six-month pilot study conducted by Kean University, pre and post surveys were used to measure the presentation and resources. Preliminary surveys revealed that parents felt overly confident in their teens driving ability, 60 percent of parents surveyed described their teens as having excellent driving skills and 61 percent of those same parents reported attitudes about their teens' driving that suggested a permissive (52 percent) or uninvolved (9 percent) parenting style.

In the post-survey conducted following the orientation, 81 percent of the parents felt compelled to increase the number of practice driving hours for their teen, 76 percent felt more inclined to enforce the GDL and 72 percent felt persuaded to share the keys based on the information presented. Between 76 – 86 percent of the parents believed the tool kit provided resources that would support their understanding of the GDL, practice driving, enforcing the GDL restrictions at home and sharing the keys to the vehicle driven by their teen.

Kean University's six-month follow-up study revealed that parents effectively adopted the behavioral objectives of Share the Keys, 47 percent of parents surveyed described an authoritative parenting style, 84 percent understood the GDL, were enforcing the curfew and passenger limits, 63 percent of parents were sharing the keys and 47 percent had or were spending 7 or more hours of practice driving with their teen.

Resources

Share the Keys program materials, resources and updates can be found at www.SharetheKeys.com

Share the Keys

REMIND PARTICIPANTS TO COMPLETE THE PRE-SURVEY AND CONTACT CARDS.

Thank your host and audience for making teen driver safety a priority in their community.

Introduce yourself and co-facilitators.

Use this opportunity to share your personal connection to teen driver safety.

Talking Points:

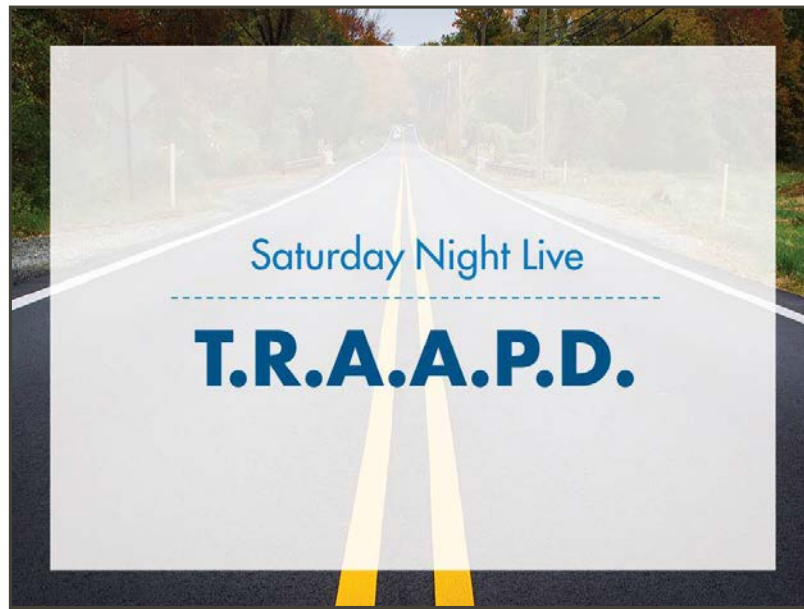
Our goal tonight is to help alleviate some of the stress you're likely experiencing by providing you with information, strategies and support.

When an audience feels a personal connection with the presenter, they are more receptive to the message.



UP NEXT: SNL'S T.R.A.A.P.D.

SNL
T.R.A.A.P.D.



UP NEXT: Empowering Decisions



What You Will Learn **Empowering Decisions**

SHARE THE KEYS WAS DESIGNED TO EMPOWER YOU WITH INFORMATION, TOOLS AND RESOURCES TO SUPPORT YOUR FAMILY THROUGHOUT THE GRADUATED DRIVER LICENSING PROCESS.

Being a Good Role Model

We're going to discuss ways parents can lead by example to teach safe driving skills for life.

Understanding the GDL

The GDL is a complicated law. Our goal is to make it simple. We'll review the law together and share tools and resources to assist you in understanding it.

Sharing the Keys and Lowering Your Teen's Crash Risk

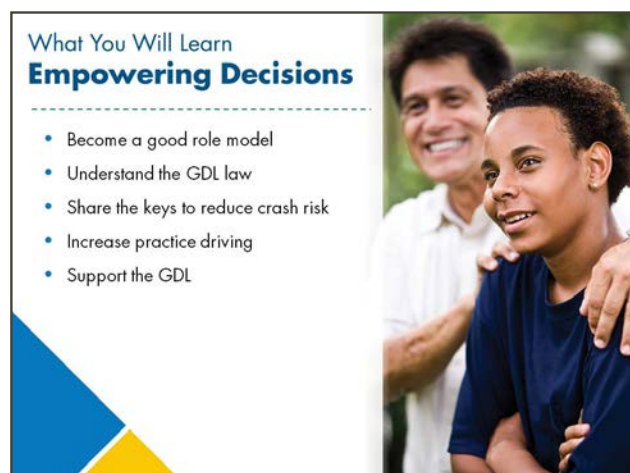
We'll talk about how you can considerably reduce your teen's risk of being involved in a crash by sharing the keys to the car.

