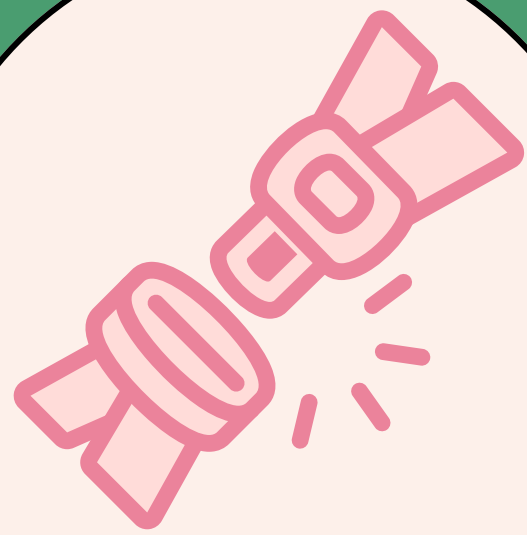


# Tips for Teen Drivers



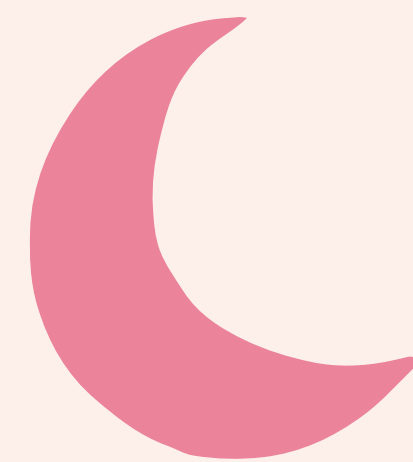
## Buckle up!

By using your seat belt you are reducing your chance of a fatal accident by **60%**



## Monitor your speed

Speeding is the number one factor in fatal crashes for drivers 16-25 years old. In Washington State, 16-25 year old drivers were twice as likely to be speeding or passing improperly compared to older drivers



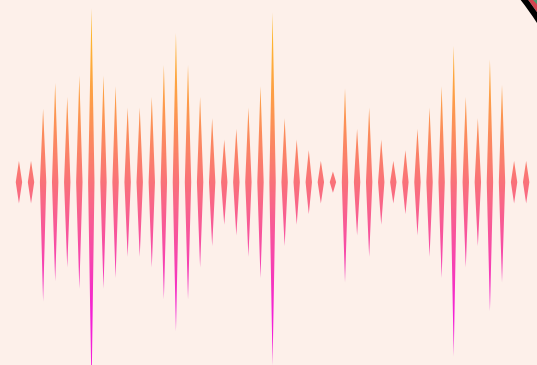
## Switch your phone to do not disturb

Do not pick up your phone when driving as it causes distraction and may lead you to drive dangerously



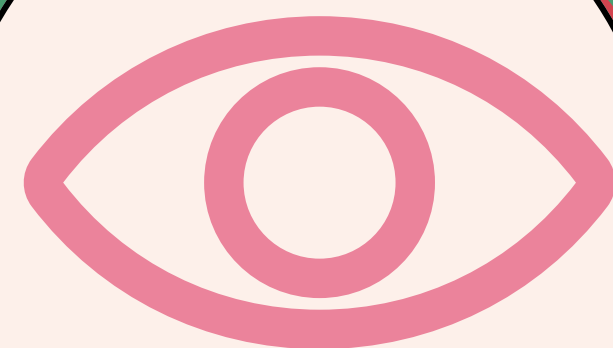
## Stay Sober

In Washington, **48%** of fatal crashes involved impairment, which is the usage of alcohol or drugs. Alcohol related incidents contribute to **16%** of fatal teen accidents.



## Pick your playlist before driving

To avoid driving distracted later, be sure to pick the right playlist before driving so you don't have to change it later



## Stay Alert

Be sure to stay alert of your surrounding at all times including other cars, pedestrians, and bikers.

# BUCKLE UP!

Proper use of seatbelts reduces motor vehicle deaths by **60%**

According to the CDC, **43%** of high schoolers admit to not always wearing seatbelts



At just 30 mph, a person not wearing a seat belt in a crash has the same experience as falling from a 3-story building or getting rammed by a 3.5 ton elephant.

According to the National Highway Traffic Safety Administration in 2020, 23,824 vehicle occupants were killed, **51%** of which were not wearing their seatbelts. It is estimated that around **375,000** lives have been saved by wearing seat belts.



