



Helping teenagers become safer drivers

FACTS:

- 1 Road crashes are one of the leading causes of death among young people.
- 2 Speeding and drink driving are the main causes of motor vehicle crashes.
- 3 A .02 blood alcohol limit applies to all learner drivers, and P1 and P2 licence holders who are under the age of 25 years and have held their P licences for less than 3 years. This means NO ALCOHOL before driving.
- 4 Speed limits for young drivers are also restricted, with a maximum speed of 80km/h for a learner, 90km/h for the Provisional P1 licence, and 100km/h for the Provisional P2 licence.

Other factors associated with young driver road crashes:

Driver inexperience: Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Driving unlicensed: Young drivers without a licence are more likely to be involved in a crash because they are more likely to take greater risks while driving.

Not wearing a seatbelt: Drivers and passengers who do not wear seatbelts increase their chance of being killed or seriously injured in a crash.

Driver fatigue: Young people often have busy lifestyles due to work, sport and study which may cause them to drive when tired- especially late at night.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks such as speeding.

Driving affected by drugs: Young drivers are over-represented in traffic fatalities involving drugs, including prescription medicine. The effects of drugs on a driver can be fatigue, loss of attention, slower reaction times and impaired perception of the driving scene.

The Graduated Licensing Scheme aims to help young drivers gain more experience. All learners must have at least 50 hours of supervised on road driving experience prior to their test to progress to the Provisional (P1) licence which they hold for a minimum of 12 months. After a hazard perception test, drivers progress to the Provisional (P2) licence for a minimum of 24 months. For more information about Graduated Licensing Scheme and road rules contact Roads and Traffic Authority (RTA) on 132 213



When you are driving be a positive influence - drive as safely as your young driver should.

Supervised driving

Supervised 'on road' driving can help learner drivers gain the skills needed for driving. Parents and carers can assist by providing as much supervised practice as possible.

If a learner driver is having professional driving lessons, it is recommended that parents/carers provide extra practice between lessons.

When a teenager has a P1 or P2 licence, gradually increase the amount of independent night driving, as this is the time when accidents often happen with young drivers.

It is not necessary to send your teenager to 'advanced' or 'defensive' off road driver training as real on road experience is more beneficial.

Tips for supervising your teenager driver:

- Be positive and quickly acknowledge when your teenager does well.
- Don't criticise.
- Make instructions short and clear and allow the young driver to concentrate on the task at hand.
- Shorter drives can be useful early on.
- Take breaks during longer drives to stop tension building and driver fatigue.
- Watch the road and point out potential risks.
- At the end of the practice drive, recap in one or two sentences the driver's achievements and indicate any areas for improvement.
- When you are driving be a positive influence and drive as safely as your young driver should.
- Reinforce road rules, particularly in relation to speeding, drink driving, and the use of seatbelts.

Before your teenager leaves for a party or outing discuss options for getting home safely such as:

- Designating a non-drinking driver
- Dealing with pressure from friends to drive unsafely
- Catching a bus or taxi
- Being a responsible passenger
- Offering to pick up your teenager
- Staying over with a friend

For additional copies of this fact sheet or further information about youth injury prevention contact Youthsafe on 02 9808 9202

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