Increase Practice Driving

We're all pulled in so many directions these days, and it can be difficult to find time for practice driving. We'll go over ways for even the busiest families to fit in an hour of deliberate practice driving each week.

Support the GDL

Finally, we'll look at how to support the GDL and share strategies you can use together to protect teen drivers in your community.



UP NEXT: Why Are We Here?

Young Driver Crashes in the U.S.

Leading Cause of Death for 15-19 Year-Olds

Young, inexperienced drivers, particularly 16- to 17-year-olds, are significantly over-represented in fatal crashes.

4,000 Deaths Every Year, 11 Each Day

NHTSA research tells us that immaturity and inexperience are primary factors contributing to deadly crashes by young drivers.

400,000 Injuries Each Year

These include severe life-altering injuries that permanently affect the quality of life and future of these young adults and their loved ones.

Teens are at their highest level of risk during first 18-24 months of driving

Three-stage GDL laws address these factors by reducing high-risk exposure for novice drivers.

UP NEXT: What's Happening Here in Pennsylvania?





Young Driver Crashes in Pennsylvania

An Average of 229 Teen Drivers/Passengers Killed Each Year*

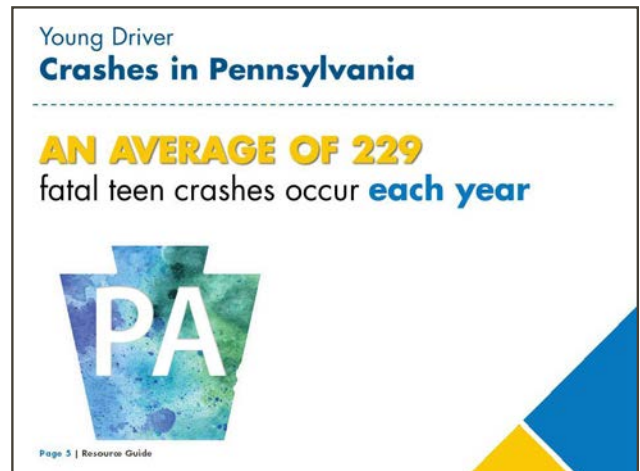
Whenever a teen loses their life, it impacts the entire community. Zero is the only acceptable number here, and the only way to get there is by working together.

7 Percent of Driving Population, 11 Percent of Crashes*

The purpose of the Graduated Driver Licensing Law is to minimize a teen's crash risk by gradually introducing driving conditions that expose them to more risk such as driving with passengers and driving at night. The GDL has reduced crashes by 31 percent in Pennsylvania and between 20 and 50 percent across the U.S.

* Per Pennsylvania Department of Transportation data

UP NEXT: Let's Take a Look at the Connection Children's Hospital of Philadelphia (CHOP) Found Between Teen Drivers and Their Parents.



Balancing Support and Control

How Parents Approach Teen Driving

The Children's Hospital of Philadelphia (CHOP) conducted a research study of more than 6,000 teens across the nation and found a **connection between the way parents approached their teen's driving and their teen's crash risk**. CHOP looked at four specific approaches parents used with their teens during the GDL process that reflected different levels of support and control.

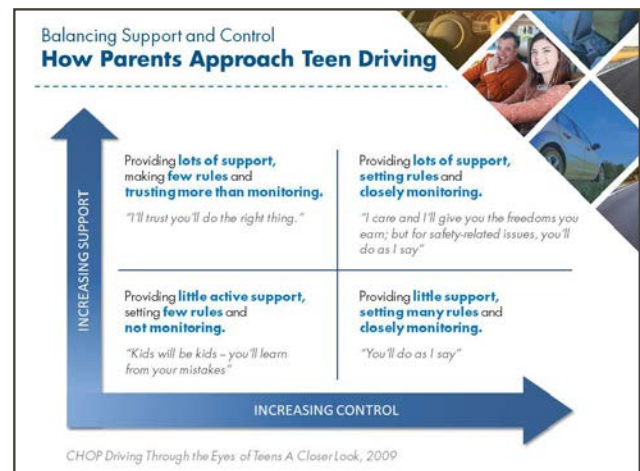
In the first approach, there are rules, no monitoring and little active support. They described this perspective as a **"Kids will be kids — you'll learn from your mistakes" approach**. These parents may be taking this approach for any number of reasons; they may be overwhelmed by a difficult life experience such as divorce or caring for a child with special needs. It's important that we remain nonjudgmental when presenting this approach.

