



GCAPP PARENT TOOLKIT:

How to Practice Safe Driving with Your Teen

Helping your teen become a safe driver starts long before they get their license. The habits they see at home and the conversations you have with them can make a lasting difference. By modeling safe behavior, talking openly, and creating trust, you can give your teen the tools they need to make smart choices on the road.

Key Tips for Practicing Safe Driving with Your Teen:

MODEL SAFE DRIVING EVERY TIME.

Always wear your seat belt, obey speed limits, and avoid distractions like cell phones or eating while driving. Teens are more likely to adopt safe habits if they see you consistently practicing them.

TALK EARLY AND OFTEN ABOUT RISKS.

Discuss the dangers of texting while driving, speeding, driving under the influence of drugs or alcohol, and riding with peers who may not make safe choices. Make sure your teen understands both the legal and personal consequences.

PRACTICE DRIVING IN DIFFERENT SITUATIONS.

Go beyond neighborhood streets help your teen gain experience driving at night, in the rain, on highways, and in heavy traffic. Stay calm, give clear instructions, and use mistakes as teaching opportunities.

SET CLEAR RULES AND EXPECTATIONS.

Establish family guidelines for safe driving, such as no phone use while driving, curfews, and passenger limits. Put these rules in writing and review them regularly with your teen.

KEEP COMMUNICATION OPEN AND BUILD TRUST.

Let your teen know they can call you for a safe ride home if they ever feel unsafe driving or riding with someone else. Reinforce that safety is more important than punishment, and that they can always count on you.



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