Hundreds of teens die each year from texting while they are driving. Visit www.ny1aap.org to join the pledge and correct the statistic.

Correct the behavior. Don’t text and drive.
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For the safety of your children, and yourself

Since the day they were born, you have been focused on your child’s safety. As they grow older and more independent, your concerns change. Parenting a teenager is full of milestones and challenges; one of the most important milestones is getting a driver’s license.

Be the example

As a parent you are the number one influence of what kind of driver your teen will become. There are basic steps you can take to instill safe driving habits in your teen:

• Be the driver you want your teen to be—don’t use your cell phone when driving.
• Buckle up.
• Take the Pledge with your teen, and stick to it.
• Consider downloading a mobile app on your teen’s cell phone—some disable the ability to text when driving

Know the Graduated Drivers License Law

Inexperience is a leading cause of car accidents. The Graduated Drivers License (GDL) delays full licensure and gives your teen more time to refine their driving skills. It restricts passengers, bans texting and keeps teens off the road at night. It is important to continue to drive with your teen even after they get their license. The more training they receive now, the better driver they will be with a full license.

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Using a cell phone while driving...

- gives you the reaction time of a 70-year-old.
- makes you drive as if you have a BAC of .08
- distracts you for as long as it would take to drive the length of a football field

66% of teens say their parents influence their cell phone use in the car, more than the law.

Children learn their driving habits from their parents so it is very important for parents to be a good role model for their teens. 48% have seen their parents on the phone while driving and 15% have seen their parents texting.

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