

the **PARENT'S** supervised driving program



A Requirement for Teen Licensing



With Support From



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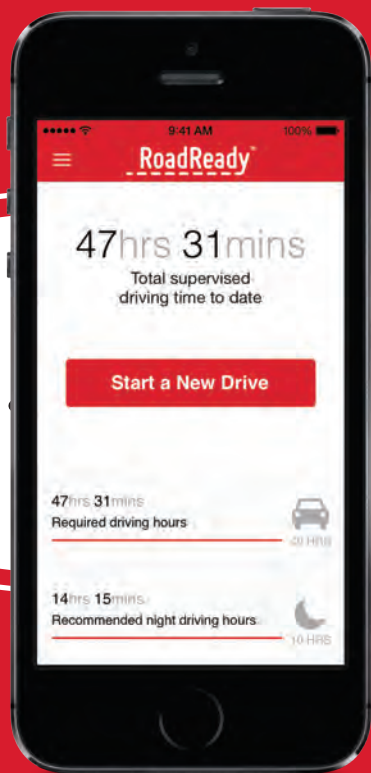
A Message to Parents from the Nebraska DMV

There are many opportunities, challenges and responsibilities which accompany being a parent or guardian. One of those can be teaching a child to become a responsible and safe driver. The Department of Motor Vehicles (DMV) is excited to be able to provide you with *The Parent's Supervised Driving Program* manual.

This booklet is designed with instructional modules which contain information on how and where to complete the lesson for maximum success. Allowing your child to spend as much time as possible behind the wheel will increase the development of their driver skills. The safety of the roadways in Nebraska is dependent on the behavior of each individual driver. Your commitment to assist your child in maximizing this learning experience is commendable.

If you have questions, or need additional information, the Department of Motor Vehicles is ready to help.





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Sponsor Message

State Farm



Do you remember that feeling of freedom and sense of accomplishment when you got your driver's license? State Farm, the nation's largest auto insurer¹ chose to be a part of *The Parent's Supervised Driving Program* to help parents help their teens celebrate this accomplishment and responsibly guide a new generation of drivers to become safer, confident and more experienced every time they are behind the wheel.

State Farm understands motor vehicle injuries are one of the nation's most important public health problems. In fact, car crashes are the #1 killer of teens² and, the first 6 months of unsupervised driving is the most dangerous.³ State Farm has been an integral part of landmark teen driver research since 2006. This research has helped us and others understand many car crashes can be avoided. It also indicates new drivers need and want parental involvement. Parents can help make the roads safer for everyone by providing teen drivers significant practice with a variety of driving skills and in different conditions.

Across the US, more than 18,000 State Farm agents play a critical role in communities, helping to increase awareness around safe driving and the impact new drivers have on the roads. They are a large part of **Celebrate My Drive®**, the State Farm Signature Program encouraging teens to commit to drive **2N2™, two eyes on the road and two hands on the wheel**.

State Farm has a continued commitment to funding research that helps prevent injuries and save lives. We work with national and local organizations to bring ongoing attention to auto safety issues and legislation that helps to make driving and roads safer for everyone.

We encourage you to read this Program guide and know that you will make a difference in your teen's safety. We know you will help them as they continue their journey and enjoy the excitement of the road where ever it takes them. Together, we can make a significant contribution to get them there safely.

¹<https://www.statefarm.com/about-us/company-overview/company-profile/fast-facts>

²http://www.cdc.gov/injury/wisqars/images/LCD/10LCID_Unintentional_Deaths_2010-a.gif

³Mayhew DR, Simpson HM, Pak A. Changes in Collision Rates Among Novice Drivers During the First Months of Driving. Accident Analysis and Prevention. September 2003. - See more at: http://www.teendriversource.org/stats/for_parents/detail/57#sthash.H3G7UafL.dpuf

The Parent's Supervised Driving Program

Developed by Safe Roads Alliance, a non-profit dedicated to promoting safer driving through education for drivers of all ages, *The Parent's Supervised Driving Program* is designed to improve teen driver safety by providing parents and guardians with a methodical approach to teaching the requisite driving skills. Each lesson concentrates on a particular sequential skill. Parents are in the best position to help their teens to become safe, smart and skilled drivers.

This program is also available in PDF and e-reader formats. *The Parent's Supervised Driving Program* also includes a website, social media pages, and a mobile app, RoadReady®.

Website: www.theparentssuperviseddrivingprogram.com

Facebook: www.facebook.com/TheParentsSupervisedDrivingProgram

Twitter: www.twitter.com/PSDP_Info

Instagram: www.instagram.com/roadreadyapp#

Pinterest: www.pinterest.com/roadreadyapp/

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Special thanks to the Nebraska Department of Motor Vehicles for their work and support toward the creation and development of this program.

Nebraska Department of Motor Vehicles



the PARENT'S supervised driving program



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YOUR OPINION MATTERS.



TAKE OUR PROGRAM SURVEY & TELL US ABOUT YOUR EXPERIENCE.

www.theparentssuperviseddrivingprogram.com/survey

Sponsor Message

Your newly-licensed teen drives off alone for the first time. As a parent, this moment can be daunting. Has your child had adequate training? Enough practice and knowledge of safe driving techniques? Experience driving in a variety of conditions? The self-confidence that comes from solid preparation?

The Parent's Supervised Driving Program is designed to alleviate such concerns. Congratulations on taking this important step in helping your teen develop safe, responsible driving skills, so that he/she will be ready when the Big Day comes.

WE'RE WITH YOU®—ON THE ROAD, WHENEVER YOU HEAD OUT. The largest member-owned petroleum brand in North America, Cenex® has a long tradition of community involvement and support. We are proud to be a sponsor of *The Parent's Supervised Driving Program*, and invite you to stop in whenever you're on the go. With over 1,400 Cenex convenience store locations in 19 states, it's easy to fill up and stock up on things you need.

Visit cenex.com for helpful driving and safety tips, recommendations for achieving maximum fuel efficiency, and useful travel information including a simple-to-use routing tool for mapping out road trips, big and small.

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Notes for Parents/Guardians:
About Supervising Teen Drivers



The Parent's Supervised Driving Program gives you a simple, easy-to-follow plan you can use to help your teen be a safe and responsible driver.

Some thoughts as you begin this exciting experience together:

Make an effort to enjoy the learning process: Driving is a big step toward independence, and your teen is entering a new phase of life. You'll both remember this experience for years to come. Make it a good memory!

Practice makes perfect: Studies show that the risk of a crash diminishes with experience. The more time you can spend driving with your teen, the less likely it is they'll crash when they begin driving alone. Driving in a variety of circumstances is equally important. While using this program, you should drive on all types of roads. Make sure your teen gets exposure to a variety of roadways, and in different conditions as well: at night; in rain, fog, and snow; and in heavy and light traffic.

Be a driving role model: It's not enough to say, "Do as I say." Children imitate their parents'/guardians' behavior, so your driving should set a good example for your teen to emulate. Be sure that you:

- Obey all traffic laws.
- Correct any unsafe driving habits (driving aggressively, rolling through stop signs, accelerating through yellow lights, speeding, etc.).
- Refrain from using your cell phone or texting while driving.

Tips for Teaching Your Teen

- **Seat belts** must always be worn properly by everyone in the vehicle.
- **Before each session**, discuss the goals of the day's lesson.
- **Before each new lesson**, review what was learned during the previous lesson.
- **Keep instructions simple and concise.** Say where to go and what action to take. For example: "Drive to the corner and turn right."
- **The feedback** you give should be calm, precise, and immediate. Be patient and alert at all times. Remember to give positive feedback when your teen succeeds!
- **When your teen makes a mistake**, which will happen often, do not criticize. Remain calm and simply repeat the maneuver until it's done correctly. To minimize their frustration, emphasize to your teen that mistakes are a normal part of learning.
- **These lessons should be consistent** with what is taught by your teen's driving instructor. If you teach something differently, your teen will be confused and learning will be more difficult. If the lessons in this program are different from the instructor's, contact them to clarify the discrepancy.
- **Remember that students learn at different paces.** Make sure your teen has mastered each skill before you move on to the next lesson, even if that means repeating a lesson several times. Patience and practice will pay off in the long run.
- **Integrate night driving** into as many lessons as possible.

Most importantly, make sure the vehicle you use for training is safe. Confirm that the brakes have been recently inspected, and check to make sure the tires have sufficient tread depth. It's generally recommended that you do not train in larger vehicles that lack stability control.

Parental Pointers:

At the start of each driving lesson with your teen, leave your problems behind – and make an effort to stay focused. Don't bring up touchy subjects such as grades, homework, boyfriends/girlfriends, and anything else that might distract either of you from the task at hand.

Notes for Parents/Guardians:

Vehicle Control for Supervisors



Teaching a new driver can be stressful, but knowing you have some control can help. Professional drivers' education instructors are taught emergency responses to potential hazards that can crop up with an inexperienced driver behind the wheel. Here are some skills you can learn to help you maintain control from the passenger seat while teaching:

- **Emergency shifting:** In a quiet, large, level, empty area, practice shifting the transmission from drive to neutral.
- **Taking the wheel:** With an experienced driver in the driver's seat, in a quiet, large, level, empty area, practice steering the car with your left hand from the passenger seat.
- **Mirrors:** Adjust the mirror on the passenger sun visor so you can use it as a rearview mirror. If the right side mirror is properly adjusted, you can use it to monitor traffic to the rear from the passenger seat.
- **Awareness:** Never assume everything is okay. Always check and re-check mirrors before you give instructions to your teen.
- **Emergency stopping:** Practice stopping the car with the parking brake (if your vehicle's parking brake is located between the seats). This can be dangerous, even at low speeds, and should only be used as a last resort.