The next approach is highly supportive, but there are few rules and more trust than monitoring. They described this perspective as the **"I trust you'll do the right thing" approach**. Trusting parents often have confidence in their teen because they've demonstrated that they can be trusted and make good choices. They say no to the "red cup" party invitation and instead find an alternative activity for their friend group. Unfortunately, we see all too often that this doesn't translate into safe driving decisions.

In the third approach they examined when parents set rules and closely monitored, but offered little support. They called this the **"You'll do as I say" approach**. These teens are much safer when compared to the other two approaches but this isn't the ideal. The safest approach is the one that incorporates all three elements of parenting; rules, monitoring and support.

The last approach showed parents who offered lots of support, closely monitored their teen's driving and set rules. This was the **"I care, and I'll give you the freedoms you earn; but, for safety-related issues, you'll do as I say" approach**. This is the approach we going to work on today. We're going to share simple ways you can take this approach to significantly reduce your teen's crash risk.

In their research, CHOP found that teens whose parents offered support, set rules and monitored were half as likely to be involved in a crash. The "You'll do as I say" approach, which exercises strong support and control in this process, was the second most successful approach.



UP NEXT: How Do These Approaches Affect Young Drivers?



Parents Really Do Matter The Key to Teen Driver Safety

PARENTS ARE OFTEN CONFIDENT IN THEIR TEEN'S DRIVING BECAUSE THEY MAKE RESPONSIBLE DECISIONS THAT ARE REFLECTED IN THEIR BEHAVIOR WITH FAMILY AND FRIENDS, AND IN THEIR GRADES.

What we're learning from young driver crashes is that, unfortunately, safe decisions in other aspects of their lives don't always translate into safe driving decisions. There's a disconnect between the choices teens make while driving, the risks they're taking and the consequences of just one wrong decision.

So while you may not need to support, set rules or monitor every aspect of your teen's life, that won't be the case when it comes to driving.

When parents offer support, set rules and monitor, teens are **half** as likely to be involved in a crash, **71 percent** less likely to drive while intoxicated and **30 percent** less likely to use a cell phone while driving.

An interesting note to make here is the difference between teens who avoid driving while intoxicated and teens who avoid driving while distracted, both of which are equally dangerous. We believe these numbers would mirror each other if this research were conducted today. The study was done in 2009. Since then, our technology has advanced considerably, as well as our awareness that distracted driving is a reckless decision, and is just as dangerous as driving while intoxicated.



UP NEXT: More of CHOP's Findings

Parents Really Do Matter

The Key to Teen Driver Safety

This approach provided teens with the support and structure they needed to make responsible driving decisions.


These teens are twice as likely to wear seat belts, twice as likely to believe seatbelts affect safety (because they discussed the importance of seatbelts at home) and speed half as often.

UP NEXT: Parents Are Role Models

Parents Really Do Matter!
The Key to Teen Driver Safety

Teens with Support, Rules and Monitoring:

- **Twice** as likely to wear seat belts
- **Twice** as likely to believe belts affect safety
- Speed **half** as often



CHOP Driving Through
the Eyes of Teens
A Closer Look, 2009



Parents Are Role Models Something Great to Imitate

Your new driver has been learning to drive ever since he or she has been sitting in a forward-facing seat. Research clearly shows that teens will mimic their parents' driving behaviors. Regardless of whether parents teach them to drive, they are their teen's most influential role model for driving.

One of the most powerful examples a parent can offer is to become a safer driver showing that when we know better, we do better.

They say **"Children are great imitators so give them something great to imitate."** Here are some ways we can be positive, behind-the-wheel role models for our young drivers.

Buckle Up

Avoid Distractions

Follow the Speed Limit (Nearly 40 percent of all fatal teen crashes are caused by speeding)

Avoid Aggressive Driving

Drive Responsibly

UP NEXT: Vehicle Access



Vehicle Access

Share the Keys

Access Makes a Difference!

The CHOP research study also found that teens who have to request permission to use the car are half as likely to be involved in a crash when compared with teens that have full access to the car.

Teens who have to ask for the keys are also 85 percent less likely to speed and nearly 5 percent less likely to use a cell phone while driving.

Share the Keys Interactive Exercise

To demonstrate why this is the case, we're going to ask parents to take out their car keys and teens to ask for those keys. We're going to give you a few minutes to have the natural conversation you would have at home and then we'll come back together as a group.

