

The PARENT'S Supervised Driving Program

For the parents of teen drivers —
a resource for teen licensing

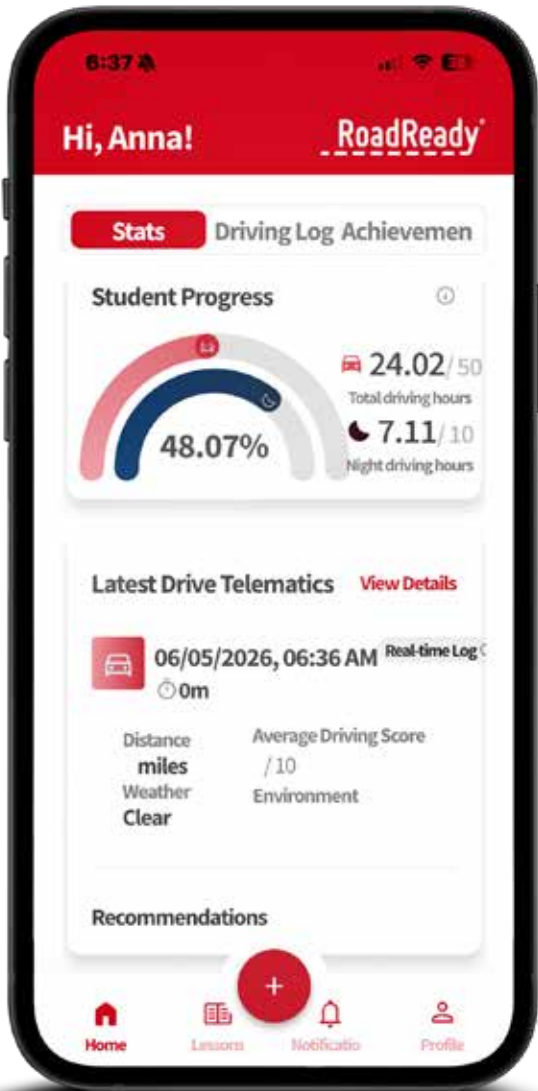


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A component of the **PARENT'S** 
Supervised Driving Program



A message to parents and guardians



The Colorado Department of Revenue's Division of Motor Vehicles, in partnership with the Colorado State Patrol, Colorado Department of Transportation, Colorado Department of Public Health and Environment, the Colorado Department of Human Services, the Colorado Young Driving Alliance, Safe Roads Alliance, State Farm®, and Toyota is proud to continue offering Colorado's Parent's Supervised Driving Program guide. This guide has been utilized by thousands of parents and guardians who have successfully used it to help their teens develop safe driving habits and become responsible drivers.

Since we rolled out this guide in 2013, we have received overwhelmingly positive feedback from parents and guardians who have used this guide to assist their teens in developing the safe driving habits and skills to make them responsible drivers.

Your role as a parent or guardian has a critical impact in shaping a teen's driving habits. Research shows that teens are significantly influenced by the actions of other adults in their lives, like parents, guardians, or other family. When we demonstrate safe driving practices — such as obeying speed limits, avoiding distractions and always wearing seat belts — our teens are more likely to adopt these behaviors themselves. It's not just about teaching rules; it's about instilling a culture of safety and responsibility that they can carry into their own driving experiences. According to the CDC, having regular conversations about safety, practicing driving together, and leading by example go a long way in ensuring your teen makes smart decisions when they get behind the wheel. You can also create a parent/teen driving agreement that puts your rules in writing to clearly set expectations and limits, and work with your teen to outline hazards to avoid and consequences for breaking rules. Keep the agreement on the fridge and update it as your teen gains experience and more driving privileges.

Safe roads start with safe drivers. Although teens see a driver license as a step toward independence, the risk of crashes are particularly high during the first year of driving, so practice and diligence is essential. Crash data validates that inexperience, distractions, driving while impaired, and nighttime driving are still the top contributing factors associated with crashes among young drivers, mainly because of their immaturity, lack of skill, and lack of experience. The risk of motor vehicle crashes is higher among 16- to 19-year-olds than among any other age group. In fact, per mile driven, teen drivers ages 16 to 19 are almost three times more likely than drivers 20 years old and older to be in a fatal crash, according to the CDC and the Insurance Institute for Highway Safety (IIHS).

It has never been more important to help ensure our young drivers are getting the experience they need to be safe and prepared. The Driver Testing and Education Team actively partners with the Association of National Stakeholders in Traffic Safety Education, a national stakeholder group dedicated to initiating improvements in the administration of driver education and for maintaining the Novice Teen Driver Education and Training Administrative Standards, to ensure young drivers in Colorado get the most out of Driver Education. To ensure that our most at-risk drivers receive appropriate training before being given unrestricted driving privileges, they also partner with the Colorado Young Driving Alliance, a coalition of state and local agencies, nonprofits, and private-sector partners dedicated to educating students, parents, and guardians about the Graduated Driver Licensing (GDL) law.

Driver education, including behind-the-wheel training, provides our young people with essential opportunities to learn and understand the rules of the road and the laws that impact their driving privileges, including the dangers of distracted driving, the effects of drinking and drugs on driving, the importance of having all passengers buckle up, and how to share the road with motorcycles, pedestrians, and large commercial vehicles. Parents and guardians are essential to the success of our young drivers and understanding the requirements of the GDL is a part of that. The DMV has three important resources at [DMV.Colorado.gov/DriverEducation](https://dmv.colorado.gov/DriverEducation) that include this guide, its companion smartphone app (available for iOS and Android), and an online parent course to help parents and young drivers navigate through the GDL law and help ensure that teens obtain the training essential to becoming a safe driver.