Driving Has Changed

Chances are, today's cars are not the same as they were when you learned to drive. To teach your teen effectively, you need to know about a few important recent changes in how cars work, how we drive, and how driving is taught.

Anti-lock Brake System (ABS): Most newer cars offer ABS as either standard or optional equipment. ABS is a dramatic safety improvement that works by letting the tires rotate, rather than lock up, when the brake is engaged. This allows drivers to turn the car in an emergency stop. ABS should be used with firm, continuous pressure. The brakes may shake and grind when applied, which often concerns users - but this is a normal function of ABS. To find out if your car has ABS, check the instrument panel after you turn on the ignition, or read the owner's manual.

Note: When driving a car without ABS, the old rules still apply. Don't "slam" the brakes. Rather, press the brake pedal firmly. The intention is to stop quickly, but also to avoid locking the brakes and skidding. Skidding causes a loss of control and requires more distance to stop.

Air bags: Air bags are designed to work with seat belts, which must be worn for the air bags to be effective. Since air bags deploy out of the wheel on impact, it's important to keep your hands and arms clear.

- **Steering wheel hand position:** Most of us were taught to position our hands at 10 and 2 o'clock on the steering wheel. It's now suggested that you hold the wheel at 9 and 3 o'clock or slightly lower at 7 and 5 o'clock. This gives you better vehicle control.

HAND POSITION



Arms holding the wheel at 9 and 3 o'clock are not as likely to be hit by the air bag.

Parental Pointers:

"Commentary driving" is a great communication tool. Coach your teen to describe their actions, thoughts, and observations out loud as they drive, similar to a sports commentator. Throughout the learning process, ask them to verbalize what they see around them, including potential risks and any steps they need to take to avoid those risks.

Notes for Parents/Guardians:

Distracted Driving and More



Distracted driving involves any activity, such as cell phone use, that has the potential to distract someone from the task of driving. Distracted driving, alcohol, speeding, and not wearing seat belts can lead to death and injury in crashes. Teens, who are still learning the complex skills of driving, are particularly susceptible to distractions while behind the wheel. Don't let you or your teen become another statistic. Here are the facts:

- Motor vehicle crashes are the leading cause of death for U.S. teens. Mile for mile, teens are involved in three times as many fatal crashes as all other drivers. And one in three teens who text say they have done so while driving.
- Between 2007 and 2011 in Nebraska, a total of 46 fatal and 11,299 injury distracted driving related crashes were reported. During this same period, while teen drivers made up about 7% of the driver population, they were involved in 28% of all reported cell phone related crashes.
- A Virginia Tech Transportation Institute study revealed that physically dialing a phone while driving increases the risk of a crash as much as six times. Texting is riskier still, increasing collision risk by 23 times.

To combat this growing epidemic, we suggest the following:

- **Set a good example:** Kids observe and learn from their parents. Put your phone down while driving and only use it when you are safely pulled over. According to the Pew Research Center, 40% of teens aged 12 to 17 say they have been in a car when the driver used a cell phone in a way that put themselves and others in danger.
- **Talk to your teen:** Discuss the risks and responsibilities of driving and the danger of dividing their attention between a phone call and the road. Show them the statistics related to distracted driving and urge them to share what they learn with their friends.
- **Establish ground rules:** Set up family rules about not texting while behind the wheel. Enforce the limits set by the graduated licensing program.
- **Sign a pledge:** Have your teen take action by agreeing to a family contract about wearing safety belts, not speeding, not driving after drinking, and not using a cell phone behind the wheel. Agree on penalties for violating the pledge, including paying for "tickets" or loss of driving privileges.
- **Other dangerous distractions:** In addition to cell phone use, distracted driving can include eating, grooming, drinking, listening to or adjusting the radio or MP3 player, using the GPS, talking to passengers, or watching a video, just to name a few activities. Inexperienced drivers are particularly susceptible to these kinds of distractions.

Parental Pointers:

Teens tend to look away from the road and become distracted for longer periods than older drivers. It's important to train them to keep their focus on the road ahead. Test your teen on how long they look away when doing various tasks inside the vehicle, such as tuning the radio. Coach them repeatedly on the importance of focusing on the road ahead.

Skill One:

Before You Start the Engine



Goal: Teach your teen vehicle basics before actual driving begins.

Practice Location: Parked. This is a non-driving lesson.

1. Walk around the outside of the car with your teen. Instruct them to look for leaks and hazards such as broken glass, and to make sure it's clear behind the vehicle as well as in front of the vehicle.
2. Have your teen practice these basic skills until they don't need help:
 - Starting and stopping the engine
 - Naming and operating all dashboard controls
 - Checking oil level
 - Checking wiper fluid
 - Checking tire pressure
3. Teach correct mirror settings. The method below provides the best view of adjacent lanes, for maximum safety.
 - **Inside mirror:** Have your teen sit up straight in the driver's seat and adjust the inside mirror so that it frames the entire rear window. This is the main mirror for viewing what is behind the vehicle.
 - **Left-side mirror:** Have your teen lean their head towards the left-side window, and set the left mirror so they can barely see the side of the car. When they sit up straight, the car should no longer be visible in the mirror.

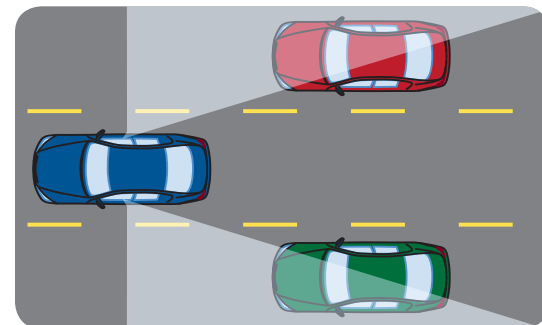
- **Right-side mirror:** Do the same to the right-side. Have your teen lean to the right over the car's center console, and set the right mirror so they can barely see the right side of the car.

Additionally, teach your teen how to look over their shoulder to check the "blind spot" on each side of the car that cannot be seen in the mirrors.

Seating position: The proper seat position is important to safely control the vehicle. Your teen should sit with their back firmly against

the seat. There should be at least 10 inches between the steering wheel and the driver's chest, with the air bag pointing at the chest. The top of the steering wheel should be no higher than the shoulders. Move the seat forward or backward so that the driver's heel touches the floor and can pivot between the brake and accelerator. Shorter drivers may need a seat cushion or pedal extenders to sit safely 10 inches from the air bag. The head restraint should be at the center of the driver's head.

CHECKING BLIND SPOTS



The most effective way to deal with blind spots is to briefly turn and look.

Parental Pointers:

In the past, drivers were often taught mirror settings that caused overlap between the rear and side mirrors, which was less safe. This is a great opportunity to update your own driving skills while teaching your teen!

Skill Two:

Moving, Steering, and Stopping

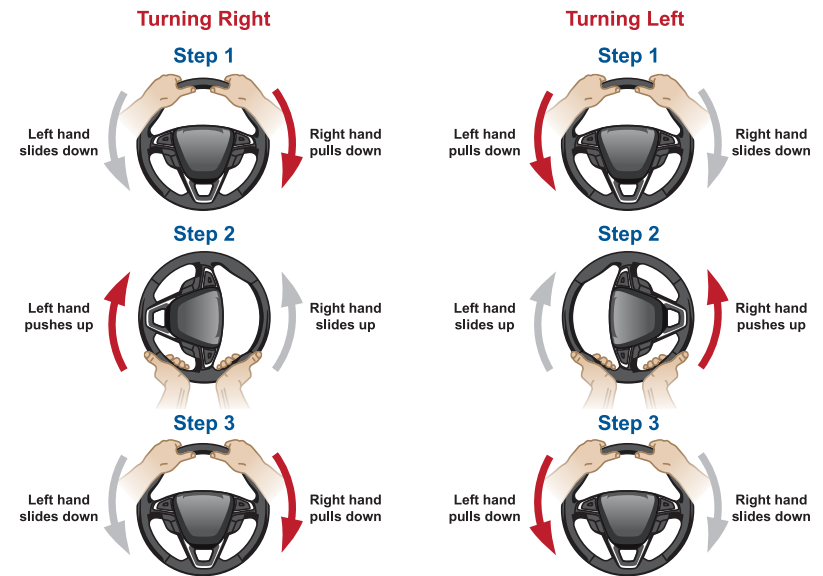


Goal: Teach your teen to consistently start, stop, and turn smoothly with full vehicle control.

Practice Location: A large, level, mostly empty area.

1. Everyone in the vehicle **must** be properly buckled up.
2. Before starting, coach your teen to always signal and check mirrors and blind spots before changing the speed, position, or direction of the car. Remind them when needed.
3. Have your teen drive around the perimeter of the lot in both directions several times at a slow speed. Have them stop and start frequently, practicing smooth hand-to-hand steering, braking, and accelerating.
4. Pick several targets in the large, level, empty practice area, and have your teen drive to them at specific speeds. For example, "Drive to the stop sign at 15 mph." Focus on steady speed and smooth starts and stops.
5. Once your teen is braking smoothly, practice "hard, smooth stops" at slightly higher speeds (approximately 25–30 mph). Hint: Curling toes back just before braking results in smoother stops. It eases the pressure on the brake.

STEPS TOWARD TURNING



With hand-to-hand steering your hands do not cross each other.