(Allow a few minutes for audience participation)

Ask audience as a whole group:

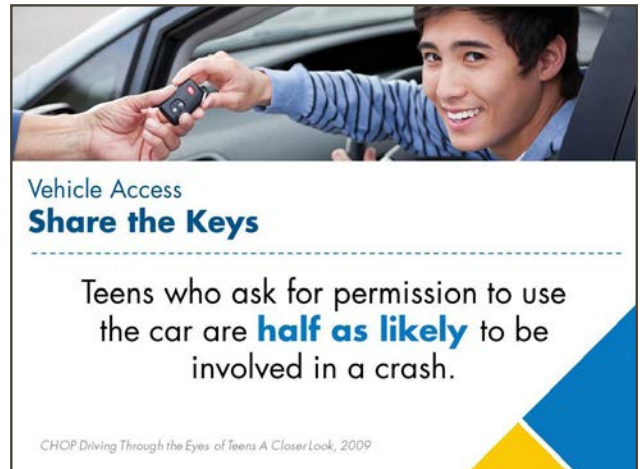
What was the first question you discussed? *Where are you going?*

The second question? *Who are you going with?* (Passenger Restriction)

Anything else? *What time will you be home?* (Curfew)

Feedback: In that short conversation, you addressed two of the GDL restrictions that have the most potential to save lives; the curfew and passenger limit.

CHOP discovered that this simple dialog between parent and teen creates and reestablishes a verbal contract. In this contract the teen is agreeing to follow the rules set by their parent. Each time they ask for the keys, they reinforce the verbal contract demonstrating their knowledge and agreement to comply. This reduces their crash risk by 40 percent.



UP NEXT: Pennsylvania's Graduated Driver Licensing Law



Pennsylvania Graduated Driver License (GDL) Learner's Permit Requirements

DIRECT PARENTS TO PAGE 6 OF THEIR STK RESOURCE GUIDE.

The GDL is a three-stage licensing program for first-time drivers. The first stage is the Permit.

Student Permit

- Be at least 16 years old
- Obtain consent of parent/guardian
- Pass knowledge, physical and vision tests
- Complete 65 hours of practice driving including:
10 hours at night and 5 hours in bad weather
- Vehicle must be equipped with seatbelts for all occupants

Restrictions

- Can only operate vehicle with licensed driver
- 90 day suspension for drivers under 18, if the six or more points are accumulated



UP NEXT: Junior License Requirements

Pennsylvania Junior License Requirements

◆ REMIND PARENTS TO FOLLOW ALONG WITH PAGE 6 OF STK RESOURCE GUIDE.

Requirements:

- Be at least 16 ½ years old
- Had a learner's permit for at least 6 months and completed 65 hours of practice
- Pass the PennDOT road test
- Vehicle must be equipped with seatbelts for all occupants

Restrictions:

- No driving between the 11 p.m. and 5 a.m.
- No more than one non-family member passenger under 18 for the first 6 months. No more than 3 passengers thereafter.
- 90 day suspension for driver under 18, if six or more points are accumulated



Pennsylvania GDL
Junior's License

REQUIREMENTS

- Be at least **16½ years old**
- Had a learner's permit for at least **6 months** and completed **65 hours** of practice
- Pass the PennDOT road test
- Vehicle must be equipped with seatbelts for all occupants

RESTRICTIONS

- No driving between the hours of **11 p.m. and 5 a.m.**
- No more than one non-family member passenger under 18 for the first **6 months**. No more than 3 passengers thereafter.
- **90 day** suspension for **drivers under 18**, if six or more points are accumulated

Page 6 | Resource Guide

UP NEXT: Unrestricted License



Pennsylvania Unrestricted License Requirements

◆ PAGE 6 STK RESOURCE GUIDE.

Requirements:

- Must be at least 18 years old or maintained a crash and conviction-free driving record for a year and completed an approved driver's ed course
- Vehicle must be equipped with seatbelts for all occupants

Restrictions:

- 90 day suspension for driver under 18, if six or more points are accumulated or a high-speed violation is obtained

UP NEXT: Finding Ways to Fit in Practice Driving



REQUIREMENTS	RESTRICTIONS
<ul style="list-style-type: none">• Must be at least 18 years old or maintained a crash and conviction-free driving record for a year and completed an approved driver's ed course• Vehicle must be equipped with seatbelts for all occupants	<ul style="list-style-type: none">• 90 day suspension for drivers under 18, if six or more points are accumulated or a high-speed violation is obtained

Finding Time Practice **SAFE** Driving

◆ DIRECT PARENTS TO PAGES 11 AND 12 OF THEIR STK RESOURCE GUIDE

Practice **SAFE** Driving

Because crash risk decreases dramatically with driving experience, it is crucial that teens get at least one hour per week of deliberate practice driving (planned and structured). Finding time for practice driving is easier when you plan it around your normal day-to-day activities. The following are examples of opportunities to fit in deliberate practice driving.