You can make a difference. The old saying "practice makes perfect" is applicable to safe driving — the more time spent with your teen on the road, the more safe and confident they will be on the road.

I hope you find this guide and supporting online program a valuable resource to help in preparing your teen to become the driver you want them to be.

Electra Bustle
Senior Director, Colorado Division of Motor Vehicles



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For the pep talks and the parking-lot hugs, it's all you. For the road part, let us take the wheel.



Download
peace of mind.



About this 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 become safe, smart, and skilled drivers.

The Parent's Supervised Driving Program also includes a website, social media pages, and a mobile app, RoadReady®.

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This program is also available online at:

PSDPOnline.com

The

PARENT'S 
Supervised Driving Program

Welcome parents of teen drivers!

The Parent's Supervised Driving Program is a resource for parents to utilize when teaching their teen to drive.

1. This program is divided into core driving skills.




- Read through each section at home before your teen starts a new skill.

2. Log your teen's driving time. This can be done 2 ways:



- Carry this printed guide with you during the drive and use the printed log section – you or your teen can log the supervised driving hours once the drive is finished.



- Download and use the free  **RoadReady**® app to track your teen's driving time. RoadReady tracks their driving hours until they reach the state requirements. You can print out the log straight from the app.

3. Your teen can turn in their log when applying for their license.

Stay Connected with Us!

Follow *The Parent's Supervised Driving Program* for expert driving articles, program launch events, and additional safety resources.



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Talking Teens: A Parenting Support Group
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X (formerly Twitter)

twitter.com/PSDP_Info



Instagram

instagram.com/roadreadyapp



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Quick tips for parents and caregivers...

Here are the most important tips that you should keep in mind as your teen starts their supervised driving journey. These tips apply on those very first days of driving, and into your child's young adulthood as independent drivers.

1. **Take it seriously:** Car crashes are the second leading cause of death for people ages 16–24. The more parents/caregivers are involved, the less likely it is that your teen will crash.
2. **Be a good role model** and remember that making your teen practice a skill over and over again is the best practice.
3. **Before you drive:** Walk around the car with your teen, explain the importance of tire health, review seating position, mirror settings, identify blind spots, etc.
4. **Plan ahead:** Consider when and where to start the first driving lesson — a large, level, and empty parking lot at a time when no one is stressed out. Review the necessary skills the night before planning to take your teen out for their first time behind the wheel.
5. **Progress through the skills:** Follow this guidebook in order as your teen advances in their comfort and skill level. **Remember that they should not advance to the next skill/s until they have practiced the previous skills many times.**
6. **Encourage as much supervised driving as possible**, in many different conditions and on different road types. They will know how to steer into a skid on an icy road only if they have practiced it with you.
7. **GDL laws, such as passenger restrictions and curfews, are there for a reason:** Read through your state's restrictions for when your teen has their permit AND when newly licensed. These are in place to protect your teen!
8. **Download and use the  RoadReady® mobile app (roadreadyapp.com)** to track your teen's driving hours. It's easy to use, completely free, and helps ensure that your teen completes the required number of hours.

What is GDL?

Colorado implemented Graduated Driver Licensing (GDL) laws to help teenagers gain important driving skills gradually while limiting risks. While the GDL laws aren't always convenient for busy parents and teens, their lifesaving impact is indisputable. The last 15 years there has been a 50% decrease in teen related deaths since GDL laws went into effect in 2005.

Definitions and details

Passenger restrictions: For the first six months, your teen cannot have any passengers under age 21, unless a parent or another licensed adult driver is in the vehicle. If after the first six months, you feel your teen is responsible enough to drive unsupervised with friends, he or she may do so but with only one passenger under age 21 for the next six months. Siblings and passengers with medical emergencies are exceptions. No more than one passenger is allowed in the front seat at any time.

Mandatory seat belts: By law, ALL teen drivers and passengers must wear seat belts. (No sharing!) Teen drivers are also responsible for the safety of their passengers and can be ticketed if they are not properly wearing seat belts.

Power down!: Distracted driving can have deadly consequences. All drivers are prohibited from texting or talking on a cell phone while driving. Drivers can be fined and may risk losing their license. Exceptions include emergency calls to the police or fire department.

Curfew: For the first year as a licensed driver, teen drivers must abide by a curfew: no driving between midnight and 5 a.m. unless accompanied by an instructor, parent or legal guardian. Exceptions include driving to and from school or work (signed statement from school or work is required), medical emergencies and emancipated minors.

Zero tolerance for drunk driving: For minors, driving with even a trace of alcohol is punishable by law. Parents and teens should devise a back-up plan if necessary to make sure the teen arrives home safely. For a refresher on all traffic laws, parents can review the Department of Revenue's Drivers Handbook: www.Colorado.gov/DMV/DriverEducation. The Parent GDL Online Course is available at www.COTeenDriver.com.

Other ways teens can lose their license: Teens can lose his or her driver's license for being caught with alcohol or marijuana, even when not behind the wheel. Recent updates to the Minor in Possession laws state that an alcohol or marijuana violation by anyone under 21 will result in an automatic loss of the violator's driver's license.

A note about curfews

It is recommended to extend the hours of the mandatory curfew, as research shows that most teen crashes happen between 9 p.m. and midnight. Encourage your teen to drive no later than 9 p.m.