6. Practice turning techniques:
 - Ease off the accelerator or use the brake to reduce speed before entering a curve, and use gentle acceleration to overcome inertia and pull the vehicle out of the curve.
 - Use smooth, continuous steering wheel movements when approaching a turn and when returning (sliding) the wheel through the hands until the vehicle is in the proper post-turn position.
 - Coach your teen to pick a target near the center of the intended travel path. **This target can be used as a visual aid to aim at while steering through turns.**

Parental Pointers:

New drivers tend to use the brake too much, and the accelerator too little, to control speed. Coach your teen about easing up on the gas pedal as a way to reduce the car's speed.

Skill Three:
How Close Are You?



Goal: Teach your teen how to tell where their vehicle is in relation to other vehicles or objects.

Practice Location: A large, level, mostly empty area with clearly painted pavement lines and curbs.

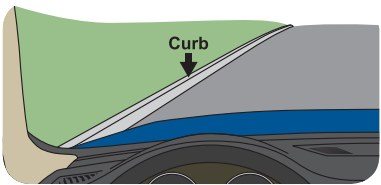
Reference Points

Explain to your teen that reference points are visual guides to help them judge the car's distance from curbs, lines, other objects, and vehicles.

1. **Driver side curb (or line):**

- Choose a pavement curb (or line), and tell your teen that the goal is to pull the driver's side of the vehicle 6–12 inches away. Coach them to slowly pull up parallel to the line, getting gradually closer, and stop when they think they are 6–12 inches away. Have them look at where the line intersects in the front window.
- Have your teen put the car in park and get out to check if the driver's side wheels are 6–12 inches from the line. If it's not the right distance, have them do it again, checking the reference points.

DRIVER SIDE CURB

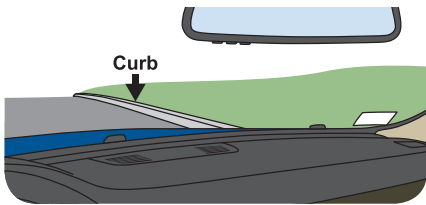


View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

2. **Passenger side curb (or line):**

- Choose another curb (or line) parallel to the passenger side, again pulling up slowly to within 6–12 inches. Use the same gradual pull-up method, but for this side, coach your teen to stop when the curb appears to intersect the center of the hood.
- Again, have your teen get out of the vehicle to check whether the tires are 6–12 inches from the curb. Keep practicing and making adjustments, noticing the reference point, until they can do it consistently.

PASSENGER SIDE CURB

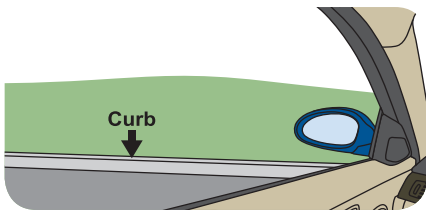


View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

3. **Front curb (or line):**

- Teach your teen to align the front bumper between 6–12 inches from a pavement curb (or line). Have them drive slowly straight toward the curb. Coach them to stop when the curb appears under the passenger-side mirror.
- Have your teen get out of the vehicle to check whether the front bumper is 6–12 inches from the curb. If not, have them adjust the reference point as needed, and keep practicing.

FRONT CURB



View out the driver's side window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

Parental Pointers:

It takes more than 15 minutes every day for six months to complete 50 hours of practice driving. For 100 hours, it's more than 30 minutes a day for six months. Studies show that the more time you drive together, the safer your teen will be when driving alone.

Skill Four:
Backing Up



Goal: Teach your teen how to safely drive backwards in a straight line and while turning.

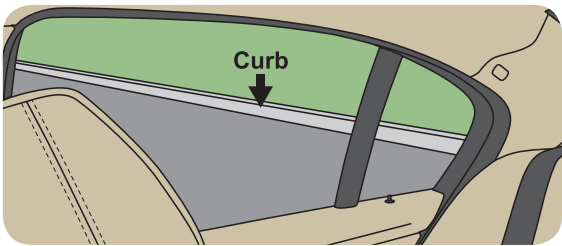
Practice Location: A large, level, mostly empty area.

1. Before moving the vehicle:
 - Coach your teen that they must turn around and look backwards through the rear window when backing up. Using mirrors or back-up cameras doesn't give a full view.
 - Have your teen shift their hips and turn around until they get a good view behind the vehicle. They should drape their right arm over the back of the seat and grasp the top of the steering wheel with their left hand.
2. Practice backing up in a straight line, having your teen follow these steps:
 - Check all areas behind the vehicle prior to and while backing up.
 - Grasp the steering wheel with the left hand and look over the right shoulder through the rear window.
 - First release the brake, then use the accelerator gently, and only when necessary, to control speed. Keep it slow.
3. Once your teen can back up in a straight line consistently, have them practice backing up into a turn:
 - If turning to the left, grasp the steering wheel with the right hand, or with the left hand if turning to the right. Remind your teen to turn the

- wheel in the direction they want the car to travel.
- Look in the direction the car is moving through the rear side windows.
- Back into the turn slowly, first releasing the brake, then using the accelerator if needed.

4. Practice aligning the rear bumper close to a line or curb, using a reference point (see previous lesson):

BACKING UP



The driver's view out of the back passenger window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Choose a line or curb for a target.
- Have your teen back up toward the target, coaching them to stop when the line or curb appears near the middle of the rear right window when looking over their right shoulder.
- Have your teen put the car in park and set the emergency brake.
- Have your teen get out of the car to see whether the rear bumper is close to the target.
- If adjustments are needed, have your teen try again, establishing a new reference point. **Repeat as often as needed until your teen can consistently come within close proximity to the target.**

Parental Pointers:

Emphasize that backing up must be done at slow but consistent speeds. It's harder to maintain control of the car when it's in reverse.

Skill Five:
Driving on a Quiet Street – Part 1



Goal: Teach your teen to move and stop a vehicle safely and with confidence on quiet roads.

Practice Location: Start in a large, level, mostly empty area. Move to a quiet neighborhood street when indicated. Out of respect to our neighbors, please do not use official state road test courses for practice.

Before moving out onto the road, make sure that your teen has reviewed the driver's manual and is familiar with street signs, signals, pavement markings, and yield and speed laws.

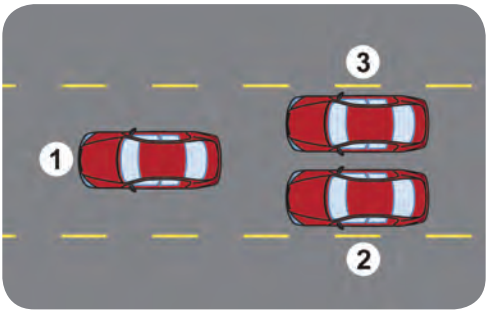
Lane Position

1. Starting in a quiet, large, level, empty area, review the skills learned so far. Have your teen drive several laps around the lot, practicing smooth braking and accelerating, maintaining steady speeds, steering into right and left turns, and using reference points to align the car with pavement lines or curbs.
2. Coach your teen to use “commentary driving” (see page 4) throughout this lesson, if possible.
3. When you and your teen feel ready, move to a quiet street.
4. With your teen behind the wheel, first have them practice driving straight

in three different lane positions. Do this for several miles, practicing each position at least 10 times:

- **Center position (1):** The most common position, with the vehicle centered within the lane. Coach your teen that they should stay in the center position under most circumstances.
- **Left position (2):** The vehicle positioned to the left side of the lane. This is best used when preparing for a left turn. This position should be avoided on country roads.
- **Right position (3):** The vehicle positioned to the right side of the lane. This is usually done when making a right turn to allow for a safety margin on the left side of the vehicle.

LANE POSITION



Most driving is done in lane position number one.

Intersections

Coach your teen on these techniques for safely approaching an intersection:

- Search for vehicles, pedestrians, signs, and traffic signals.
- Check the rearview mirror for any potential hazards behind the car.
- If it's an intersection with traffic signals, identify who has the green light.
- If turning, put on the turn signal four seconds before making the turn.
- If a stop is required, stop behind the white stop line.
- Select the best lane for the intended direction of travel.
- Yield the right-of-way to pedestrians and other vehicles.

Parental Pointers:

Make sure your teen understands what to do if they encounter emergency vehicles. First, turn down the radio to listen for the direction of the emergency vehicle(s). Stay calm and pull over to the nearest curb, clear of intersections, and wait for the emergency vehicle(s) to pass.

Skill Five:
Driving on a Quiet Street – Part 2



Goal: Teach your teen to turn both right and left safely and with confidence on quiet roads.

Practice Location: A quiet block of single-lane roads, ideally without traffic signals at the intersections.

Making Turns

When your teen is comfortable with lane positions and intersections, it's time to practice turns. Start with **right turns**. Have your teen drive clockwise around the block 10–12 times:

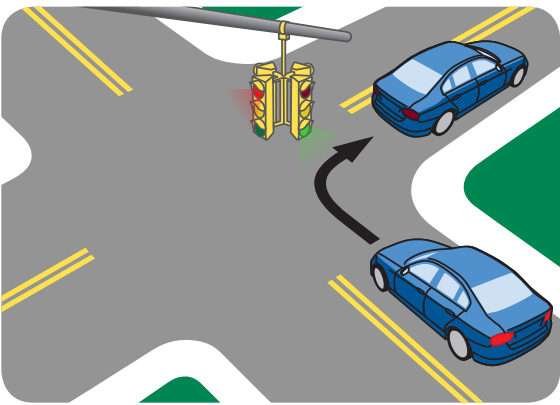
- 1. Pick a line at the center of the intended travel path while steering through a turn. Make sure your teen does not fixate on one specific spot, but instead focuses on a broader path.
- 2. Focus on smooth braking into the turn and acceleration out of the turn, as previously practiced in the large, level, empty area.
- 3. Always check mirrors before turns, and signal four seconds before turning.

