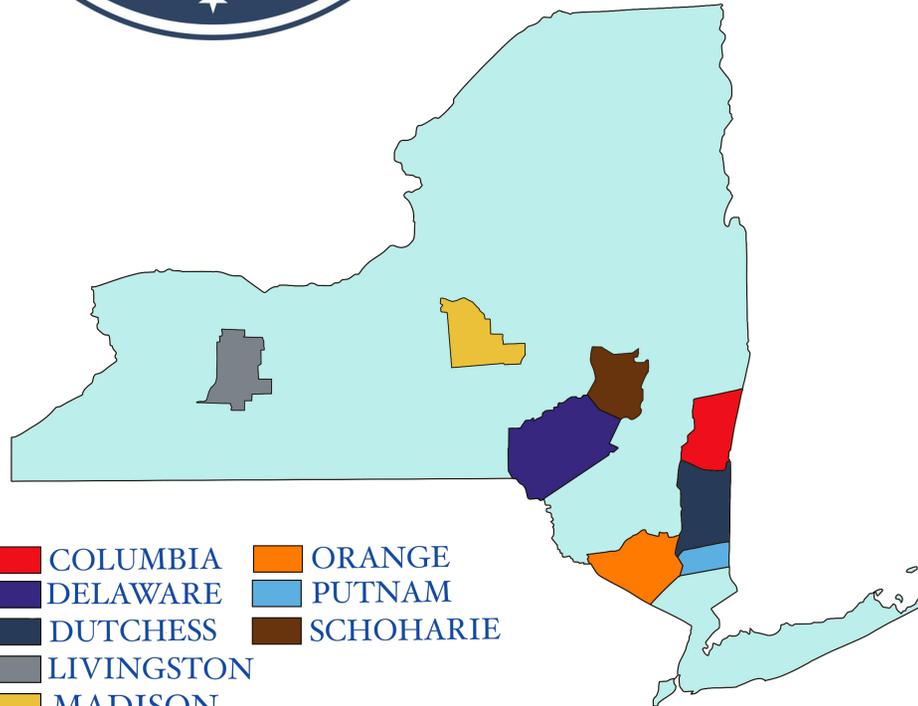




# PARENTS AS DRIVING PARTNERS

COUNTIES PARTNERING TO  
CREATE SAFE DRIVERS



## TEEN DRIVING AGREEMENT

## Message from Parents as Driving Partners Coalition

Congratulations!! Your teen is about to achieve another step in their growth toward independence – their driving permit and, then hopefully, their license. Counties throughout the state have partnered with community organizations to develop this “Parents as Driving Partners” initiative, to emphasize parents/guardians role in promoting safe driving habits. This booklet contains some basic guidelines to help you in your role as a safe driving partner. Remember, you have more influence than you may think. The habits your young driver forms now, have the potential to affect them throughout their life. Be a good example and stay involved for the entirety of their teen years.