New state laws

Sharing the Road with Equestrians (August, 2025): Colorado law enacted to protect horseback riders (equestrians) and integrate equestrian use into local planning and roadway safety measures. When passing an equestrian, the driver of a motor vehicle must: proceed with care and caution, passing wide and slow; refrain from using the vehicle's horn, unless necessary to avoid an unsafe condition or harming the equestrian; obey a signal from the equestrian to stop or slow the motor vehicle (not to exceed 10 mph); maintain 6 feet of distance from the equestrian or maintain as much distance as possible from the equestrian if traffic conditions make it impossible to maintain 6 feet of distance.

Colorado Child Passenger Protection Law (January 1, 2025): The Colorado child passenger protection law requires children to be properly fastened into an appropriate child restraint system. If a parent is not in the motor vehicle, it is the driver's responsibility to ensure that each child is properly fastened into one of the following:

- Children less than 2 years old and weighing less than 40 pounds: must be properly secured in the rear seat of the vehicle in a rear-facing child restraint system.
- Children less than 2 years old and weighing 40 pounds or more: must be properly secured in a rear-facing OR forward-facing child restraint system.
- Children 2 years of age, but less than 4 years of age and weighing at least 20 pounds: must be properly secured in a rear-facing or forward-facing child restraint system in the rear seat of a vehicle if one is available.
- Children 4 years of age or older, but less than 9 years of age and weighing at least 40 pounds: must be properly secured in a child restraint system or booster seat in the rear seat of a vehicle, if a rear seat is available.
- Children between 9 and 18 years old: must be properly restrained in a seat belt or child restraint system according to the manufacturer's instructions.

Using a Cell Phone while Driving (January 1, 2025): Colorado law prohibits all drivers from using a mobile device while driving unless it is to contact law enforcement, the fire department, if it is an emergency, or they are doing so with the use of a hands-free accessory. Colorado law also prohibits the use of mobile devices for text messaging while driving unless it is to contact law enforcement, the fire department, or it is an emergency.

Motorcycle Lane Filtering (August 7, 2024): An operator of a two-wheeled motorcycle can pass other motor vehicles in the same lane as long as the other vehicles are stopped, motor vehicles in lanes next to the lane occupied by the two-wheeled motorcycle are stopped, and there is enough room for the two-wheeled motorcycle to pass safely at a speed no greater than 15 miles per hour.

Roundabouts (2023): Colorado law requires that a driver must yield the right-of-way to a driver of a truck, bus, emergency vehicle, recreational vehicle or any large vehicle when entering, exiting, or driving in a roundabout. The law also requires when two drivers of large vehicles enter, exit or drive in a roundabout at the same time, the driver on the right must yield the right-of-way to the driver on the left.

Move Over Law (2023): When you encounter any stationary vehicle on a highway with its hazards flashing, you must move over one lane if you can do so safely. If it is not safe or you are traveling on a road that is one lane in each direction, you must slow down to at least 20 mph below the posted speed limit. Colorado's Move Over Law protects law enforcement, fire, maintenance, other emergency personnel, and you.

Colorado Safety Stop (2022): When the intersection is clear and the cyclist has the right of way and the bicyclist is 15 years old or older they may now yield at stop signs and treat stop lights as stop signs.

Traction Law (2019): From Sept 1 – May 31, all vehicles on state highways must have tires with 3/16-inch tread on snowy roads and 1/8-inch tread on dry roads. During an active Traction Law, all tires must be designated as snow, or snow and mud (M+S), or they must be four/all wheel drive.

Snow Plows (2019): It is a Class A traffic offense to pass a snowplow operated by a state, county, or local agency when the truck is displaying its lights and operating in a tandem formation with one or more snowplows.

The Foster Children Driver License Act (2019): This streamlines the process for foster children to obtain a driver license.

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 during the required 50 hours of supervised driving time and beyond.

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, practice, practice: 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 will be that 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 while driving.
- Always wear your seat belt, and remind your teen that buckling up is the law. This will need to be an ongoing conversation — buckle up every trip, every time.

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." Give the direction with enough time for your teen to process and safely execute the maneuver.
- **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. Ten of the 50 required supervised driving hours must be completed at night.

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.

Check your emotions

At the start of each driving lesson with your teen, leave your problems behind — and make an effort to stay focused. Bringing up touchy subjects such as grades, homework, boyfriends/girlfriends, etc. can distract either of you from the task at hand.

Vehicle control for supervisors

Teaching a new driver can be stressful, but knowing you have some control can help. Professional driver 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. This would be necessary if the accelerator becomes stuck.



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. Remember that you are a second set of eyes and ears, and you need to be alert and ready to help your teen.

Commentary driving

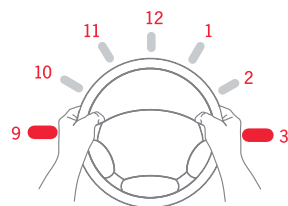
Commentary driving is a great communication tool. Coach your teen to describe their actions, thoughts and observations out loud as they drive, similar to a sports commentator. Throughout the learning process, ask them to verbalize what they see around them, including potential risks and any steps they need to take to avoid them. Encourage your teen to verbalize an action they plan to make, such as turning, merging and approaching traffic lights.

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 standard 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 steer 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.



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

Air bags: Air bags are designed to work with seat belts, which must be worn for the air bags to be effective. The use of a seat belt allows the driver to stay behind the wheel in order to take advantage of the airbag. Since air bags deploy out of the wheel on impact, it's important to keep your hands and arms in the recommended position.

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 or 8 and 4 o'clock. This gives you better vehicle control and also lessens the risk of injury if the airbag was to deploy.