When your teen is proficient at right turns, move on to **left turns**. Have your teen drive counterclockwise around the block 10–12 times, coaching them on these techniques for safe left turns:

- 1. Position the vehicle close to the yellow line in the middle of the road.
- 2. If there is a stop sign or red light, stop with wheels pointed straight ahead before the stop line, crosswalk, or intersection.

- 3. Search the intersection in all directions for vehicles, pedestrians, signs, and signals.
- 4. Select a gap in traffic, and pull straight forward toward the middle of the intersection. Coach your teen to avoid hesitating.
- 5. Use the yellow line on the street being turned onto as a target. Turn into the travel lane closest to the yellow line.
- 6. When the turn is complete, let the steering wheel slide back through the hands.
- 7. Pick a new target 15–20 seconds ahead in the center of the travel path and accelerate gradually.

MAKING TURNS



Have your teen drive around the block making right turns 10–12 times. When they are proficient, drive around the block 10–12 times making left turns.

Be sure to practice with your teen in a variety of conditions, including at night and in inclement weather, as much as possible.

Parental Pointers:

Most drivers have a tendency to steer in the direction they look. If their eyes move to one side, the car may drift in that direction, too. Remind your teen to focus on a path line in the middle of their travel – and not fixate on lane lines or other objects. The rest of the area should be scanned quickly, but frequently.

Skill Six:
Looking Ahead



Goal: Teach your teen to develop defensive driving techniques and higher-level visual and anticipatory driving skills before moving on to more complex driving situations. In order to avoid last-second reactions and spot potential hazards, have your teen always look 12–15 seconds down the road. When they are looking far enough ahead, they will be able to spot hazards early and be well prepared to react to them.

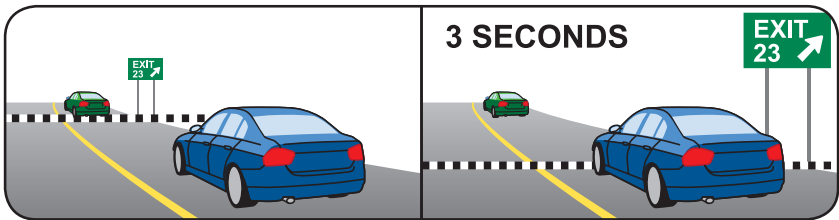
Practice Location: Start on a quiet neighborhood street. Out of respect to our neighbors, please do not use official state road test courses for practice. Move onto a road with light traffic when your teen is ready.

1. Teach your teen the **IPDE system**, a simple system to help new drivers recognize, anticipate, and avoid risks before they turn into problems. IPDE stands for:
 - **Identify** potential risks, like oncoming vehicles, pedestrians, obstacles, or intersections.
 - **Predict** when and where there will be a conflict or problem.
 - **Decide** on the best course of action.
 - **Execute** that action.

Have your teen use commentary driving as they practice the **IPDE system**. As they drive, ask them to verbally describe their thoughts and actions in order to **identify** potential risks they see, **predict** problems these risks could cause, **decide** what to do to avoid a problem, and then **execute** the maneuver.

2. Teach your teen the **stopping-distance rule**, for the safest distance to stop behind another vehicle. When your vehicle stops, you should be far enough away from the car in front of you that you can see where its tires make contact with the ground. Any closer is too close.

THREE-SECOND RULE



Your front bumper should not pass before you’ve reached “THREE.”

3. Teach your teen the **three-second rule** for the appropriate following distance when driving behind other vehicles. The three-second rule is an important safety measure designed to give drivers enough time to safely steer or brake to avoid problems that occur in front of them on the road.

How the three-second rule works:

- Start counting when the rear bumper of the vehicle in front of you passes an object.
- Count “one thousand ONE, one thousand TWO, one thousand THREE.”
- Your front bumper should not pass that same object before you’ve reached “three.”

Have your teen practice the three-second rule at least 10–12 times, counting out loud to check whether their following distance is appropriate.

Parental Pointers:

Rear-end collisions are the most common form of a car crash. Emphasize to your teen that increasing following distance behind other vehicles is the single best thing they can do to minimize the risk of a crash.

*Whether you're headed down the street
~ or across the state, ~*
WE'RE WITH YOU.®



Cenex® is with you at home and on the road. Your locally owned Cenex is proud to be a part of this community and this great nation.



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Supervised Driving Log

Parents or guardians are responsible for making certain that their teen has completed no less than 50 hours of supervised driving, with 10 of those hours completed between sunset and sunrise. The 50 hours can be completed with a licensed driver who is at least 21 years old. The following form is a tool for your convenience that will help you keep track of time spent on the road as well as ensure that your teen has a diverse supervised driving experience. You want your teen to be as prepared as possible for their School Permit or Provisional Operator's Permit.

With Support From



&



A Summary of Graduated Licensing in Nebraska

School Learner's Permit (LPE) – An LPE is issued for the purpose of allowing a student to legally practice driving for a School Permit.

School Permit (SCP) – A person holding an SCP may operate a motor vehicle unsupervised to and from where he or she attends school and between schools of enrollment.

Learner's Permit (LPD) - An LPD is issued to allow a person to legally practice driving for a Provisional Operator's Permit, Operator's (Class O) or Motorcycle (Class M) License. A LPD holder must be accompanied by a licensed driver who is at least 21 years old.

Provisional Operator's Permit (POP) - A POP allows an individual to operate a motor vehicle unsupervised in Nebraska from 6 a.m. to 12 midnight.

For more details and the specific requirements and driving restrictions for each of these permits go online at www.dmv.ne.gov.

Suggested Driving Skills Checklist

This checklist/driving log is produced as a courtesy only and is not required to be presented to Driver Licensing Staff.

- | | |
|---|--|
| ☐ Pre-driving checks and adjustments | ☐ Starting, moving and stopping smoothly |
| ☐ Making accurate turns (<i>left & right</i>) | ☐ Yielding the right-of-way |
| ☐ Backing up | ☐ Railroad crossing |
| ☐ Parking (<i>perpendicular, angle & parallel</i>) | ☐ Changing lanes (<i>checking blind spot</i>) |
| ☐ Driving through intersections | ☐ Following safely behind other vehicles |
| ☐ Recognizing danger signs/conditions | ☐ Communicating with other drivers |
| ☐ Driving at night | ☐ Traffic signals |
| ☐ Driving under adverse conditions (<i>weather, congested traffic, construction, etc.</i>) | ☐ Adjusting speed, position and passing on highways |

Supervised Driving Log

[illegible]

Nebraska Department of Motor Vehicles

[illegible]

TOTAL HOURS:

*Total time spent practicing must equal a minimum of 50 hours with 10 hours between sunset and sunrise.

Supervised Driving Log

Nebraska Department of Motor Vehicles

Date	Location of Practice (e.g. highway, residential area)	Day or Night	Weather Conditions	Time Spent*	Adult's Initials

TOTAL HOURS FROM THIS PAGE:

TOTAL HOURS FROM PREVIOUS PAGE:

GRAND TOTAL HOURS:

*Total time spent practicing must equal a minimum of 50 hours with 10 hours between sunset and sunrise.

Supervised Driving Log

Nebraska Department of Motor Vehicles

Date	Location of Practice (e.g. highway, residential area)	Day or Night	Weather Conditions	Time Spent*	Adult's Initials

TOTAL HOURS FROM THIS PAGE:

GRAND TOTAL HOURS FROM PREVIOUS PAGE:

GRAND TOTAL HOURS:

*Total time spent practicing must equal a minimum of 50 hours with 10 hours between sunset and sunrise.

NEBRASKA DEPARTMENT OF MOTOR VEHICLES
SCHOOL/PERMIT PROVISIONAL OPERATOR'S PERMIT
50 HOUR CERTIFICATION

I certify that _____
(Applicant's Name)
with permit number _____,
(Permit Number)
has had a
minimum of 50 hours of lawful behind-the-wheel motor vehicle operation,
including at least 10 hours between sunset and sunrise under conditions that
reflect department-approved driver safety course curriculum and is sufficiently
prepared and able to operate a motor vehicle safely.

I also certify that all 50 hours were spent with a parent, guardian, or adult at least twenty-one years of age, who has a current Nebraska operator's license or who is licensed in another state.

I certify that all information submitted by me regarding this is true and correct.

Signature of Parent, Guardian or Licensed Driver 21 Years of Age or Older

Date

Practice driving will empower your teen. But your rules will provide much needed limits to keep him or her safe. Create rules to address the leading hazards for teen drivers through a parent-teen driving agreement.

Young Driver

Parent/Guardian Agreement

We, _____ and _____
agree to the following conditions:

1. Young Driver's Responsibilities: *(initial all that apply)*

- _____ I will not let anyone else drive or use the vehicle entrusted to me.
- _____ I will not break driving laws. Any violations may result in the loss of vehicle privileges.
- _____ I will not consume drugs or alcohol in the vehicle or operate any vehicle under the influence of alcohol or illicit drugs. Any violations will result in the loss of vehicle privileges.
- _____ Everyone in the vehicle must wear a seatbelt and keep it fastened at all times.
- _____ I will state my destination and time of return prior to using any vehicle. I will notify my parents if I think I will be more than 30 minutes late.
- _____ I will not drive to endanger my life, the lives of my passengers or anyone else on the road.
- _____ The use of communication devices in moving vehicles can distract the driver's attention from the primary task of driving. Such distractions often lead to crashes as devastating as those caused by impaired driving or other dangerous behaviors. Therefore, I pledge not to text message and/or use a cell phone while driving.

