

**Myth:** It is safer to drive during the night when there is less traffic.



**Fact:** Four of every 10 deaths of teens in motor vehicles occur between 9 p.m. and 6 a.m.

(Source: National Highway Traffic Safety Administration)

**Myth:** I don't need to wear a safety belt because I'm not going far and I won't be going fast.



**Fact:** Most crash deaths occur within 25 miles of home and at speeds less than 40 miles per hour. Everyday driving--from just one friend's home to another, to school or to the store--poses the greatest danger. Always buckle up.

(Source: National Highway Traffic Safety Administration)

**Myth:** Texting while driving is a safer alternative to talking on a cell phone while driving.



**Fact:** Texting while driving takes the driver's attention away from the road, which can lead to crashes. A recent study found that text messaging while driving causes a 400 percent increase in time spent with eyes off the road. No one should have to worry that other drivers are focused on texting instead of traffic.

(Source: American Medical Association)

**Myth:** Traffic crashes are random, isolated events that cannot be prevented.



**Fact:** Specific behaviors are associated with teen traffic crashes. Inexperience combined with speed, alcohol and/or drug use, not wearing safety belts, distracted driving (cell phone use, loud music, other teen passengers, etc.), drowsy driving or nighttime driving contribute to the high percentage of teen crashes and preventable deaths.

(Source: National Highway Traffic Safety Administration)

# 2009 National *Click It or Ticket* Mobilization



## Save Your Money and Your Life

From May 18 to May 31, local police will join with law enforcement officers nationwide to step up seat belt enforcement in support of the 2009 Click It or Ticket national mobilization.

Look for police to be out on the streets, conducting checkpoints or zero-tolerance seat belt enforcement across the state and across the country — both day and night. This means that if you are stopped by the police and you aren't wearing a seat belt — either as a driver or a passenger — you're going to get a ticket.

You may not know this, but as a teenager you are more likely to die or become disabled or disfigured in a car crash than at any other time in your life. However, wearing your seat belt is the single most effective thing you can do to protect yourself in any crash.

So buckle up every trip, every time. And make sure everyone in your vehicle does the same. You'll save money on a fine and possibly save your life — and the life of a friend, too.

Plus, buckling a seat belt only takes about two seconds. So remember: Click It or Ticket!

***You're not just protecting yourself.  
You're protecting your future.***

Excerpts taken from *connectwithkids.com*  
Text Messaging and Driving a Lethal Combination  
Wednesday, August 9, 2006  
Kristen DiPaolo | CWK Producer

18-year-old Richard Tatum was driving when he sent his girlfriend a text message.

"I don't even remember hitting the truck," says Richard, "because I was looking down at my phone when I hit it."

"He was using his text messaging on his cell phone, and crossed the yellow line and had a head-on collision with a cement truck," explains his mom Linda.

His car was totaled: he barely survived.

"So it crushed my pelvis and hip and my knee," says Richard. "I tore two ligaments and chipped a piece of my knee cap off."

***"I don't even remember hitting the truck," says Richard, "because I was looking down at my phone when I hit it."***

According to the Allstate Foundation, 13 percent of teens admit to text messaging while driving.

"You just look down, text, look up, drive, look down, text," says Richard, "and it's not hard to do so everybody does it."

Experts say parents should make it clear: teens can use the cell phone or the car, but not both.

"With the teens you have to send the message that you cannot do this while you are driving," says General Manager Ted Waldbart of the Safe America Foundation, "and if I find out you are doing it, then you are not going to be driving."

As for Richard, he's now walking and driving, but he will never be the same.

"He now has the hip of a 47-year-old, at 17 years old, because of the cartilage damage and everything," says his mom Linda. "And you know, he is going to have arthritis, and he's just not going to be able to do the things that he could do before."

"I don't text when I drive anymore," says Richard. "It's not worth breaking my good hip."

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Excerpts taken from *Road and Travel Magazine*  
Night Driving: Vision in the Dark  
by Jessica Howell  
[roadandtravel.com/safetyandsecurity](http://roadandtravel.com/safetyandsecurity)

According to the National Safety Council (NSC), 90 percent of a driver's reaction is dependent on their vision. Additionally, the NSC and the National Highway Traffic Safety Administration (NHTSA) reveal that fatality rates at night are three times higher than those during the day.