WE CALL IT **SAFE** DRIVING

Shopping Trips can be an excellent opportunity for a new driver to learn how to successfully navigate commercial districts, which pose unique challenges to new drivers.

Activities such as after-school and extracurricular, can be used to teach navigation through the use of alternate routes and can build on regular driving lessons.

Family Outings can provide teens with experience in driving on different roadways such as toll roads and multiple lane highways. Teens can also learn how to manage the distraction of additional passengers.

Errands such as picking up the dry cleaning, offer teens more time behind the wheel. Use this time to assess your teen's progress or to refresh a lesson, such as entering and exiting a commercial district or yielding when entering a roadway.

Parents are also encouraged to focus on difficult driving situations such as:

- Driving at night
- Navigating through inclement weather
- Recognizing different speed zones
- Merging
- Changing lanes
- Maintaining a safe following distance

The driving log (STK Guide page 12) is a great way to track lessons and ensure your teen is getting the practice he or she needs.



UP NEXT: Sydnee's Story — The Impact of Distracted Driving



Finding Time Practice **SAFE** Driving



This powerful video was provided courtesy of Impact Teen Drivers, an organization dedicated to ending distracted driving.

*Alternate video Connor's Story features Allegheny County Pennsylvania resident.

UP NEXT: Just Drive Pledge

Just Drive Pledge

I Pledge to Just Drive



◆ **DIRECT PARENTS TO PAGE 8 OF THEIR STK RESOURCE GUIDE.**

MAKE THE COMMITMENT TO JUST DRIVE!

Note: Remember to acknowledge our friends from Impact Teen Drivers for their contribution to teen driver safety and for sharing this important message with us.

Encourage your audience to take the pledge and share it with friends and loved ones!

Free apps are available to download on Apple and Android phones.



UP NEXT: Why Supporting the GDL Matters

Why It Matters Supporting the GDL

11:00 p.m. Curfew

The curfew reduces nighttime crashes related to drowsy or impaired driving. Forty percent of fatal crashes involving teens occur at night. Parents can potentially save their teen's life by enforcing the curfew and getting them off the road earlier.

One Passenger

Teen drivers who drive with one teen passenger have twice the risk of a fatal crash as teens driving alone. The risk increases when there are additional passengers in a teen's car. Parents can lower their teen's risk by enforcing the passenger restriction at home.

No Cell Phones/Texting

A study conducted by the University of Utah found that people are just as impaired when they drive and talk on a cell phone as they are when they drive intoxicated at the legal blood-alcohol limit. For teens, the combination of distraction and inexperience can be deadly.

Seat Belts

Your young driver is 75 percent more likely to survive a crash when belted. According to the Children's Hospital of Philadelphia (CHOP), 56 percent of teens killed behind the wheel weren't belted. Another 51 percent of teens reported they do not always wear their seatbelts when riding as passengers in cars driven by other teens. Seatbelts save lives so buckle up! Pennsylvania's seat belt law requires drivers and passengers 18 years and older wear a seat belt when behind the wheel or in the front passenger seat. If you are a driver 18 or older and are pulled over for another violation, you'll receive a second ticket if you or your front-seat passengers aren't wearing seat belts. If you are a driver or passenger under 18 years of age, you must buckle up anywhere in the vehicle. This is a primary offense for drivers and passengers under 18 years of age and does not require another traffic violation to receive a ticket.

Zero Tolerance

Pennsylvania exercises a zero tolerance policy. If your teen tests positive for alcohol or substance consumption, regardless of the amount consumed, her or she may be charged with driving under the influence. Pennsylvania's Zero Tolerance Law carries serious consequences for those under 21 who are convicted of driving with any amount of alcohol in their blood. For example, those under 21 who are convicted of driving under the influence with a .02 blood alcohol content, or greater, face severe penalties, including a 12 to 18 month license suspension, 48 hours to six months in jail, and fines from \$500 to \$5,000. **Pennsylvania Department of Transportation*



UP NEXT: How to Effectively Support the GDL

How to Be Effective Supporting the GDL

To most effectively enforce the GDL, we recommend parents set clear restrictions that include rules, consequences and rewards. Follow through and remain Consistent. It's also a good idea to gradually introduce privileges based on a merit system.

Examples:

Set a Clear Restriction:

- Absolutely no cell phone use.

Consequence:

- Lose the keys for one week.