2. Costs and Maintenance of Vehicle:

- ____I will be responsible for the following:

3. Parental Responsibilities: *(initial all that apply)*

- ____ I will listen in a respectful manner to explanations or concerns expressed by my young driver regarding the operation of a vehicle or the terms of this contract.
- ____ I will provide respectful feedback when accompanying my young driver in a motor vehicle.
- ____ I will serve as a good role model when operating a vehicle and teach good driving skills and habits to my young driver.

4. Operator Impairment as a Result of Alcohol and Illicit Drugs:**A. Young Driver's Responsibilities**

- ____ I will not get into the vehicle of a driver who has been drinking or using illicit drugs. I will seek alternate transportation or I will call you for advice and/or transportation at any hour from any place. I have discussed with you and fully understand your feelings regarding underage drinking and the use of illicit drugs.

B. Parental Responsibilities

- ____ I (We) agree to come and get you at any hour, from any place, with no questions asked and no argument at that time, or I (we) will pay for a taxi to bring you home safely. I (we) expect that a discussion of such an incident would follow at a later time. Likewise, I (we) as your parent or guardian, agree to seek safe, sober transportation. I (We) will not drive if I (we) have been drinking, nor will I (we) drive with a friend who has been drinking.

5. Liabilities:

All drivers are legally responsible for their own actions as a driver and vehicle owners may be legally liable for damages caused by any person operating the owner's vehicle.

Parents/guardians and young drivers should understand that insurance coverage and rates may be affected by any damages that result from the inappropriate use of the owner's vehicle.

We agree to the terms of this contract, which may be revisited or revised at a later time.

Signature of Parent/Guardian

Signature Parent/Guardian

Signature of Young Driver

Date

**Are you checking your mirrors?
Is your phone off?
Are your blind spots clear?
Did you signal?
Are your headlights on?
Are you checking your speed?**

Handing your teens the keys isn't the easiest thing to do. We're happy to help keep you all safe—and at ease.

Get to a better State[®]. Visit teendriving.statefarm.com today.



Skill Seven:
Turning Around

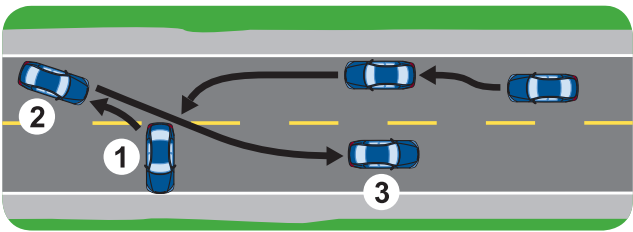


Goal: Teach your teen the best ways to turn a vehicle around in various circumstances.

Practice Location: Start on a quiet neighborhood street with accessible driveways. Please be respectful of neighbors and private property. Move to a multi-lane road for U-turns, if legally allowed in your area.

1. **Teach turning around safely:** Start by coaching your teen that the safest and easiest way to turn around is to drive around the block. Since that's not always possible, it's important to practice other ways to turn around.
2. **Teach three-point turns:** This more challenging turn should only be done when there is no available driveway. Three-point turns block both sides of a two-lane road, so coach your teen to make absolutely sure that the traffic is clear in both directions:
 - Pull as far to the right as possible to maximize room to maneuver.
 - Turn sharply across the road until the car is perpendicular, facing the curb.
 - Continue checking for traffic in both directions.
 - Put the car in reverse and back up, turning sharply in the other direction, into the original lane, but now facing in the opposite direction.
 - Shift into drive and pull forward into the correct lane, driving straight ahead.

THREE-POINT TURNS



Practice three-point turns at least 10 times each.

3. **Practice U-turns:** First explain that U-turns can be very dangerous, and should only be done where they are legal.
 - Begin the U-turn in the left lane, closest to the center line or median.
 - Be sure there is enough room to make the turn without hitting the curb or any parked cars.
 - Signal to indicate the direction of the turn, checking carefully for oncoming traffic.
 - Move forward, turning the wheel sharply to turn around.
 - Finish the U-turn in the opposite direction and accelerate to an appropriate speed.

Parental Pointers:

U-turns are illegal in many locations. Make sure you and your teen only practice legal U-turns. U-turns should never be made across a double yellow line or where a sign indicates that they are prohibited.

Skill Eight:
Parking – Part 1



Goal: Teach your teen to master angle and perpendicular parking.

Practice Location: Start in large, level, mostly empty areas. You will need angled and perpendicular spaces.

Before your teen starts parking practice, review “Skill Three: How Close Are You?” and “Skill Four: Backing Up.”

Angle Parking

The gentler turn makes this the easiest type of parking for new drivers. Hint: Choosing a parking spot on the left side of the car can provide more room to maneuver and a better view of traffic when backing out.

1. Signal to indicate intent to turn into a parking space.
2. Move forward until the steering wheel is aligned with the first pavement line marking the space.
3. Look at the middle of the parking space and turn the wheel sharply at a slow, controlled speed.
4. Steer toward the center of the space, straightening the wheel upon entry.
5. Stop when the front bumper is six inches from the curb or from the end of the space.
6. After you’ve parked, put the gear in park for automatic transmissions (for manual transmissions, put the car either in first or reverse) and set the

parking brake. Shut off the ignition and remove the key. Check for traffic prior to getting out. Lock the doors.

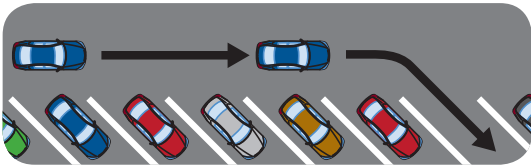
Perpendicular Parking

The steps are the same as angle parking, but the sharper turn into perpendicular spaces may require more practice.

Exiting an angled or perpendicular parking space:

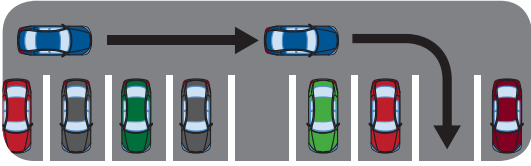
1. With a foot on the brake, shift into reverse, which will signal that you will be backing up.
2. Turn around to look for oncoming traffic.
3. **For angled spaces**, back up straight until the driver’s seat is even with the bumper of the next vehicle on the turning side. **For perpendicular spaces**, back up straight until the windshield is aligned with the bumper of the next vehicle.
4. Quickly turn the wheel in the direction that the rear of the car needs to go.
5. Glance forward to make sure the front bumper is clear of the car on the other side.
6. When the front bumper clears the other vehicle, stop, shift into drive, and pull forward to complete the exit.

ANGLE PARKING



Turn when the front of your vehicle reaches the edge of the space. Stay alert for cars backing out to leave their space.

PERPENDICULAR PARKING



Turn when your outside mirror reaches the edge of the space. Always finish with your wheels straight and your car centered in the space.

Parental Pointers:

Plan to spend a good amount of time on parking practice with your teen – it’s a difficult skill to learn. Many crashes happen in parking lots, and mastering parking skills is an important way to help avoid collisions. Have your teen practice angle and perpendicular parking 15–20 times each.

Skill Eight:
Parking – Part 2



Goal: Teach your teen to master parallel parking.

Practice Location: A street with marked parallel parking spaces at a time of day when traffic is light.

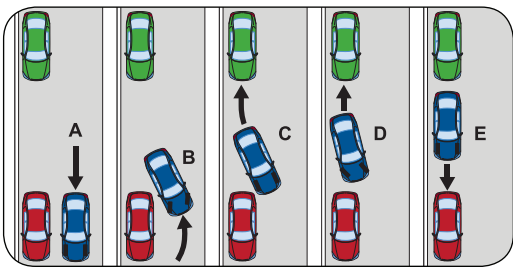
Parallel Parking

Parallel parking is a difficult maneuver for new drivers, so patience is key. Many drivers never learn to do it well, especially in areas where it's not common. Because of the difficulty of learning parallel parking, and because there are several different teaching methods, **this skill is sometimes best taught by a professional driving instructor.** Assess your own parallel parking skills and your teen's abilities before beginning.

1. Select an available space on the passenger's side of the car.
2. Signal when approaching the space and check mirrors for traffic behind the vehicle.
3. Move forward past the space until lined up directly parallel to the car parked in front, 2–5 feet away. Being too close or too far away will make parking more difficult.
4. With a foot on the brake, shift to reverse and turn around to check for traffic and make sure the travel path is clear.
5. Release the brake, start backing up slowly, and start to make an "S" turn, turning first right and then left.

6. Glance both forward and backward repeatedly to check the space around the car while turning.
7. Once the rear of the car is mostly in the space, start turning in the other direction to straighten out.

PARALLEL PARKING



In the beginning you could start by practicing with cones.

8. Adjust the vehicle's position as needed to center it in the space.
9. Check to see if the wheels are 6–12 inches from the curb. If not, pull out and try again.
10. Always check for passing vehicles and cyclists before you open your door.

Exiting a parallel parking space:

1. With a foot on the brake, shift to reverse, turn around, and back as close as possible to the vehicle behind you.
2. Check for traffic, signal, and shift into drive.
3. Make sure the travel path is clear; then, move slowly forward while steering rapidly out of the space.

Parallel parking on a hill: Make sure the vehicle is in park and the parking brake is properly engaged. To prevent the vehicle from rolling into traffic, instruct your teen to turn the front wheels as follows:

- Towards the curb when parking downhill
- Away from the curb when parking uphill

If there is no curb, have your teen point the wheel so that the car would roll away from traffic if it moved.