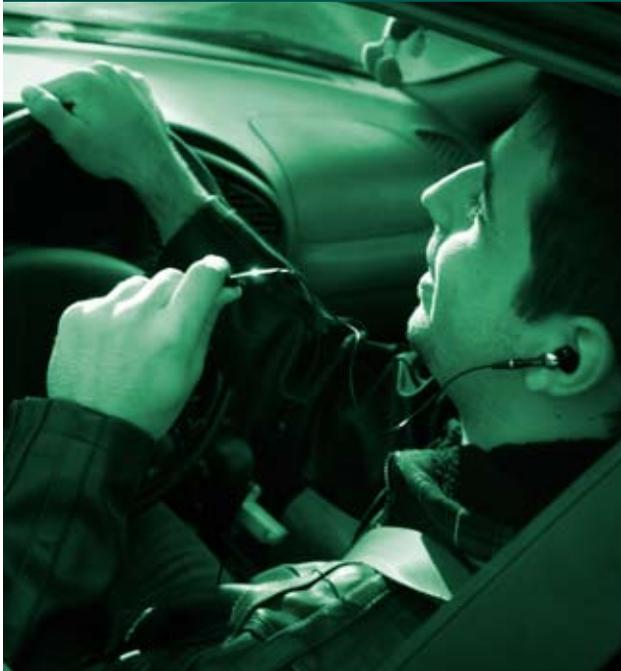
"Driving in dark conditions is one of the most hazardous situations faced by a driver," says Courtney Caldwell, editor-in-chief of ROAD & TRAVEL Magazine. "Roads with low or no lighting, glare from headlights and fluctuations in vision are contributing factors to the disproportionately high rate of car accidents and fatalities that occur between dusk and dawn."

***Twilight is one of the most difficult times to be on the road since drivers' eyes are constantly changing to adapt to the growing darkness.***

Take the following steps to ensure the safest drive possible:

- **Have your eyes checked.** Nearly half of Americans report not having seen an eye care professional for an exam in over a year; one quick visit could diagnose any problems and point you in a healthier direction.
- **Prep your vehicle for night driving.** Clean headlights, taillights, signal lights and windows (both inside and out) once a week.
- **When in doubt, turn your headlights on.** Whether it's dusk or a dreary day, lights help you to see better and make you easier seen. When following another vehicle, keep your headlights switched on low beam, so you don't blind the driver in front of you. In the instance that a fellow driver doesn't offer the same courtesy, and you're a victim of glare, keep your eye on the right edge of the road and use it as a steering guide.
- **Make frequent stops for snacks and stretches.** Movement and light food will help ward off tiredness.
- **Pay careful attention to your driving even as the sun goes down.** Twilight is one of the most difficult times to be on the road since drivers' eyes are constantly changing to adapt to the growing darkness.

Myth: As long as you use a hands-free device for cell phones, you're safe.



Fact: Research indicates that whether it is a hands-free or hand-held cell phone, the cognitive distraction is significant enough to degrade a driver's performance. This can cause a driver to miss key visual and audio cues needed to avoid a crash.

(Source: National Highway Traffic Safety Administration)

Myth: Some teens believe marijuana enhances driving ability.



Fact: Marijuana use diminishes many skills required for safe driving: alertness, the ability to concentrate, coordination and reaction time. These effects can last for up to 24 hours after smoking marijuana. Marijuana use can make it difficult to judge distances and react to signals and sounds on the road.

(Source: National Institute of Health)

Myth: Texting while driving is a safer alternative to talking on a cell phone while driving.



Fact: Crash risk for teenage drivers increases significantly with one, two, or three or more passengers. With three or more passengers, a teen's fatal crash risk is about three times higher than when a beginner is driving alone. The presence of passengers is a major factor in the teenage death toll. About two-thirds of all teen crash deaths that involve 16-year-old drivers occur when other teens are passengers.

(Source: National Highway Traffic Safety Administration)

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## **Safe and Sober Prom Night** *safeandsober.com*

### **Tips for Staying Safe & Sober on Prom Night**

#### **Be prepared to deal with the pressures that come with the territory**

Not everyone will be as smart as you. There will be some who will decide to drink or use drugs and try to encourage you to do the same. Don't be caught off guard and say "yes" to something you'll regret. Be ready to say "no" or walk away. Humor often works in these situations and once they realize you're not going to join them, they'll leave you alone.

#### **Plan something fun and stick to the plan**

Prom is all about the memories. If you and your friends plan something exciting, off-the-wall and memorable, no one will want to leave to drink or use drugs. You can go for coffee, grab a late night bite or even something silly like karaoke. By making firm plans, everyone will have a say and you'll look forward to just being together. This will be worth far more than one night of bad choices.

#### **Be a leader for others to see**

Just like peer pressure works to get others to drink or use drugs, it can also work in a positive way. If you're having a blast and are the life of the party AND you're staying sober, others will take notice. Show them it's possible and actually better to have a good time without being intoxicated. You'll have a great time with no regrets!

#### **Stay with your friends all night**

It's fine to go to a party on prom night. For most, that's part of the experience. Just be sure you and your friends take care of each other. Watch your drinks so no one can slip you something and help each other stick to your decision to stay safe and sober. If something does happen, you'll both be in control of your senses and be able to get home safe and sound.

#### **Remember that not everyone made the pledge**

Weekends and especially prom night are the worst times to be on the road. There are more drunk drivers at that time. Be sure to drive carefully and know where you're going. Keep your cell phone charged in case of an emergency and take extra precautions like pausing another second at a red light or stop sign.

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