Reward:

- Full tank of gas each month.

Remain Consistent:

- Stick to the rules throughout the process. New drivers remain at their highest level of risk during the GDL process.



UP NEXT: Parent-Teen Driving Agreement

Parent-Teen Driving Agreement

◆ DIRECT PARENTS TO PAGE 7 OF THEIR STK RESOURCE GUIDE.

Instruct participants to choose one of the following sections of the contract to set a rule, reward and consequence:

- Number of Passengers
- Cell Phones
- Curfew

Allow participants a few minutes to complete. Then ask for volunteers to share their agreements with the group. Be sure to ask for all three components; rule, consequence and reward.



UP NEXT: Sharing Strategies to Support the One Passenger Rule

Sharing Strategies

GDL One Passenger Rule

PASSENGER LIMIT INTERACTIVE EXERCISE

Ask Participants:

To share a typical scenario where their teen may be asked to drive with additional passengers.

Ask Parents:

To share a solution they would give their teen to avoid driving with additional passengers based on what they've learned about increased crash risk when carrying passengers.

Ask Teens:

How they would handle this situation if they weren't able to reach their parent, and how they'd explain that decision to their peers.



Effectively Engaging Parents and Teens:

- Allow audience time for discussion.
- Ask for volunteers to share strategies and solutions.
- Trust your participants will present good ideas and solutions. If they make a suggestion that conflicts with the GDL or isn't safe, steer them back with statistics and gently remind them that this is about keeping our teens safe!
- Offer encouragement, praise and recognition to all participants.

UP NEXT: Sharing Strategies to Support the 11:00 p.m. Curfew

Sharing Strategies GDL 11:00 p.m. Curfew

CURFEW INTERACTIVE EXERCISE

Ask Participants:

To share a typical scenario where their teen may be asked to drive past curfew.

Ask Parents:

To share a solution they would offer to their teen to avoid driving past curfew based on what they've learned about increased crash risk when driving at night.

Ask Teens:

How would they handle this situation if they weren't able to reach their parent, and how they'd explain that decision to their peers.

Effectively Engaging Parents and Teens:

- Allow audience time for discussion.
- Ask for volunteers to share strategies and solutions.
- Trust your participants will present good ideas and solutions. If they make a suggestion that conflicts with the GDL or isn't safe, steer them back with statistics and gently remind them that this is about keeping our teens safe!
- Offer encouragement, praise, and recognition to all participants.

UP NEXT: A Friendly Conversation Between Parents



Parent to Parent A Friendly Conversation



◆ DIRECT PARENTS TO PAGE 17 OF THEIR STK RESOURCE GUIDE.

Starting a friendly conversation with other parents about working together creates a better support system to protect teen drivers and passengers.

Share what you've learned.

A casual "Did you know?" conversation is a friendly and helpful way to support other parents in protecting their teen driver.

Talk about your Parent/Teen contract.

Discuss the rules, consequences and rewards you've established. Explain how a contract protects your young driver.

Discuss ways you can support each other to ensure the safety of your new drivers.

Picking up additional passengers and providing transportation in the event that driving privileges have been revoked are two of the many great ways parents can work together to create a safer driving environment for their teens.

Work on a Get Home Safe contract (Say Yes to Life).

This agreement can include other parents as alternative/shared contacts.

Establishing good communication and mutual safety goals between parents are essential for your teens safe and successful completion of the GDL process.



UP NEXT: Say Yes to Life! Get Home Safe Contract



Say Yes to Life Get Home Contract

◆ DIRECT PARENTS TO PAGE 18 OF THEIR STK RESOURCE GUIDE.

This contract empowers teens to make decisions based on their personal safety. It eliminates peer pressure and judgment by redirecting the decision to the parent. In essence, the agreement between the parent and their young driver provides a safe way out of dangerous – and potentially life threatening – situations. Parents and teens agree on a code word that is used to alert parents to the fact that their young driver needs help, a cool off period to process what happened followed by a simple conversation between parent and teen about how these dangerous situations may be avoided in the future. Parents then reward the teen for making the right choice.



◆ USE SCRIPT ON PAGE 29 TO DEMONSTRATE SCENARIO THROUGH ROLE PLAY

Say Yes to Life

Get Home Contract



THIS ROLE PLAY EXERCISE DEMONSTRATES HOW THE CONTRACT WORKS:

A new driver is at a party at a friend's house where there's been drinking. They know it's a bad situation but remember their contract and call home:

Teen: I'm sorry to call you so late but I just remembered I forgot to let the dog out. If you let her out now, I'll walk her when I get home.

Parent: Sure.... What are you doing? Are you still at Joey's house?

Teen: Yeah, just hanging out.