Parental Pointers:

When practicing parallel parking, your teen will probably hit the curb several times. Tell them not to worry – even the best parallel parkers do this often. Coach them to pull out of the space and try again, adjusting their turning angle as needed.

Skill Nine:
Driving on Rural Roads



Goal: Teach your teen to drive safely and with confidence on two-lane rural roads.

Practice Location: A two-lane rural road.

Around 80 percent of all Nebraska traffic fatalities occur on rural roadways. The interstate system, limited access highways, two lane highways, and paved and unpaved (gravel) county roads make up the state’s rural roadways. Most of these roads are challenging even for the experienced driver, but for novice teen drivers it requires being alert and fully attentive.

Gravel Roads: Gravel roads present their own special road safety challenge. The issue is traction. Driving on loose gravel is harder than driving on pavement because your tires don’t have the traction needed to give you stable control. Slow down, avoid sudden turning, accelerate and brake slowly and increase your following distance to six seconds. Be particularly aware of gravel “windrows,” piles of gravel near the road edge, used for highway maintenance.

Large/slow vehicles: Slower trucks, farm vehicles and road maintenance equipment are likely to make wide turns at unmarked entrances. Use caution and make sure the driver can see your vehicle before passing.

Sharp drop-offs and gravel shoulders: One of the most common driving hazards is running off the road. The urge to overcorrect is strong and often results in a serious crash. If you run off the road, follow these steps to ease your vehicle back onto the road:

- Do not turn the wheel; continue driving straight
- Take your foot off the accelerator
- Find a safe place to reenter the road
- Turn on your turn signal and reenter the road when it is clear
- Do not apply brakes until regaining control of the vehicle

Restricted Visibility: Trees, cornfields, buildings and hills can block a driver’s view of oncoming traffic, or traffic entering from the side. Identify blind spots to better anticipate and be prepared for potential dangers.

Uncontrolled intersections: They are not controlled by yield or stop signs. Use caution, slow down and be prepared to stop for oncoming traffic. The vehicle on the left should yield.

Animals: If unable to stop for an animal crossing the road, do NOT swerve – swerving makes it hard to keep control. The most serious crashes happen when drivers swerve into oncoming traffic or roll into a ditch.

If you see an animal, slow down and be prepared to stop. Always be on the lookout, especially at sunrise and sunset. October and November are peak months for deer crashes – the most common type. Deer travel in groups; if you see one, look for more.

Hills and curves: These are often steeper and sharper on rural roads than on Interstate highways. Before reaching the crest of a hill, or entering a curve, slow down, move to the right side and watch for traffic.

Railroad crossings: Always slow down, look both ways and be prepared to stop. On rural roads, many railroad crossings are marked only with a round yellow railroad crossing ahead warning sign and a white X-shaped railroad crossing. There may not be flashing lights, warning bells, crossing gates or pavement markings.

Parental Pointers:

Be ready for skids. A vehicle can become difficult to handle in heavy gravel. If the vehicle starts to skid, release the accelerator or brakes. As you release them, look where you want to go, and steer in this direction.

Skill Ten:
Multi-Lane Roads – Part 1



Goal: Teach your teen to drive safely and with confidence on busier, more complex multi-lane roads.

Practice Location: A busier multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Skill Review

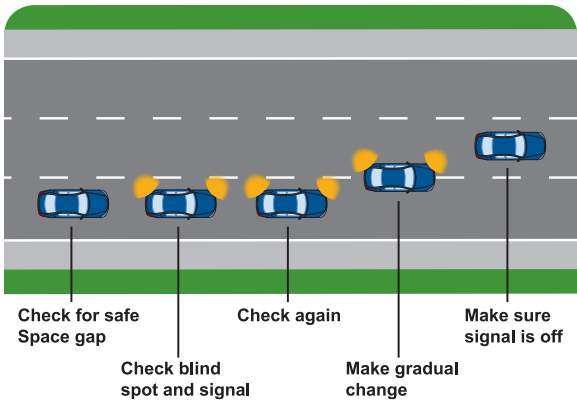
By now, your teen should be comfortable driving on quiet roads. Before starting multi-lane road practice, it's important to review some key information from previous lessons. The following skills are crucial to safe driving on busier, more complicated roads:

- **Mirror position, monitoring, and blind spots (Skills One and Two):** Clearly seeing the adjacent traffic is especially important on multi-lane roads. Remind your teen to check the mirror positions when entering the car, and to constantly monitor the traffic around them.
- **Stopping distance (Skill Six):** Remind your teen that when stopping their vehicle behind another one, they should be far enough back to see where the other car's tires meet the road.
- **Following distance (Skill Six):** Review the three-second rule with your teen, emphasizing that increasing following distance is the single best way to reduce crash risk. This gives the driver visibility, time, and space to avoid crashes.

Safe Lane Changing

First, coach your teen not to change lanes unnecessarily. Studies show that while it may not look like it, most travel lanes flow at around the same rate. Changing lanes in an effort to save time doesn't actually save time, but it does increase crash risk.

MULTI-LANE ROADS



When changing lanes, always recheck traffic with a glance over the shoulder at the blind spot.

Ask your teen to list valid reasons to change lanes. Good answers include: to make a turn, to avoid an obstacle, to exit the road, to park, or to pass another vehicle.

Have your teen practice these lane change steps 15–20 times:

1. Check traffic to the rear and the sides for an appropriate gap.
2. Signal to indicate intention to change lanes.
3. Recheck traffic, including a glance over the shoulder at the mirror blind spot area.
4. Maintain speed or accelerate slightly before and during the lane change.
5. Gradually move into the new lane.
6. Adjust following distance, using the three-second rule.

Parental Pointers:

Motorcycles, bicyclists, and pedestrians are more difficult to see than cars because they are smaller - and drivers tend to focus on looking for cars. Traffic, weather, and road conditions require cyclists to react differently than car drivers. It can be difficult for young drivers to judge and predict their actions. Always give them a wide berth.

Skill Ten:
Multi-Lane Roads – Part 2



Goal: Teach your teen to drive safely and with confidence on busier, more complex multi-lane roads.

Practice Location: A busier multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Turns on Multi-Lane Roads

Right turns on multi-lane roads: Start with right turns, which are fairly simple. Right turns are always made from the right lane of the current road to the first open lane of the new road. Look for signs and signals that indicate whether “right on red” is prohibited. Practice right turns 10–12 times before moving on to left turns.

Left turns on multi-lane roads: Left turns should almost always begin and end in the closest lane to the right of the yellow line. The yellow line in the lane being turned into should be your teen’s target. There are three types of left turns:

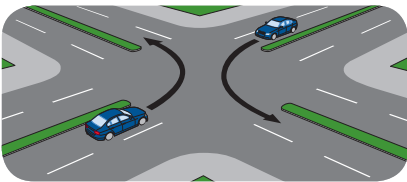
- 1. **Protected left turns** with a designated left turn lane and left turn signal
- 2. **Semi-protected left turns** made from a center or shared turn lane
- 3. **Unprotected left turns** made from an active travel lane

Protected left turns should be made from the designated lane when the left turn signal displays a green arrow, using the yellow line in the lane being turned into as the steering target.

For semi-protected and unprotected left turns, coach your teen on these steps:

- 1. Make sure the vehicle is in the correct lane to make a left turn.
- 2. Signal the turn and begin slowing down at least 100 feet from the intersection.
- 3. Move carefully into the intersection. Don’t turn the wheel until you’re ready to make the turn.
- 4. Yield to any vehicles, bicycles, or pedestrians.
- 5. When there is sufficient space with no oncoming traffic, move ahead into the turn.
- 6. Choose a steering path line in the middle of the closest lane to the left side of the street.

TURNING ON MULTI-LANE ROADS



Don’t turn the wheel until you’re ready to make the turn.

Safe Passing Procedures

Discourage your teen from passing other cars unnecessarily. If passing is necessary, the following steps should be observed:

- 1. Position your vehicle more than three seconds behind the vehicle to be passed.
- 2. Check mirrors and blind spots for oncoming traffic.
- 3. Check the passing lane ahead to make sure there’s plenty of space before you try to pass.
- 4. Signal intent to pass and accelerate quickly to match the speed of traffic flow.
- 5. While passing, monitor the space in front of and behind your vehicle and check the rearview mirror for the front of the car being passed.
- 6. When you see the front of the passed car in the rearview mirror and your vehicle is well clear, signal intent, check your mirror and blind spot, gently and slowly move back to the original lane, cancel the signal, and maintain speed.

Parental Pointers:

Left turns are one of the hardest maneuvers for teens to master. Be patient. New drivers often have difficulty judging the speed and distances of multiple lanes of oncoming traffic. Practice judging oncoming vehicles’ distance from your vehicle by counting out loud the time it takes for them to reach your car from a designated point.

Skill Eleven:
City Driving – Part 1



Goal: Teach your teen to drive safely and confidently in the complex environment of city driving. Note: City driving takes hundreds of hours, if not several years, to master.

Practice Location: Busy urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains practice.

City Driving Skills

Since the busy, crowded environment of city driving is challenging for new drivers, this is a good time to review key driving skills. **The most important skill for drivers is the ability to make good decisions.** City driving forces drivers to make lots of decisions quickly. The three things they need to drive safely in the city are:

- 1. **Visibility:** to see potential problems in all directions
- 2. **Space:** to maneuver around obstacles and avoid hazards
- 3. **Time:** to anticipate risks and make adjustments to speed or position

As you practice, have your teen focus on making decisions that will maximize visibility and space around the vehicle, increasing the available reaction time.