New vehicle technology

The Easiest way to ensure you're using everything correctly is to carefully review your car's manual. Read about the features that are new and make sure you know how they work. If you still have questions reach out to the dealership to get answers so you can share with your teen driver.

Check out this website for additional information: mycardoeswhat.org/safety-features

Teens' biggest dangers

Newly licensed teens crash much more often than older, more experienced drivers. Below are the most common trouble areas for young drivers:

Speeding

We have seen a disturbing increase in speeding in the last few years. According to NHTSA, in 2023, speeding was a factor in 34% of fatal crashes among teen drivers 15–18 years. The rate of these fatalities among males was nearly double that of females. Spend time talking to your teen about speeding and model this by following the speed limit yourself. Lastly, studies show that teens are less likely to speed if they drive the family car, instead of having their own vehicle.

Teen passengers

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

It's a shocking statistic, but 51% of teen drivers killed in 2022 were unbuckled. Seat belts stop you from being thrown out of the vehicle, and help you stay seated and in control of the vehicle.

They also stop you from hitting the windshield, dashboard, steering wheel, or other hard parts of the vehicle. Hitting the wind shield at 30 mph is like falling from the third story of a building and hitting the pavement. In 2019, 43% of high school students did not always wear a seat belt as a passenger. Whether sitting in the front or back of a car, buckle up every trip and remind other passengers to buckle up too. It could save their lives, and yours. Please visit NHTSA's website for more information www.nhtsa.gov/risky-driving/seat-belts

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. In 2023, nearly 24 percent of teen drivers involved in fatal crashes had been drinking. Marijuana is the drug that's most commonly found in the blood of drivers who have been in a car crash. It is important to enforce a zero-tolerance policy at home. If your teen uses any alcohol or drugs, they cannot drive, nor should they ride with anyone who has been drinking or using drugs — in any amount. For more info, go to: tinyurl.com/3t6aktbm

Fatigue

As teens get older their bedtimes get later, but waking times do not tend to change. From ages 13 to 19, nightly sleep is reduced by 40–50 minutes. Teen drivers who sleep less than 8 hours a night are 33 percent more likely to crash than teens who get more than 8 hours of sleep. This lack of sleep can result 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 to safe driving. Studies have shown that being awake for 18 hours has a similar impact to having a blood alcohol content (BAC) level of 0.08.

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 helps them become safer drivers.

Drowsy driving

Staying alert means focusing on the road and not driving when fatigued. Review signs of drowsy driving, such as difficulty focusing, frequent blinking, or drifting from your lane. Remind your teen to take a break after driving for 2 hours, or after 100 miles. Teens should avoid driving at times they would normally be sleeping.

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 higher speeds — all of which are factors that increase risk.

If you feel different, you drive different

If you're buzzed, drunk, or high, you are impaired and should never get behind the wheel. Marijuana, the drug most commonly found in the blood of people who have been in a car crash, can affect people differently. The best rule is this: if you plan to drive, have no drugs or alcohol.

Tips to prevent distracted driving

- Do not use mobile devices.
- Avoid arguments and stressful or emotional conversations.
- Avoid smoking, eating and drinking.
- Be sure children are properly and safely restrained.
- Properly secure pets in a pet carrier or portable kennel.
- Become familiar with equipment in the vehicle before you drive and practice performing basic functions such as adjusting the temperature or radio settings without taking your eyes off the road.
- Pre-program your radio stations for easy access and preselect a play-list on your portable device.
- Review maps and plan your route before you begin driving.

Distracted driving and more

Distracted driving involves any activity that takes the driver's attention away from the primary task of driving. Distracted driving, impairment, speeding, and not wearing seat belts are all risky choices that can lead to serious injury and death. 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 aged 16–19 are involved in 3 times as many fatal crashes as all other drivers. And 1 in 3 teens who text say they have done so while driving.
- According to NHTSA, 3,275 people nationwide were killed in 2023 in distraction-related crashes, with teens having the highest rate of distracted driving crashes involving a fatality. Additionally, distracted driving accounted for 8% of all fatal crashes in 2023, and 324,819 people were injured in crashes involving a distracted driver.
- A Virginia Tech Transportation Institute study revealed that physically dialing a phone while driving increases the risk of a crash as much as 6 times. Texting is riskier still, increasing collision risk by 23 times.

To combat this growing epidemic, we suggest the following:

- **Know the law:** Beginning January 1, 2025, it will be illegal for **all** Colorado drivers to talk or text on a mobile device while driving unless it is to contact law enforcement, the fire department, if it is an emergency, or they are doing so with the use of a hands-free accessory.
- **Set a good example:** Kids observe and learn from their parents. Put your phone away while driving and only use it when you are safely pulled over. According to the Pew Research Center, 40 percent 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 and the road. Show them the statistics related to distracted driving and urge them to share what they learn with their friends. Make them aware of other possible consequences like receiving an expensive ticket and points against their license that could put them at risk of losing their freedom to drive. Encourage them to speak up if they are a passenger in a car with a distracted driver.
- **Establish ground rules:** Set up family rules about not using the phone or other electronic devices while behind the wheel. Enforce the limits set by the Graduated Driver Licensing program (GDL).
- **Sign a pledge:** Have your teen take action by agreeing to a family contract about wearing seat belts, not speeding, not driving after drinking, and not using a cell phone behind the wheel. Agree on penalties for violating the pledge, such as paying for tickets or loss of the driving privileges. You can find a sample contract in the center of this guide.
- **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.