**TRY IT - CALCULATE YOUR CRASH FORCE:**

**WEIGHT** \_\_\_\_\_ **X SPEED** \_\_\_\_\_ = **CRASH FORCE** \_\_\_\_\_

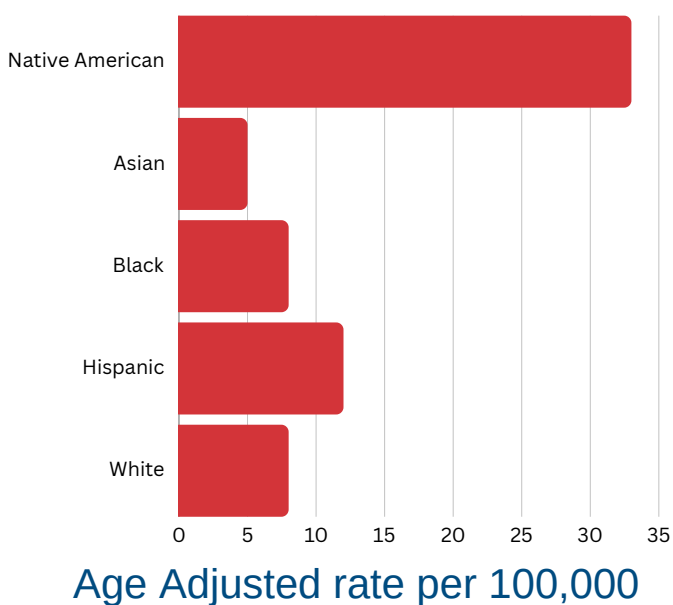
# MOTOR VEHICLE CRASHES

In Washington State, motor vehicle crashes are the 2nd leading cause of unintentional injury death and the leading cause of major trauma. It is one of the top reasons of death in the US overall.

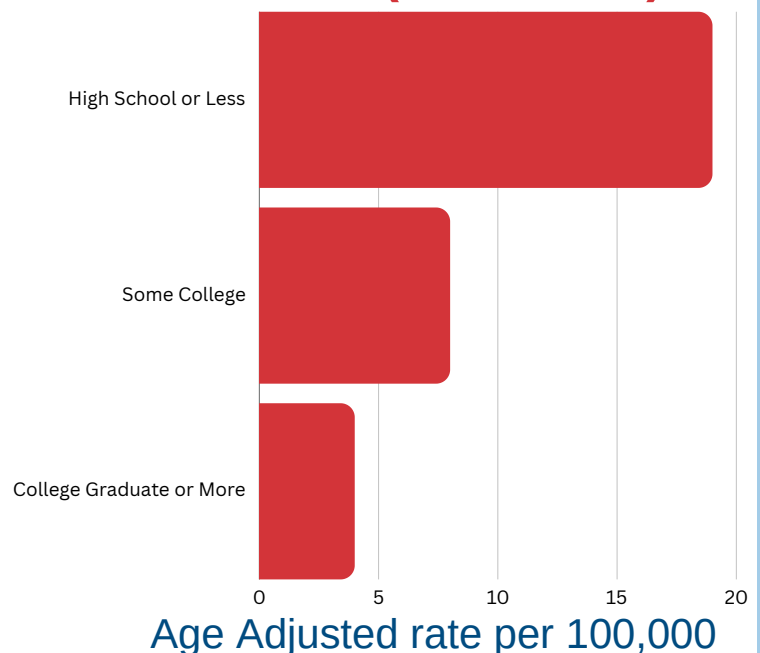
Most motor vehicle injuries are largely preventable and are mainly due to human behavior rather than poor road design, vehicle issues, or weather

## Fatal Car Crashes

**Motor Vehicle Traffic Deaths From 2007-2009 and Race**



**Motor Vehicle Deaths and Education (2003-2005)**



Motor vehicle related death rates are higher in low income neighborhoods and among those with lower education. People with high school education or less are much more likely to be in a fatal car accident and Native Americans are also disproportionately affected because they often live in poorer neighborhoods with lower education.

## What are the leading causes of fatal crashes?

1. Impairment, including drunk driving, use of illegal drugs, and over-the-counter/prescription drugs,
2. Off the road collisions
3. Speeding

# Drive Safely

# Save Lives



Data from Washington State Department of Health