**Parents As Driving Partners  
Website :**

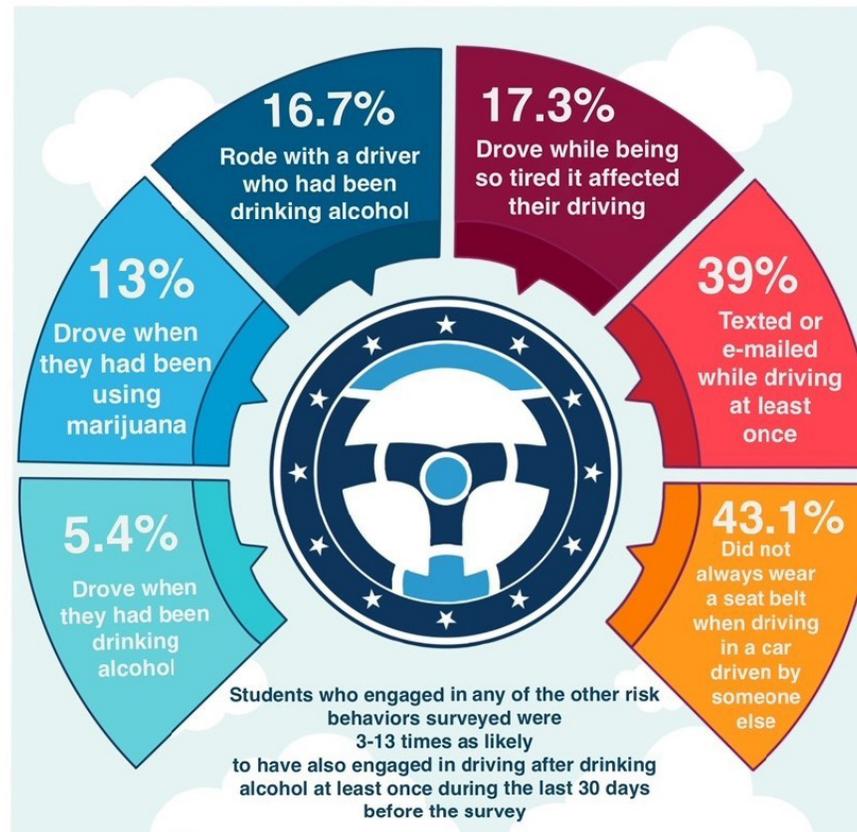
[www.padpny.com](http://www.padpny.com)

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**The Parents as Driving Partners Coalition is comprised of youth agencies, county clerk’s offices, law enforcement, and traffic safety organizations from Columbia, Delaware, Dutchess, Livingston, Madison, Orange, Putnam, and Schoharie counties.**

## Driving Solo — Is Your Teen Ready?

- Does your teen know how to avoid taking risks, especially if pressured by friends?
- Is your teen ready for the responsibility of driving alone?
- Will your teen always buckle up and make sure all passengers do so as well?
- Has your teen learned to be patient with other drivers?
- Will they drive responsibly if feeling upset, frustrated or angry?
- Will your teen follow your driving rules and conditions?
- Do you feel safe when riding with your teen?



# Impaired Driving



Impaired driving does not involve just drinking alcohol and driving. It includes marijuana consumption, prescription drug use, drowsy driving, and more. All these states of impairment can negatively affect a driver's judgement, reaction time, coordination and awareness. When combined with a young driver's inexperience, it increases their risk of being involved in a motor vehicle crash.

Parents/guardians should be aware that not all impaired states are easy to recognize. Many teenagers do not get the suggested amount of sleep. Being awake for 18 hours is similar to having a blood alcohol concentration (BAC) level of 0.08. Additionally, lack of adequate sleep among teens increases their likelihood of engaging in risky driving behaviors (e.g. texting while driving, sending email messages and not wearing seat belts).

## Impaired driving & the Brain

**Alcohol**

Alcohol can cause impairments up to 72 hours after ingestion

- Decline in visual functioning; tracking objects and detecting danger
- Significant impairments including balance, coordination, reduced response time and slurred speech.
- Effects on the heart, can range from high blood pressure to black out, stroke or seizure