Just because it's legal doesn't mean it's safe: According to the National Institute on Drug Abuse, use of illicit drugs or misuse of prescription drugs can make driving a car unsafe — just like driving after drinking alcohol. Drugged driving puts the driver, passengers, and others who share the road at risk.

- It is illegal to drive under the influence of marijuana.
- It is illegal to use marijuana under the age of 21.
- Marijuana can negatively impact your ability to safely control a vehicle.
- Use of marijuana will slow your reaction time and impair your judgment.
- Marijuana affects your coordination, memory, and ability to problem-solve.
- Combining marijuana and alcohol, even in small doses, greatly increases the risk of getting into a crash. (www.ncbi.nlm.nih.gov/pmc/articles/PMC2722956)

If you plan to drive, be smart and have no alcohol, marijuana, or any other drugs in your system.

On the Road to Independence

Watching your teen pull out of the driveway with a brand-new license is a major life moment most parents anticipate...and quietly dread. This milestone marks a meaningful shift in your relationship, from driver to passenger, to two people navigating independence side by side. The good news is that the years of teaching, modeling, and steady conversation don't end here. They evolve. With clear communication, mutual trust, and thoughtfully shared boundaries, parents and teens can work together to make this next chapter feel safer, calmer, and a little less daunting for everyone involved. Here are a few ways to set the tone as your teen settles into the driver's seat.

Think Conversation, not Contract

Before you hand over the keys, sit down and talk through what independent driving actually means to your fam, without the conversation feeling like a list of rules being read aloud. Ask what your teen is most excited about, what makes them nervous, and where they think they'll need more support. Listening before legislating builds buy-in, and teens are far more likely to honor agreements they helped create. Aim for the energy of a planning session, not a permit hearing. The more your teen feels like a partner in shaping expectations, the more those expectations will hold up in the moments that matter most, like a late night, a long drive, or an unexpected detour.

Trust, meet Transparency

Trust is the name of the game. Building trust between parents and new drivers is built through small, consistent moments of honesty. When you share your reasoning out loud ("I want to know you got there safely because it helps me sleep at night."), your teen learns that staying in touch is about connection, not control.

The same goes in reverse: when parents share their own location, plans, and ETA with the family, it sets a household-wide tone of openness rather than a one-sided watchtower. Life360 works best when everyone in the family understands what's being shared and why, turning location sharing into a normal, mutual part of daily life.

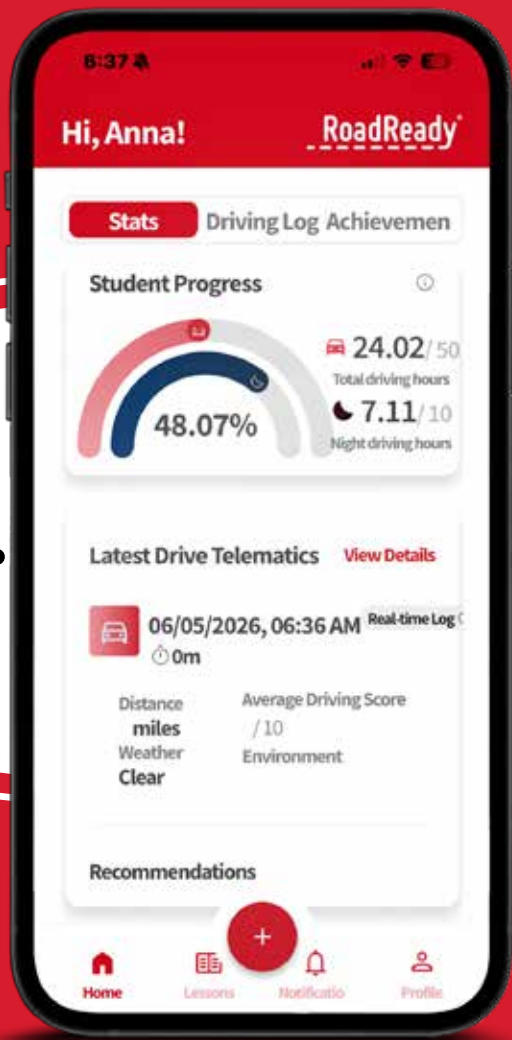
Boundaries are bound to grow with them

Boundaries aren't a fixed list handed down once and never revisited. They're a living agreement that should evolve as your teen gains experience and confidence behind the wheel. In the early weeks, that might look like more frequent check-ins, daytime-only driving, or a rule about who can ride along. As skill and trust build, those guardrails can loosen. Be specific and concrete: clarify what "drive safe" actually means in your household (no phone use, no eating while moving, headlights on at dusk, hands at 9 and 3). Then revisit the agreement every few months, and let your teen weigh in on what feels fair as they grow into the responsibility.

Connected, not Hovering

Once your teen is on the road, the temptation to over-text or repeatedly refresh an app is real, and understandable. But constant check-ins can quietly wear down the very trust you've been working to build. Lean on tools that surface what actually matters: arrival notifications, weekly drive summaries, and speed reports deliver real information without putting your teen on the defensive. Save the face-to-face conversations for the moments that count, like celebrating a first solo trip, reviewing a tough drive together, or talking through a close call. The goal isn't tracking every move, it's staying meaningfully connected while they grow into the driver (and the young adult) you've raised them to be. They've got the keys. We've got the driving safety features. You've got this.





@PSDP_Info thank you!

I love this app so much.

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RoadReady®

A component of the **PARENT'S** 
Supervised Driving Program

Download our FREE mobile app
to log your Learner's Permit practice driving.

