

Summer driving in teens

With school being out, warm weather ahead, and summer break officially in session, this time of the year can be very exciting for both children and teens. However, the summertime is the most dangerous time of the year for children and teens. With teen drivers having more free time during summer break, this extra time can lead teens to participate in risky behaviors. The National Highway Traffic Safety Administration says that the days beginning with Memorial Day through Labor Day are the most dangerous days for teenage drivers.

Here are a few tips that teen drivers should keep in mind to keep safe during the summer:

1. **Buckle up every time no matter the distance:** Seat belts have continually proven to be a life saving device in vehicles.
2. **Limit Distractions:** Distracted driving has become an increasing concern for not only teen drivers but for all drivers as a whole. These distractions can include talking and texting on the phone, using a GPS system, playing loud music, and even eating.
3. **Speeding:** Speeding can increase your chance of losing control of the vehicle and increasing the chance of a crash. Did you know that speeding can also affect your fuel cost?
4. **Impaired Driving:** Impaired driving not only dangers the driver and their passengers but also other vehicles on the road. Alcohol, illegal drugs, over the counter, and prescription drugs can all cause impaired driving.

There are several ways in which families and teens can overcome these risky behaviors.

- Remember, it starts with the parent! Always lead by example and minimize risky behavior. Children are constantly watching you even when you think they are not!
- Click [here](#) to review the TN GDL law with your teen so they understand the rules of the road.
- Parent Teen Contract- This contract can guide the conversation with a parent and their new driver on family rules and expectations.

The Teen Driver Safety Program at Monroe Carell Jr. Children's Hospital at Vanderbilt addresses the growing problem of teen motor vehicle crashes in Tennessee. The Be In The Zone (BITZ) Teen Motor Vehicle Safety program is funded by Ford Motor Company and Community Services and The Allstate Foundation.

<https://www.drivingskillsforlife.com/press-and-multimedia/latest-happenings/summer-months-driving-tips>

<https://www.nhtsa.gov/summer-driving-tips-2019>