Parent: Just the two of you?

Teen: With a few friends.

Parent: What are you doing? It's so loud over there.

Teen: Like I said, we're not doing much, just hanging out..

Parent: Are his parents home?

Teen: (Pause) Yes.

Parent: Good, go get Joe's mother so I can speak to her.

Teen: Why? I don't want to bother them. They're upstairs watching a movie.

Parent: I'm sure she won't mind. Go get her.

Teen: Alright, hold on... (teen covers the phone and motions to friends to lower their voices)...ahhh...I don't think they're here. Joey said something about them going to the store. I'll ask her to call you when they get back.

Parent: Better yet, it's late and I was getting ready to go to Wawa anyway so I'll stop by and pick you up.

Teen: What do you mean? Why would you do that? I have my car.

Parent: You're not driving anywhere. Something's going on over there. I'll be there in 20 minutes. (hangs up)

Teen to friends: (Upset) Can you believe this? I'm getting picked up! I'm so tired of being treated like a baby.

UP NEXT: Direct participants to begin completing their post-survey on page 3 of their STK Resource Guide.

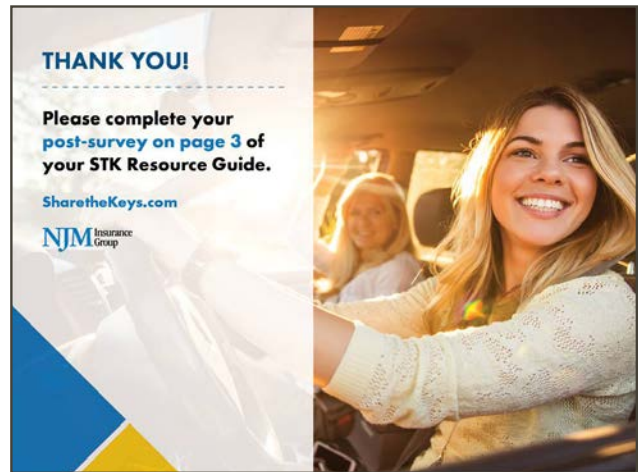
Thank You!
SharetheKeys.com

◆ DIRECT PARENTS TO COMPLETE POST-SURVEY

Surveys are completely anonymous and provide valuable feedback is being used to evaluate and refine the orientation.

- Visit us at [SHARETHEKEYS.COM](https://SharetheKeys.com) - For everything you need to know about Share the Keys, its resources and how to bring STK to your community to protect young drivers.
- Collect Contact Cards & Survey Forms

Thank your audience for participating.



Results of the first CHOP study reinforced the importance of parents and community in influencing teen perceptions on driving in the following areas:

The Role of Parents

More than half of the teens (56 percent) reported that parents had helped teach them to drive. CHOP confirmed that there is a need for parents to extend beyond the role of teacher to monitor and enforcer of consequences. Nearly two-thirds valued their parents' opinions about cell phone usage. Only one quarter of the teens are required to take on financial responsibility for vehicle care.

Risky Distractions

Nearly all (93 percent) reported seeing other teens in the car of a young driver and 94 percent reported seeing these passengers distracting the driver in some way. The reported distractions included cell phone use, playing loud music and displaying heightened emotions. Also, more than half of the respondents witnessed road rage that was exhibited by other teen drivers.

Risky Driving Behaviors

Half of the teens reported seeing drunk driving by teen drivers, as well as drivers traveling 10 miles over the speed limit. Three-quarters of the respondents reported witnessing fatigued driving by teens.

Teens are also aware of the dangers associated with drinking and driving, but do not comprehend the harm surrounding distracted and fatigued driving. As a solution to this concern, CHOP recommends providing communities and parents with proven teen-centered tools to teach, monitor and enforce the right environment for this population to become safe drivers. Specifically, it is critical to arm teens with tools to manage peer-to-peer interactions and raise awareness of passenger risks.

Teen Insights on Effectively Reaching Them

Teen insights have formed a hierarchy of distraction dangers. They do not view cell phones as dangerous, but they do believe that cell phones trigger strong emotional responses which are dangerous. They also believe text messaging is hazardous. They do not view peer passengers as dangerous, but they do understand that their behaviors can pose varying levels of danger. This suggests that conditions are lumped together too casually and may decrease the effectiveness of messages designed to reach teenagers.



CHOP Research Summary Driving Through the Eyes of Teens



CHOP Research Summary Driving

Through the Eyes of Teens: A Closer Look

2009 Children's Hospital of Philadelphia (CHOP)
Research Institute: Driving Through the Eyes of
Teens: A Closer Look

The CHOP landmark study has informed the safety community about effectively conveying driver safety messages to teen populations. This teen-based study enabled teens to generate and prioritize ideas, even those unknown to researchers. Teen participants were able to share their experiences on safety. Some answers provided insight into the teen driving environment and highlighted a need for the traffic safety community to develop more effective ways to share crash risk information with teens from all backgrounds.