-- SMART

Log your drives, including driving conditions (road type and weather), driving notes, state requirements & more.

-- MEASURE

The app uses cell phone telematics data to log a student driver's practice time and provide post-drive feedback.

-- TEACH

Lessons section contains complete library of short videos to help you become a better teacher for your teen driver.

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Before you start the engine

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

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

Lesson one – touring the vehicle

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 and in front of the vehicle.

Have your teen practice these basic skills until they don't need help:

- Starting and stopping the engine
- Naming and operating all dashboard and steering wheel controls
- Checking oil level
- Checking wiper fluid
- Checking tire pressure
- Checking tire tread depth

Lesson two – mirror settings

The method below provides the best view of adjacent lanes, for maximum safety.

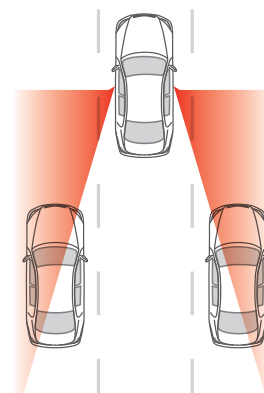
- **Inside mirror:** Have your teen sit up straight in the driver's seat and adjust the inside mirror so that it frames the entire rear window. This is the main mirror for viewing what is behind the vehicle.
- **Left-side mirror:** Have your teen lean their head toward the left-side window, and set the 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. 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.

Lesson three – checking blind spots

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. Blind spots should be checked every time you change lanes.

Lesson four – 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 quickly 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. Before planning a trip, collect pre-trip information from CDOT's "COtrip" website: cotrip.org.



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

Proper mirror setting

In the past, drivers were often taught mirror settings that created an overlap between the rear and side mirrors. This is actually less safe because it increases the size of the blind spots. This is a great opportunity to update your own driving skills while teaching your teen!

Skill completed

supervisor initials

driver initials

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Moving, steering, and stopping

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

Location: A large, level, mostly empty area.

Everyone in the vehicle **must** be properly buckled up.

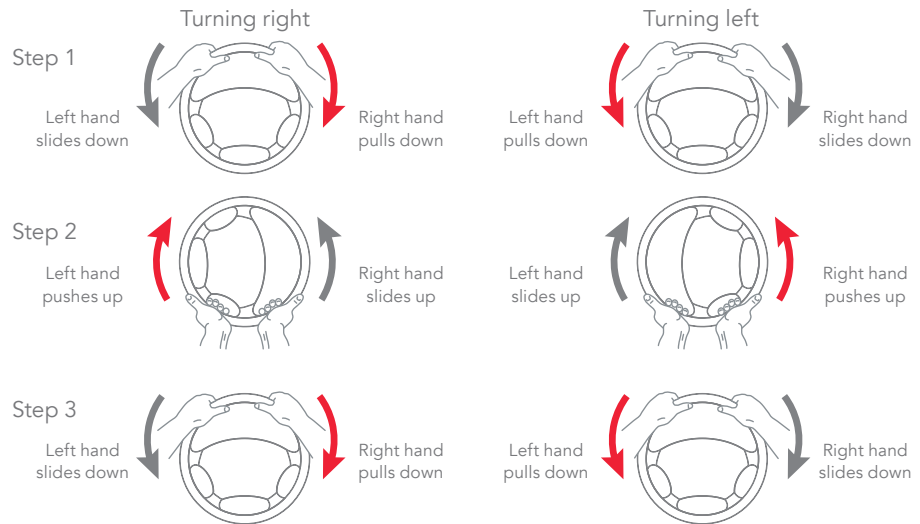
Before starting, coach your teen to always signal and check mirrors and blind spots before changing the speed, position, or direction of the car. Remind them when needed.

Have your teen drive around the perimeter of the lot several times at a slow speed. Have them stop and start frequently, practicing smooth hand-to-hand steering, braking, and accelerating.

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.

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.*

Lesson one – steps toward turning



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

Lesson two – turning techniques

- Ease off the accelerator or use the brake to reduce speed before entering a curve; 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 the wheel through controlled 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.

Controlling speed

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 accelerator as a way to reduce speed.

Skill completed

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How close are you?

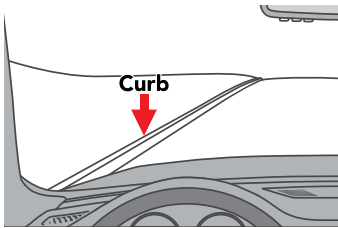
Goal: Teach your teen how to tell where their vehicle is in relation to other vehicles or objects.

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.

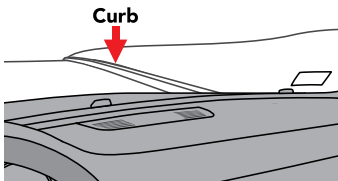
Lesson one – driver's side curb (or line)



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

- 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 windshield.
- 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.

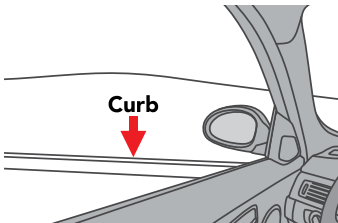
Lesson two – passenger's side curb (or line)



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

- Choose another curb (or line) parallel to the passenger's 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.

Lesson three – front curb (or line)



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

- 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 driver 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.

Making your teen safer

Even though Colorado law only requires 50 hours of supervised driving time over twelve months, studies show that the more time you drive together, the safer your teen will be when driving alone.