**Marijuana**

Marijuana can cause impairments up to 30 days after ingestion

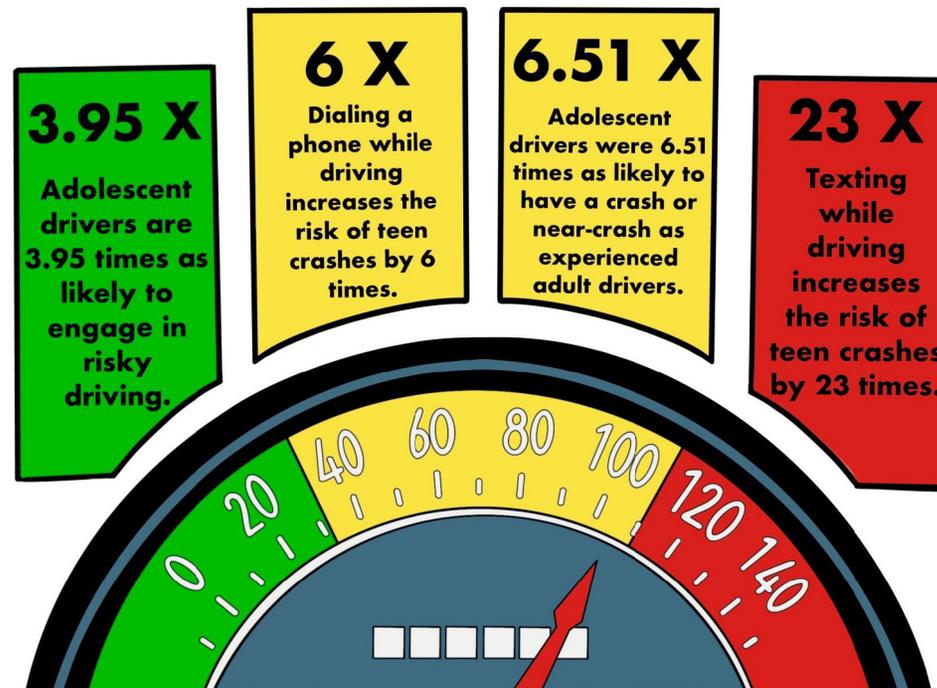
- Decline in reaction time; difficulties following the road and maintaining position.
- Impaired perception of time and distance, can cause hallucinations and other visual and auditory disturbances.
- Impaired cognitive skills, including route planning, decision making, and/or risk taking.

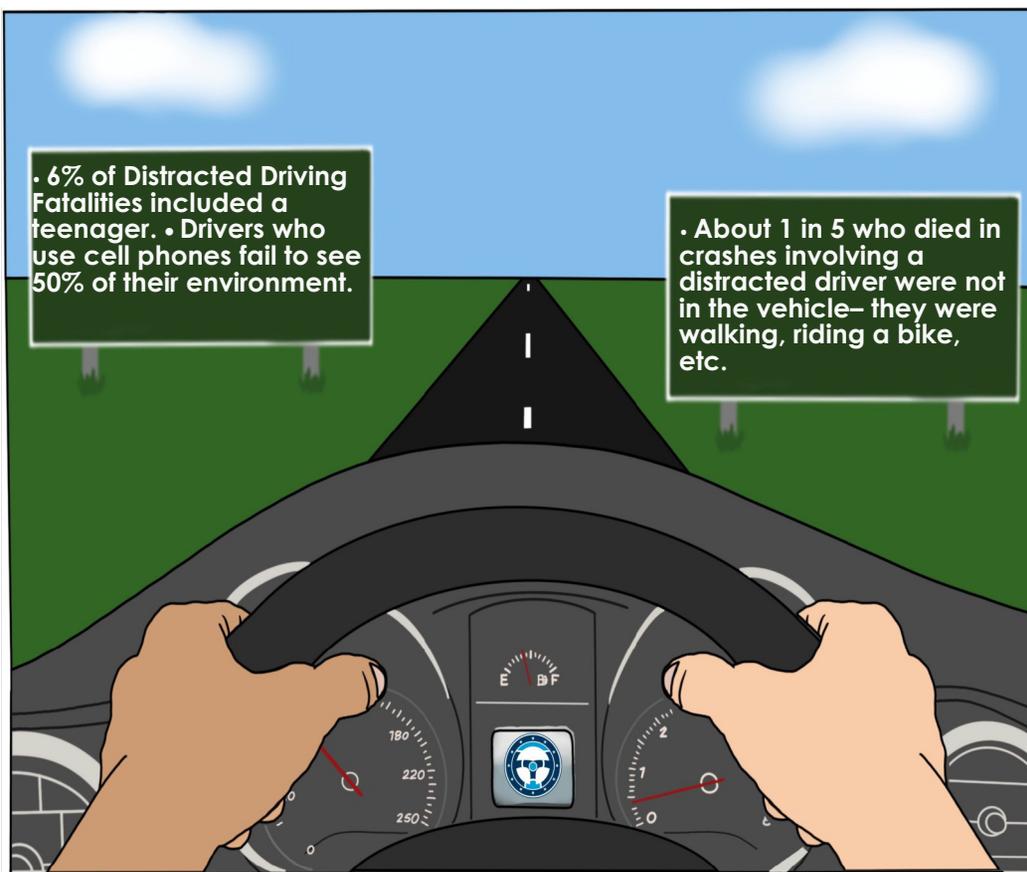
**Synergetic Effects:**  
1 dose/ serving of drug + 1 dose/serving of drug = as many as 3+ doses/ servings.  
Negative outcomes can include:  
a bad hangover, a fender bender, or even a DWI