Distractions Can Be Deadly

Any distraction can be dangerous to teen drivers. Of the top 25 that teens believe affect safety, 17 are known to cause the driver to become distracted. Eleven distractions take the driver's eyes off of the road. Of these, five are actions the driver is directly responsible for taking, and six are related to the passengers. Six other actions reduce the driver's ability to concentrate. One-quarter of the teens reported that their parents, as passengers, make them nervous.

Some distractions are more dangerous than others. Only 10 percent of teens viewed passengers as potentially hazardous, but felt that certain passenger behavior, such as acting wild (65 percent) and encouraging drivers to speed (62 percent) was dangerous. Nearly 80 percent of teens agree that talking on the cell phone is dangerous behavior. Most teens (67 percent) understand the danger of driving while intoxicated, but 16 percent still reported seeing this dangerous behavior exhibited by teen drivers.

Understanding Misperceptions

Teens don't realize that inexperience affects the understanding of safety. Although 60 percent believe that teen inexperience influences safety, only 15 percent reported being exposed to inexperience. Researchers need to know what merits experience to help understand the needs of teen drivers.

Public Health Messages Targeted to Various Teen Groups

There is a need to target messages and interventions in a culturally competent way. African American and Hispanic teens view drinking and driving as less risky than Caucasian teens. They are also less likely to report seeing peers drinking and driving than Caucasian teens. Interestingly, Caucasian teens are less likely to view speeding as hazardous than other races.

Parents Really Do Matter!

Parents' approach to raising their teens has a strong influence on the likelihood of avoiding or taking part in risky behavior such as smoking and drinking. Also, safe teen driving is another healthy behavior that parenting style can affect. According to teens, it may even save their lives by lowering crash risks. Teen respondents were asked to assess their parents according to the following four statements:

"My parents give me help and support when I need it."

"In my family, there are clear rules about what I can and cannot do."

"My parents keep track of where I am, when I am not in school and away from home."

"My parents want to know who I am with when I am not in school and away from home."


Teens were then divided into four groups based on how they described their parents on monitoring, rule setting and support. The groups were found to be consistent with literature on parenting style. Teens who described their parents as supportive, loving and responsive can be counted on to be helpful. However, parents may be able to cut their teen drivers' crash risk in half if they set driving rules and monitor them in a supportive, non-controlling way. Teens who say their parents set rules and monitor where they are going and with whom in a helpful, supportive way are half as likely to be in a crash and 71 percent less likely to drive intoxicated than teens who describe their parents as less involved (offer little support, do not set rules or monitor).

Rules and Monitoring Matter

Teens who say their parents are authoritative or authoritarian are nearly twice as likely to wear a seat belt as a driver or passenger than teens who say their parents are uninvolved. These teens are also nearly twice as likely to believe that buckling up affects safety as compared to teens who perceive their parents as uninvolved. Teens who report having authoritative or authoritarian parents speed about half as often as teens who view their parents as permissive and uninvolved.

New Views on Parental Monitoring

Monitoring mainly involves asking questions and watching closely. Now it is known that parents are much more likely to know what's going on if teens choose to share this information with them. They must be willing to tell their parents the truth. Teens are much more likely to do this if parents make it clear that rules exist to keep them safe, not to control them.



CHOP Research Summary Driving **National Teen Driver Research Summary**

The following websites contain useful information and resources related to teen driver safety.

NJM Insurance Group

njm.com/share-the-keys

Program updates, training, and resources for parents

Pennsylvania Department of Transportation

penndot.gov

Driving manual, training and resources for teen drivers and parents

Pennsylvania Teen Safe Driving Coalition

teensafedriving.org/pa

Teen driver safety programs, awareness, educational resources and more

Centers for Disease Control and Prevention

cdc.gov/parentsarethekey

Teen driver information and resources for parents

**Children's Hospital of Philadelphia Center
for Injury Research Prevention**

teendriversource.org

Tools and guides for parents, teens, policy makers, and researchers

National Highway Traffic Safety Administration

underyourinfluence.org

Tips, driving contracts, message boards, and conversation starters for parents

National Safety Council


driveithome.org

DriveitHOME offers free resources parents can use to help teens become safer drivers

Impact Teen Drivers

impactteendrivers.org

Teen driver safety programs, awareness and educational resources



Teen Driving Web Resources

NJM Insurance
Group

SHARETHEKEYS.COM