Skill completed

supervisor initials

driver initials

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Backing up

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

Location: A large, level, mostly empty area.

Lesson one – before moving the vehicle

- Coach your teen to first search around the vehicle before entering to identify potential hazards that may not be visible once they are in their seat. Then teach your teen that they must always turn around and look backwards through the rear window when backing up. They should also use their mirrors and back-up camera.
- Have your teen shift their hips and turn around until they get a good view behind the vehicle. When backing up to the right, they should drape their right arm over the back of the seat and grasp the top of the steering wheel with their left hand. When backing up to the left they should look over their left shoulder.
- Review how to use the backup camera with your teen, including what the different lines mean. Always remember that a camera cannot be a substitute for your eyes — it is meant as an additional tool to use when backing up.

Lesson two – backing up in a straight line

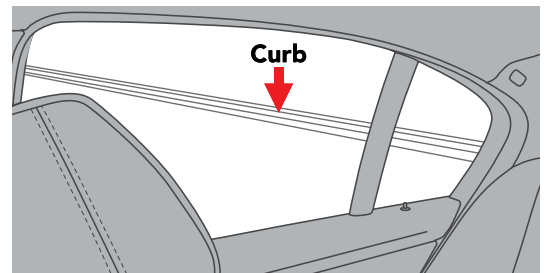
- Check all areas behind the vehicle prior to and while backing up.
- Grasp the steering wheel with the left hand and look over the right shoulder through the rear window.
- First release the brake, then use the accelerator gently, and only when necessary, to control speed. Keep it slow.

Lesson three – backing up in 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.

Lesson four – aligning rear bumper to a curb

- Choose a curb (or line) for a target.
- Have your teen back up toward the target, coaching them to stop when the 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.



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.

Slow and consistent

Emphasize that it is important to back up slowly and be prepared to stop. It is harder to maintain control of the car when it's in reverse.

Skill completed

supervisor initials

driver initials

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Driving on a quiet street – part one

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

Location: Start in a large, level, mostly empty area. Move to a quiet neighborhood street when indicated. Before moving out onto the road, make sure that your teen has reviewed the driver’s handbook (available for download at www.Colorado.gov/DMV/DriverEducation) and is familiar with street signs, signals, pavement markings, and right-of-way and speed laws.

Skill review

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 curbs (or lines).

Lesson one – commentary driving

Coach your teen to use “commentary driving” (see sidebar on page 5) throughout this lesson, if possible.

Lesson two – lane position

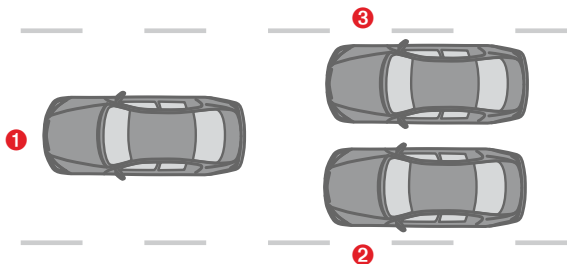
When you and your teen feel ready, move to a quiet street.

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 approaching parked vehicles and potential hazards on the right (if no oncoming traffic). It should be avoided on a hill or a curve.

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.



Most driving is done in lane position number one.

Lesson three – 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 right-of-way.
- If turning, put on the turn signal three seconds before making the turn.
- If a stop is required, stop behind the white stop line or crosswalk, whichever comes first.
- Select the best lane for travel by reading signs and pavement markings.
- Yield the right-of-way to pedestrians and other vehicles.

Emergency vehicles

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 completed

supervisor initials

driver initials

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Driving on a quiet street – part two

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

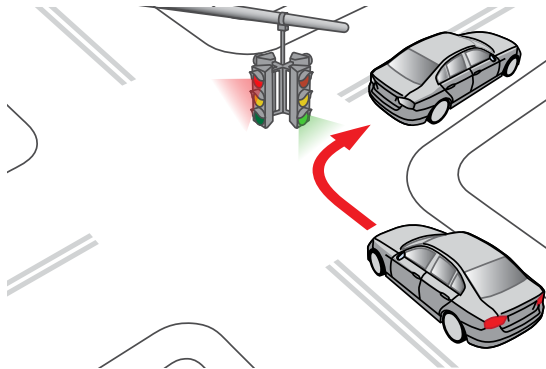
Location: A quiet block of single-lane roads, ideally without traffic signals at the intersections.

Lesson one – right 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:

- Always check mirrors before turns and signal at least three seconds before turning. Make sure to check for vulnerable users, such as bicyclists and pedestrians, before turning.
- On approach to the intersection select the right most lane or any turn lane marked for right turns. Make the turn as close to the curb or edge of the road as practicable. 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.
- Focus on smooth braking before the turn and acceleration out of the turn, as previously practiced in the large, level, empty area.



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.

Lesson two – left turns

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:

- Position the vehicle close to the yellow line in the middle of the road.
- If there is a stop sign or red light, stop with wheels pointed straight and make sure to stop before the stop line, crosswalk, or sidewalk, whichever is first.
- Search the intersection in all directions for vehicles, pedestrians, signs, and signals.
- Select a gap in traffic and pull straight forward toward the middle of the intersection. Coach your teen to avoid hesitating.
- Choose a steering path in the middle of the lane to the right of the yellow line. Turn into the travel lane closest to the yellow line.
- When the turn is complete, control the steering wheel back through the hands.
- Pick a new target 15–20 seconds ahead in the center of the travel path and accelerate gradually.

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

Focus ahead

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 lane — and not fixate on lane lines or other objects. The rest of the area should be scanned quickly but frequently.