## Speeding

Unfortunately, speeding is one of the most common practices among drivers, whether purposeful or due to a lack of awareness. There is a widespread belief that this is typical behavior for all drivers. People often share some version of the sentiment, “everyone speeds,” reinforcing that this is an acceptable practice, even for teenagers.

Young drivers are also often overconfident in their abilities, resulting in them driving at higher speeds. However, many don't understand that speeding increases the risk and severity of a crash or why speed limits should be honored. An increase in a vehicle's velocity decreases reaction time, exponentially lengthens stopping distances, and makes it easier for the driver to lose control. Remember that traveling a couple of miles per hour over the limit is not the same as deliberate and flagrant speeding.





## Distracted Driving

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Distracted driving is a problem that affects all drivers, regardless of their age. It occurs whenever a driver takes their attention away from the road. Teens' inexperience makes them more susceptible to distractions while driving.

Parents/guardians should be aware that eating, drinking, applying makeup, or switching their music can significantly reduce teens ability to react to a roadway hazard, incident, or inclement weather. While teens recognize these distractions, they engage in them anyway. Taking your eyes off the road, even for a brief moment, is dangerous and could result in a severe crash or cost a life.

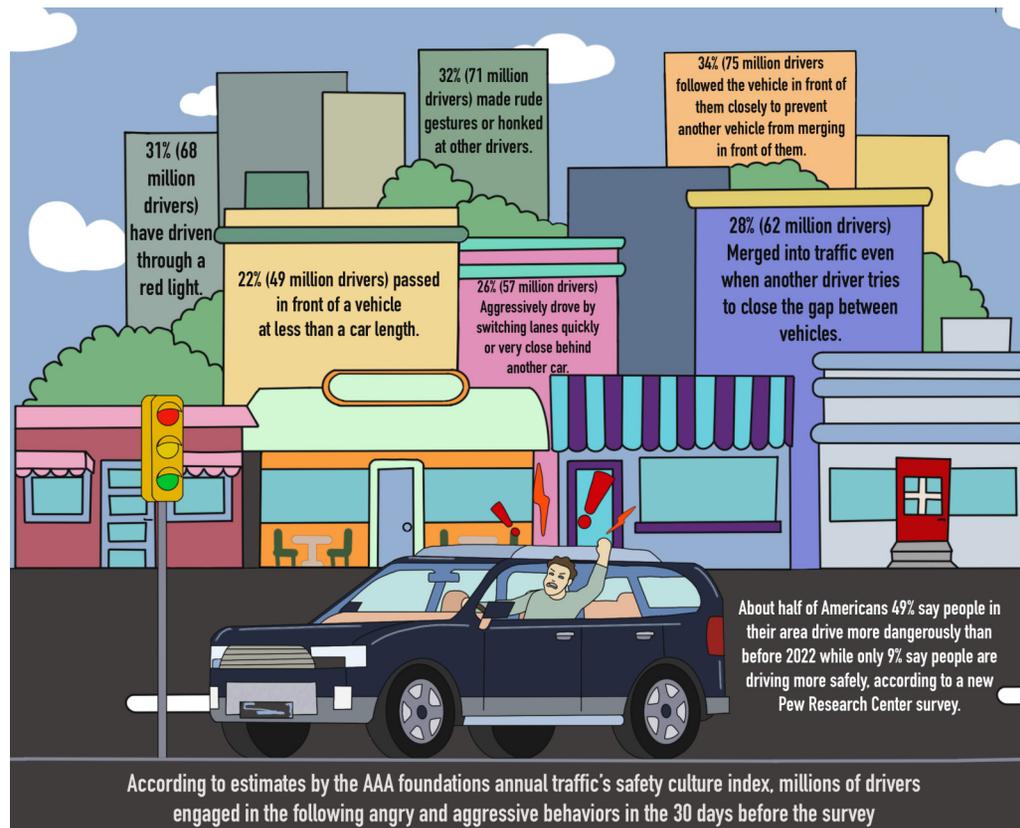
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**Five seconds is the average time your eyes are off the road while texting. When traveling 55mph, that's enough time to cover the length of a football field.**