- **Looking ahead (see Skill Six):** Congested city driving leaves very little room for error. Identifying and anticipating potential problems is crucial.
- **Covering the brake:** Coach your teen that when they spot a hazard, they should “cover” the brake by taking their foot off the accelerator and holding

it over the brake. This will prepare them to slow down or stop suddenly. Make sure they don’t “ride” the brake. Riding the brake confuses other drivers and puts unnecessary wear on the brakes.

Identifying Hazards

As you begin city driving practice, have your teen drive through several blocks to identify and name common hazards on busy, congested streets. Ask them to describe how they will safely deal with each hazard they identify.

CITY DRIVING



Looking ahead, identifying and anticipating potential problems is crucial for safe driving.

Such hazards may include:

- Parked cars, cars entering or exiting parking spaces, and car doors opening
- Delivery trucks stopping suddenly, with drivers racing to and from the trucks
- Buses making frequent stops, loading and unloading passengers
- Blind alleys, with cars or cyclists darting out
- Pedestrians and cyclists moving unpredictably, crossing streets illegally, etc.
- Limited visibility and intersections spaced at shorter intervals
- Aggressive drivers competing for lane space and parking spots
- Stop-and-go traffic flow

Parental Pointers:

Keep reminding your teen that constant awareness and looking ahead are the keys to learning to drive safely on city streets. Emphasize the idea that a green light means, “Scan the intersection first, then go.”

Skill Eleven:
City Driving – Part 2



Goal: Teach your teen to drive safely and confidently in the complex environment of city driving. Note: This is not a goal that will be achieved in a single session. Spend as much time as possible with your teen practicing safe city driving skills.

Practice Location: Busy urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains practice.

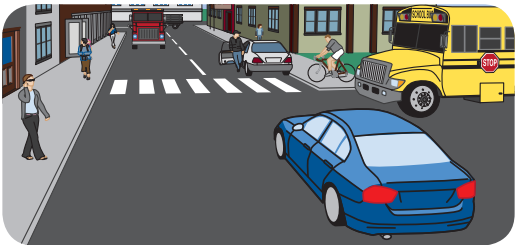
Avoiding Obstacles

Focus on lane position to avoid obstacles: City driving involves many circumstances in which travel lanes are shared, congested, and partially or fully blocked. During practice sessions on busy city roads, have your teen identify these steps to safely avoid obstacles:

- Identify right-lane obstacles, such as stopped buses, parked cars, delivery trucks, and cyclists.
- Identify left-lane obstacles, such as vehicles waiting to make a left turn, or cars traveling in the opposite direction drifting over the center line.
- Identify the least-congested travel lane. Hint: On a three-lane road, this is usually the center lane.
- Position the vehicle in the lane at the greatest distance possible from any obstacles.

It can be tempting to **pass vehicles** on congested streets, when obstacles or traffic volume slow traffic. However, this can be dangerous, due to closely spaced intersections, irregular traffic flow, cars entering and exiting parking spots, etc. Coach your teen to avoid passing on busy city streets.

CITY DRIVING



Deadly Distractions

What happens inside the car can be just as dangerous as what happens outside.

Engaging in distracting activities while driving can be deadly, especially for young drivers. Ask your teen to list dangerous driving distractions. Their answers should include:

- Talking or texting
- Changing radio stations, CDs, or tapes - or dialing a phone
- Passengers, pets, or objects moving in the car
- Eating, drinking, or smoking
- Searching for an item
- Intense or emotional conversations
- Putting on makeup or looking in the mirror

Coach your teen to avoid distracting activities whenever possible, but especially in busy, congested environments. Remind them to focus on keeping as much space as possible around the vehicle at all times. Make sure they are not in a hurry and that they are always paying attention to the actions of other drivers.

Remind your teen to stay alert, scan their surroundings, and not fixate on any one thing.

Parental Pointers:

More is better! City driving skills take a long time to acquire. Spend as much time and drive in as many circumstances with your teen (night, inclement weather) as you are able. Plan trips to less-familiar places where you might not normally travel.

Skill Twelve:
Interstate Driving – Part 1



Goal: Teach your teen interstate driving basics, and how to safely enter and exit an interstate.

Practice Location: Start on a multi-lane interstate with easily-accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Basics, Merging, and Exiting

Before your teen gets behind the wheel on the interstate, have your teen spend some time on interstates with you as the driver and your teen as the passenger. Emphasize the importance of looking ahead to anticipate potential problems, and explain key interstate features, such as:

- The different kinds of interchanges
- The meanings of interstate signs and signals
- The meanings of different lane lines and markings

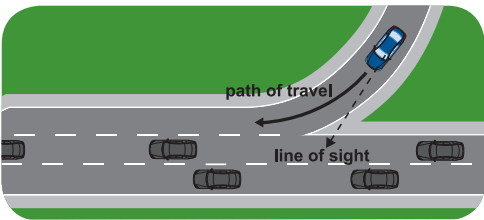
Explain the three segments of on-ramps, and how they're used:

1. **Entrance area:** This stretch allows the driver time to search the interstate and evaluate how much space they have to enter and what speed is needed.
2. **Acceleration area:** The driver brings the vehicle up to the speed of interstate traffic flow.
3. **Merge area:** The driver uses this space to merge into the traffic flow.

Teach the steps for **merging onto an interstate:**

1. Check for on-ramp speed signs.
2. At the entrance area, make quick glances at the interstate, scanning for vehicles and entry gaps.
3. In the acceleration area, signal to show intent to enter the interstate and adjust speed to match the traffic flow.
4. In the merge area, enter the flow of traffic, checking mirrors and blind spots.
5. Turn off the turn signal and begin looking ahead to anticipate problems or upcoming lane changes.
6. Do not completely stop in the entrance area unless absolutely necessary.

INTERSTATE DRIVING



There is plenty of time to merge. If a gap doesn't present itself immediately, adjust your speed in order to find one.

Teach the steps for **exiting an interstate:**

1. Identify the exit well ahead of time.
2. Scan traffic for problems when approaching the exit, but don't slow down on the interstate.
3. Start to signal four to six seconds before reaching the ramp.
4. Upon entering the ramp, tap the brakes and begin rapidly reducing speed.
5. Slow down to the posted exit ramp speed limit before reaching the curve.

Parental Pointers:

Practice merging and exiting 10–12 times each, or more if needed for your teen to feel comfortable. Keep coaching your teen that constant awareness and looking ahead are the keys to learning to drive safely.

Skill Twelve:
Interstate Driving – Part 2



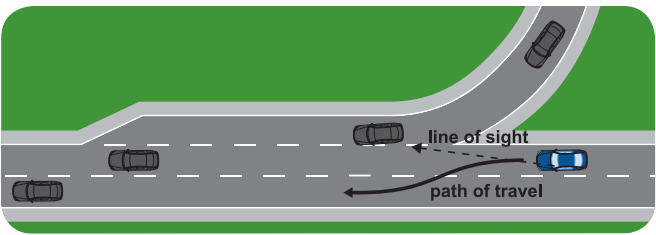
Goal: Teach your teen to maneuver safely in complex interstate driving environments at higher speeds.

Practice Location: Start on a multi-lane interstate with easily accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Interstate Driving Skills

- Once on the interstate, coach your teen on steering technique. At fast interstate speeds, excessive steering can be dangerous and lead to loss of control. Remind your teen to steer gently on interstates.
- In the high-speed, complex interstate environment, lane-changing skills are very important. Have your teen spend several miles practicing the lane-changing and passing skills previously learned in “Skill Nine: Multi-Lane Roads,” until they are comfortable performing them at interstate speeds. Remind your teen to:
 - Watch for merging vehicles, and move one lane left to make space for them when needed.
 - Change lanes one at a time only.
 - Watch mirrors for tailgaters, and move to another lane to let them pass.

INTERSTATE DRIVING



For the first several lane changes you may need to talk your teen through the decision-making process. Double-check all mirrors to make sure that the lane is clear.

- Review the three-second rule for following distance, learned in “Skill Six: Looking Ahead.” Additionally, coach your teen to use a three-second rule for these interstate driving circumstances:
 - Merging onto an interstate
 - Changing lanes
 - Exiting an interstate
- Coach your teen to adjust travel speed and vehicle position based on weather and road conditions. Once your teen is comfortable with and proficient at interstate driving in good conditions, spend some practice time on interstates under more challenging conditions, such as rain. Coach them to always use appropriate caution, as conditions can change quickly.
- Consider planning some short day trips with your teen to a destination two to three hours away. Have them drive there and back. Find an event or place that you will both enjoy, and have fun.

Parental Pointers:

Early in the training process, parental instruction tends to focus on vehicle handling. As your teen’s skills improve, try to focus on “higher order” instruction, such as scanning ahead, hazard detection, and anticipating the other driver’s behavior.

Beyond the Basics:
Continuing Education



Learning doesn't stop when your teen has received their license. It's important to continue teaching and building upon the skills they have learned. As you continue the supervision process, think about these three areas of focus:

- 1. **Spend as much time as possible driving** with your teen.
- 2. **Drive in a wide variety of conditions** (weather, time of day, different traffic volumes, etc.).
- 3. **Focus on "higher level" learning:** scanning ahead, recognizing hazards, and learning to anticipate the behavior of other drivers.

Now that your teen has become proficient in the basic operational skills of driving, it is essential that you ensure they be exposed to a wide variety of driving circumstances and conditions. Make a point of finding circumstances to drive with them that they have not yet experienced, and do it for all types of roads: quiet neighborhood streets, multi-lane roads, and highways. Drive with them at different times of the day, in poor weather, and with varying levels of traffic. It's much better that they experience these conditions with you, rather than alone or with other teens.

