

GETTING YOUR POINT ACROSS

SO THAT YOUR PARENT WILL LISTEN

As the teen in your parents' life, your voice can have a tremendous impact on their decision to drive safe! Remember that every parent responds differently, so it's important to try the approach you think would be most effective in changing their behavior for the better. Keep a cool tone, and if needed, remind them that your concern comes from a place of love and safety.

THE *DIRECT* APPROACH



Hey Mom, using your phone while driving endangers us and everyone else on the road. Please, can you focus on driving!

THE *REFLECTIVE* APPROACH



Mom, do you remember the time when we almost rear-ended that other car because you were trying to do too many things while driving? Safety depends on us paying attention. Let's just focus on driving from now on, okay?!

THE *SUBTLE* APPROACH



I really hate it when people don't give their full attention to the road. It's like they are saying they don't care about my safety.

THE *SENTIMENTAL* APPROACH



Mom, if anything ever happened to you, I would be devastated. It's really important to me that you make the safe choice... Please, let's focus on driving and leave the phone for when we're safely parked.

THE *GUILT* APPROACH



Dad, did you know that parents are the number one influence on my decision to drive safe? You wouldn't want me to drive this way, so why are you doing it? Let's do better together!

THE *FACTUAL* APPROACH



Dad, did you know that when you text and drive the risk of being involved in a fatal crash is increased by 23 times? It's just not worth it! Please remember that I need you, and I want you to come home safe.

THE *SARCASTIC* APPROACH



Super safe driving, Dad! Should we blindfold ourselves and have a thumb war with a scorpion next? What could possibly go wrong?

HEY, CAN WE TALK?

TIPS FOR STARTING A SAFE DRIVING DIALOGUE





HOW TO START SAFE DRIVING CONVERSATION WITH YOUR PARENTS:



1. ARM YOURSELF WITH FACTS. Here are some driving statistics to help give perspective to the parent or adult caregiver in your life:

- For every 10MPH over 50MPH you travel, your risk of fatal crash is doubled.
- Using your phone while driving increases your risk of crashing by 23 times.
- People not wearing a safety belt are 30 times more likely to be ejected from a vehicle during a crash.

SOURCES:
1 National Highway Traffic Safety Administration (NHTSA), 2 The Virginia Tech Transportation Institute, Distract Driving Research Study, 3 Children's Hospital of Philadelphia Research Institute

2. GAME THEM INTO UNDERSTANDING. In this exercise you're going to ask your parent/caregiver a few "what-if" style questions to see how they would respond to certain driving/passenger situations you may encounter. The key is to listen, and let your parent/caregiver offer their perspective. Remember to let them give their responses and allow them to validate their answers before giving your own input or suggestions.

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| ■ How would you feel if I was in the car with a driver who was using their phone? | ■ How would you feel if I was seriously injured (or worse) in a car crash? What if I harmed someone else because I took a risk? |
| ■ What would you want me to do if the driver of my vehicle didn't want to follow the speed limit? | ■ How should I respond to a driver who is impaired by drugs or alcohol? |
| ■ Would you rather I set the GPS/music playlist before I drive, or do you think it's okay for me to handle it while driving? | ■ How would you feel if I didn't wear a seatbelt? |

3. TURN THE TABLES. At this point, you've likely heard you parent or adult caregiver give feedback on the above unsafe situations, or their potential for tragic outcomes. Let's re-frame this to your parent or caregiver's driving habits... Use these examples to create your own response:

Mom/Dad, sometimes when you use your phone while driving, I feel like we might be creating a risky situation for ourselves and others. You mean so much to me. I would hate it if something bad happened. Can we work together to avoid phone usage while driving in the future?

Mom/Dad, I learned that speed is a factor in many serious crashes. Sometimes I feel like we would all do a better job of being mindful of our speed. I want you to be safe. Can we work together to address this issue? I've got some sweet surprises in store for you, if you do...

Mom/Dad, wearing a seatbelt is one of the easiest driving decisions we can make! It takes two seconds and it could save your life. I don't ever want to feel the pain of losing you. If you make a conscious choice to buckle up for every trip, I will reward you with some of your favorite things. Not to mention, you'll also be setting a great example for me!

PRO TIPS FOR DEALING WITH A DEFENSIVE PARENT

Sometimes, it's natural for people to get defensive when bad behavior is being called out. It's important to remember it does not have anything to do with you. Individuals may respond by minimizing, blaming, shifting focus, or shutting down. Here are some ways you can address this behavior in a respectful manner.

☒ **Refrain from reacting defensively**
Recognize if you feel yourself starting to get angry, and take a deep breath. Collect yourself if needed.

☒ **Shift your focus back to your parent**
Mom/Dad, I love you and I just want you to be safe. I would be devastated if something happened to you.

☒ **Move toward a solution**
Once your parent has calmed down or had a chance to cool off, use resolution tactics to generate a positive outcome:

- What if we set up the "Do Not Disturb" Function on your phone?
- How about if we placed a sticky not or picture of me near the dash to remind you to drive safe?
- What if we planned a reward system for your consistent good driving habits?



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