# Aggressive Driving

The roadways are more crowded than ever; brief and severe instances of aggressive driving behaviors and acts do occur. When a person is in a motor vehicle, it can create a barrier between them and the outside world, making it seem like they are interacting with objects rather than individuals. Drivers must take a moment to consider their actions and not engage with others who are driving aggressively.

Drivers must share the road with other vehicles: bicycles, pedestrians, and now, micro-mobility devices. Teaching young drivers to drive with calm civility must be a priority. Moving out of the way, allowing others to merge, and not following too closely are talking points that parents/guardians can include when discussing aggressive driving with their teens.



# WHAT CAN

- Talk to your teen about the dangers of impaired and distracted driving. Discuss all states of impairment, and do not be afraid to limit access to a vehicle when they are drowsy. You can also pick them up when they are unable to drive.



- Use technology to keep your child safe on the road. Many vehicles have updated the safety features, from monitoring systems to backup cameras. Newer cars may reduce the risk of a crash or prevent a catastrophe when an event occurs. Phones can detect when you are traveling via car and send "do not disturb" messages. The TEENS Program with the NYS DMV allows parents to receive notifications when specific driving events involving their teen occurs.

- Don't rely solely on a driver's education class to teach your teen to drive. Set aside time to take your teen on practice driving sessions. Not only is this a great way to spend time together, it will allow your teen to improve their driving skills.



# YOU DO?

**PARENTS  
AS DRIVING  
PARTNERS**  
COUNTIES PARTNERING TO  
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- Learn about New York State's graduated driver license (GDL) laws. Familiarizing yourself with the GDL process, will allow you to assist your young driver as they progress toward their unrestricted license.

- Establish your own ground rules (e.g. restrict nighttime driving, limit passengers, and prohibit driving in bad weather.) While the GDL law is effective in reducing the risk of crashes, the driving restrictions represent the minimum safety rules your teen must follow. You know your child best and can gauge their readiness for the increased responsibility of driving.

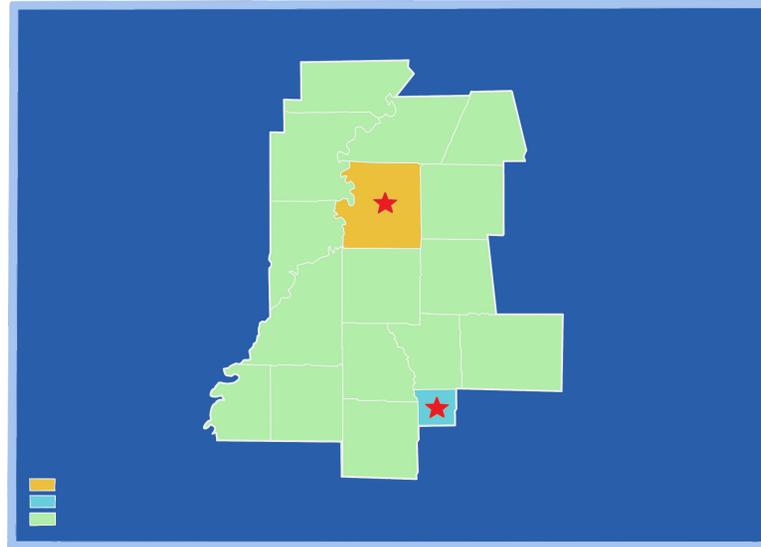
**STOP  
DWI** New  
York

[Parents As Driving Partners Agreement](#)

Scan the QR code for an outline of guidelines that will help keep your teen safe.

