

A PARENT'S CHEAT SHEET

TEENS' READINESS BEHIND THE WHEEL

⊖ LESS WORRY

ATTENTION PARENTS OF TEEN DRIVERS, you may have more influence on teen driving behaviors than you might think!

ONE THIRD OF TEENS ARE DRIVING DROWSY

1:10 teens have completely fallen asleep behind the wheel.

42% of teens think early morning activities are the reason for lack of sleep.



HELP TEENS LAY OUT THEIR SCHEDULE

each week to ensure they get a **good night's sleep** before an early start.

50%

of parents have **knowingly texted their teen** while they are driving.

29%

expect a response before their teen reaches their destination.



SET MUTUAL EXPECTATIONS

Tell your teen to not respond to texts until reaching their destination – even if it comes from you.

TEENS VIEW DIFFERENT DRIVING SITUATIONS AS STRESSFUL

75% when driving in rush hour traffic

53% when driving at night



BUILD YOUR TEEN'S READINESS

behind the wheel by **driving with them in all conditions** to help them worry less.

OPEN THE LINES OF COMMUNICATION!

It's important for parents to realize that they have influence over their teens' actions behind the wheel. **Liberty Mutual Insurance** and **SADD** encourage parents and teens to use the Teen Driving Contract as a discussion guide.

For more information, visit www.libertymutual.com/teendriving

Data from 2016 Liberty Mutual Insurance and SADD (Students Against Destructive Decisions) Teen Driving Study, which included a survey and implicit association testing with more than 2,500 high school students from across the country.



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