Much of what has been discussed to this point has related specifically to the basic skills your teens will need to be a safe driver. Now, your goal is to ensure your teen is thinking intelligently and making the right decisions as a driver. Sometimes after teens become proficient with the basic skills, parents/guardians

will often "step back," becoming less involved in their teen's supervision. But there's still a lot to learn; their teen's education is not complete.

Be clear with your teen that the training process is ongoing and that you will continue to provide input into their development so that you both stay in the learning/teaching mode.

Even the best new drivers are likely to make mistakes. These mistakes are great teachable moments for "higher order" instructions. So instead of saying, "Stop sooner," advise your teen to try to focus on looking ahead and anticipating events, with an emphasis on good judgment, good decision making, and hazard perception. The shift from a basic comment to a more advanced focus is perhaps the most essential element of educating your teen at this point in the learning process.

As your teen drives, talk to them about specific hazard areas, possible areas of conflict, and blind spots where trouble may hide. Teens tend not to be as good at anticipating these trouble areas as experienced drivers. A good exercise is to have your teen describe the blind spots and possible areas of conflicts they see. It will let you know that they are thinking, anticipating, and driving intelligently.

Parental Pointers:

Even after your teen is licensed, use your time driving with them to instill habits of good judgment, accurate hazard anticipation, and smart decision-making.

Beyond the Basics:
Practice in Other Conditions



For new drivers, it can be challenging to drive in new and unfamiliar conditions such as inclement weather, different times of day, and varying traffic volume. It's best that you are there with your teen to provide guidance in these situations before they experience them on their own.

Night driving: Limited vision at night makes it difficult to make judgments and see pedestrians, bicyclists, and other obstacles. Some tips to keep in mind:

- Glare from oncoming headlights makes it difficult to see. Looking toward the right side of the road and flipping the rearview mirror can help to reduce headlight glare.
- Headlights should be turned on before the sun goes down to make the car more visible.
- High beams should only be used when other drivers won't see them, such as on isolated roadways with little traffic.
- To compensate for reduced visibility, drive more slowly and at a greater following distance.

Wet/slippery roads: To reduce risk on wet and slippery roads, coach your teen to practice the following:

- Turn on the wipers as soon as the windshield becomes wet.
- Turn on the low-beam headlights; this helps others see you.
- Drive 5 to 10 mph slower than normal and increase your following distance to five or six seconds.
- Be more cautious and slow down on curves and when approaching intersections.

- Turn the defroster on to keep windows from fogging over.
- If you must make adjustments while driving, make sure the road ahead is clear before looking down at the dashboard - and look away for only a second or two.

Hydroplaning: Hydroplaning occurs as a result of water on the road that is deeper than the tire tread. This layer of water reduces friction with the tires and can result in the loss of control. If you can see deep water on the road, reflections on the pavement, or the car ahead leaves no tracks on the water, these are indications your car could hydroplane. Slow down.

Fog: Use low-beam lights or fog lights if your vehicle has them. Don't use high beams – they reflect off the fog, causing glare and reduced visibility. Slow down until your speed matches your ability to see, even if it means slowing to a crawl. If needed, get off the road and find a safe place to park.

Snow: Make sure your vehicle is clear of snow and ice before driving. Driving can cause snow/ice to slide and block your view, or fly off and strike other vehicles. Other tips to keep in mind:

- When starting to drive in snow, keep the wheels straight ahead and accelerate gently to avoid spinning the tires.
- Decrease your speed to make up for a loss of traction. Accelerate and decelerate gently, and be extra careful when braking.
- Stopping distances can be 10 times greater in ice and snow. Begin the slowing-down process long before anticipating a stop at an intersection or turn. Brake only when traveling in a straight line.
- Look ahead for danger spots, such as shaded areas and bridge surfaces that may be icy when the rest of the road is clear.
- Stay far behind the vehicle ahead so you will not need to come to a sudden stop, which can cause skidding.

Parental Pointers:

After becoming proficient in basic driving skills, teens can become overconfident and begin to drive faster, follow other cars more closely, brake abruptly, etc. Gently and continuously remind your teen to stay three seconds back from other vehicles and always drive with caution.

Beyond the Basics:
Teens' Biggest Dangers



Newly-licensed teens crash much more often than older, more experienced drivers. These are the circumstances that are the most common trouble areas for young drivers.

Other teens: Research is clear on the fact that risky teen driving behaviors increase in the presence of teen passengers. A teen who is driving with other teens in the car is more likely to crash. And the more kids there are in the car, the stronger the likelihood of a crash. This is the primary reason many states have passed laws that restrict the ability of teens to drive with their peers.

Seat belts: Nebraska crash and observation data consistently reveals that teens buckle up far less frequently than adults. The rates of belt use for teens are 10% to 15% lower than adults. With the highest crash risk, 81% of young people 15 to 20 years old that were fatally injured in Nebraska crashes between 2007 and 2011 were unbuckled.

Drugs and alcohol: Teens are at far greater risk of death in an alcohol-related crash than the overall population. This is despite the fact they cannot legally purchase or publicly possess alcohol in any state. When alcohol is added to the inexperience of teen drivers, the results can be deadly. Drunk male teenage drivers are 18 times more likely than a sober male teen driver to be killed in a single-vehicle crash. Drunk female teenage drivers are 54 times more likely to be killed than a sober counterpart.

Fatigue: As teens get older their bedtimes get later, but waking times do not tend to change. From age 13 to 19, nightly sleep is reduced by 40–50 minutes. Teen drivers who sleep less than eight hours a night are 33 percent more likely to crash than teens who get more than eight hours of sleep. This lack of sleep results in depressive moods, more risk-taking behaviors, and lower grades. It further reduces a person's ability to process information, be attentive, and have good reflexes, which are all crucial driving skills. Studies have shown that being awake for 18 hours has a similar impact to having a blood alcohol concentration (BAC) level of 0.08.

Distracted driving: A driver's primary responsibility when behind the wheel is to focus on the act of driving. Any behavior that distracts from that activity increases the risk of a collision. In this age of electronic communication, the dangers of distractions have increased significantly. Use of electronic devices for any purpose, to send or receive communications, to surf the web, to view images, video, or anything at all, should absolutely be avoided.

Inexperience: Just as it takes years to perfect any skill – athletic, artistic, or otherwise – it also takes years to be a truly good driver. Until teens are much more experienced, they run a greater risk of crashing, being hurt, and potentially dying. A driver's license makes them a driver. Experience makes them good drivers.

Night driving: For teens, the most severe crashes occur at night and on weekends. Night driving is challenging for all drivers, but novice drivers do not have the experience to anticipate and react when visibility is reduced. When teens drive at night, it is more often with a lack of adult supervision, with other teen passengers, and at high speeds – all of which increase risk.

Parental Pointers:

Graduated driver licensing (GDL) systems are intended to provide teen drivers with practice under the safest conditions, exposing them to more situations only as their skills and experience grow.

Beyond the Basics:
Sharing the Road with Trucks



When driving on the highway, you are at a serious disadvantage if involved in a crash with a larger vehicle. In crashes involving large trucks, the occupants of a car - usually the driver - sustain 78 percent of fatalities.

In order to keep you and your teen safe on the road, you should be extra cautious when driving around large trucks and buses. Sharing the road with larger vehicles can be dangerous if you are not aware of their limitations. Here are a few tips to help you drive safer to prevent a crash and minimize injuries and fatalities if one does occur.

Cutting in front can cut your life short: If you cut in front of another vehicle, you may create an emergency-braking situation for the vehicles around you, especially in heavy traffic. Trucks and buses take much longer to stop in comparison to cars. When passing, look for the front of the truck in your rearview mirror and check your blind spot before pulling in front, and avoid braking situations.

Watch your blind spots – the “No-Zones”: Large trucks have blind spots, or No-Zones, around the front, back, and sides of the vehicle. These No-Zones make it difficult for the driver to see. Avoid being caught in a truck’s No-Zones. If you can’t see the truck driver in the truck’s mirror, the truck driver can’t see you.

Avoid squeeze play: Be careful of trucks making wide right turns. If you try to get in between the truck and the curb, you’ll be caught in a “squeeze” crash. Truck drivers sometimes need to swing wide to the left in order to safely negotiate

a right turn. They can’t see cars directly behind or beside them. Cutting in between the truck and the curb increases the possibility of a crash. So pay attention to truck signals, and give them lots of room to maneuver.

Work zones: Work zones can be very dangerous, especially when traveling on the highway. It’s important to be alert and prepared to slow down or stop in a work zone. Slowing down and allowing others to merge will ensure a safe passage through work zones. Here are a few tips on work zone safety:

- **Stay alert:** Work zones are busy places where construction vehicles and workers are always moving. Be alert, and stay on the safe path that is designated throughout the work zone.
- **Take your cues from trucks:** Work zones often pop up suddenly. If you are not paying attention to the signs, you could find yourself in a serious accident. Since trucks have a height advantage and can see ahead of traffic, their brake light activity can provide a good signal of a slow-down or work zone ahead. Truck drivers know the stopping limitations of their trucks and pay close attention to traffic.
- **Merge gently:** Aggressive drivers can be extremely dangerous while driving in work zones. Work zones require time and courtesy. For a smooth passage through work zones, allow others to merge in front of you. Be especially considerate to trucks. They require more space to merge and are the least maneuverable vehicles on the road.

Source: U.S. Department of Transportation, Federal Motor Carrier Safety Administration

Parental Pointers:

When you hear sirens and see flashing lights, you should get out of the way as quickly and safely as possible. First, check the traffic around you and slow down. If traffic allows, signal, and then pull to the side, clear of an intersection, and stop. Remain there until the emergency vehicle has passed.



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