- Model safe driving habits and help your child develop their own. Children emulate their parents' actions; your young driver is more likely to engage in risky driving behaviors if you engage in them too.

## DEPARTMENTS OF MOTOR VEHICLES



### Geneseo's DMV Office

Livingston County Government Center

6 Court St. Room 204 Geneseo, N.Y. 14454

Ph: 585-243-7177

Fx: 585-243-7159

### Dansville's DMV Office

N. Dansville Town Hall

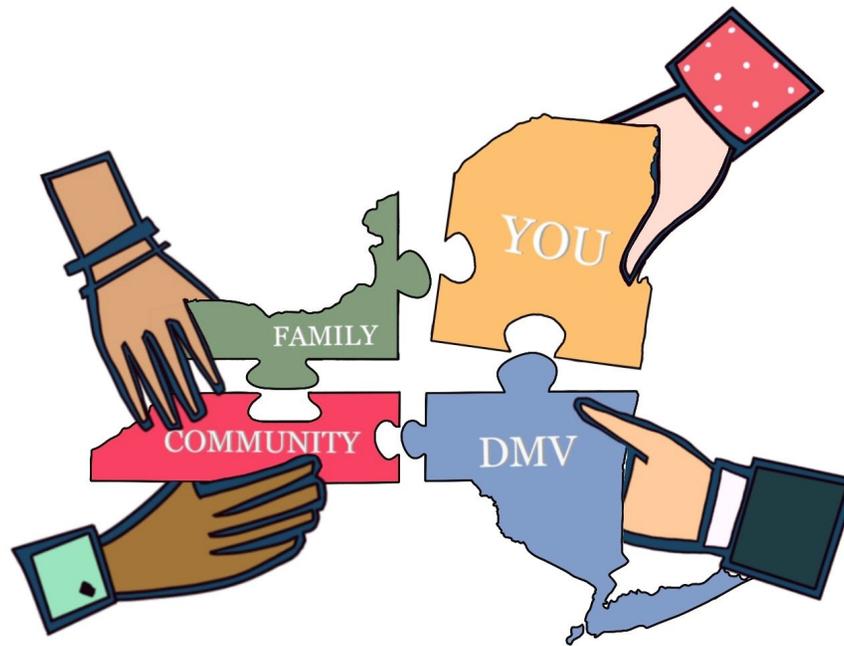
14 Clara Barton St. Dansville, N.Y. 14437

Ph: 585-335-6700

Fx: 585-335-6712

Crashes are still a Leading Cause of Teen Fatalities

The Parent's As Driving Partners Coalition's youth agencies extend our appreciation to our local Sheriffs, Youth Boards, Traffic Safety Boards, County Clerks' offices, Departments of Motor Vehicles, Probation Departments, STOP-DWI, CoveCare Center, Council on Addiction Prevention & Education, and the Governor's Traffic Safety Committee for providing valuable input and funding for this project.



Sources — All data and information contained in this booklet are taken from the following sources: Accident Analysis & Prevention, Centers for Disease Control and Prevention (CDC), Insurance Institute for Highway Safety (IIHS), National Highway Traffic Safety Administration (NHTSA), National Institutes of Health (NIH), National Youth Risk Behavior Surveillance System, and Virginia Tech Transportation Institute (VTI).

Sponsored by  
the New York State Office of Children and Family Services.  
In partnership with Local Law Enforcement, including City, Town, and  
Village Police Departments in conjunction with New York State Police.



Funded by The National Highway Traffic Safety Administration with a grant from  
The New York State Governor's Traffic Safety Committee