Skill completed

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driver initials

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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.

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.

Lesson one – IPDE system

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, intentions, 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.

Lesson two – stopping-distance rule

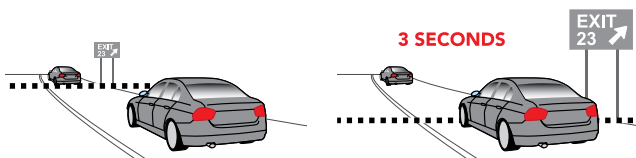
Teach your teen the stopping-distance rule, for the safest distance to stop behind another vehicle. When your vehicle stops, you should be far enough away from the car in front of you that you can see where its tires make contact with the ground. Any closer is too close.

Lesson three – three-second rule

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.

- 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. If the road is wet, add on an additional second. If you drive an SUV or heavier vehicle, add an additional 1–2 seconds, as it will take your car longer to stop. Always err on the side of caution and allow for more space in front of you.



Your front bumper should not pass before you've reached "three."

Eyes on the road

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 eyes on the road ahead. While parked your teen on how long they look away when doing various tasks inside the vehicle, such as adjusting the temperature. Coach them repeatedly on the importance of focusing on the road ahead.

Don't tailgate

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.

Skill completed

supervisor initials

driver initials

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Supervised driving log

A parent, legal guardian or responsible adult 21 years of age or older must certify that the driver has completed at least 50 hours of driving experience, 10 of which must be at night. The Supervised Driving Log on the following pages should be used to keep track of practice driving time. You can also use the Log to ensure your teen is practicing in a variety of driving environments and weather conditions. This Log will need to be turned in to the DMV when your teen goes to take their road test.

GDL systems

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

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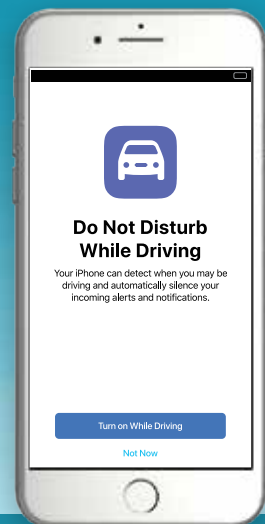
DISTRACTED DRIVING KNOW THE FACTS

Distracted drivers cause: **43** crashes each day in Colorado.

In a recent survey: **91%** of Colorado drivers drove distracted.

In 2018: **15,673** crashes & **53** fatalities involved a Colorado distracted driver.

Of these distracted drivers: **63%** talked on a hands-free phone, **52%** talked on a handheld phone, **48%** read messages on their phones.



**TURN ON DO NOT DISTURB WHILE DRIVING
TO TURN OFF DISTRACTIONS**



LOG YOUR DRIVES ON THE FORM BELOW
OR DOWNLOAD THE FREE MOBILE APP



DR 2324 (02/11/22)
COLORADO DEPARTMENT OF REVENUE
Division of Motor Vehicles

Drive Time Log Sheet

Student's name: _____ Permit number: _____

Your instruction permit:

If you are under 18, you must comply with the following requirements:

You must be 16 years of age to be issued an instruction permit unless you have completed and passed the classroom portion of an approved driver education course then you may be issued an instruction permit at the age of 15 years. You must submit proof of completion, along with your identification, at the time you apply for the permit.

Or, if you have completed a State-approved 4-hour driver awareness course, then you may be issued a permit at 15 years/6 months. You must submit proof of completion, along with your identification, at the time you apply for the permit.

You are required to hold your first instruction permit for at least twelve months and be at least 16 years of age before you can get a driver license in Colorado. This means that if you get your permit on your 15th birthday, you will have to hold the permit until your 16th birthday before you can apply for the license.

You are required, by law, to complete behind-the-wheel training before you can be issued your driver license if you are under the age of 16 years, 6 months at the time you apply for your driver license. The BTW training can be administered two ways: you can take 6 hours with a driving instructor from a department-approved school or, if there isn't a driving school that offers BTW training at least 20 hours per week with an address that is within 30 miles of the permit holder's residence, you may complete 12 hours with a parent, guardian or alternate permit supervisor.

At the time you apply for your driver license, you are also required, by law, to submit a log of your driving experience. The log sheet must show a minimum total of 50 hours, with 10 hours of those 50 hours having been driven at night. The Drive Time Log Sheet is used any time you drive. The appropriate box is filled in by the parent/guardian driving with you or by the driver authorized by your parent/guardian to accompany you while you are driving.

They will fill in the date, the total drive time, the amount of night driving (if any) and their initials. The comments section is optional for licensing purposes, but is useful for you to track your progress.

The Driver Time Log Sheet is the only log sheet acceptable as proof of the required 50 hours of driving time unless the log sheet you are presenting is from a state-approved Commercial Driving School, Driver Education or 3rd-party testing organization. The 50 hour total may include your 6-hour BTW training, if your BTW training was with your Driver education teacher. If you complete 12 hours of BTW training with your parent/guardian/alternate permit supervisor, the 12 hours is IN ADDITION to the 50 hour requirement of the log sheet, for a total of 62 hours. You may make photocopies of the log sheet if you need more than one to complete your 50 hours.

When you have reached your required totals, your parent or guardian or another responsible adult must then verify total driving time and total night driving time on your log sheet(s).

These totals are entered on the appropriate lines on the back of the last log sheet. The parent/guardian/responsible adult will then sign and date only the back of the log sheet that has the final completed totals.

Once you have held your instruction permit for at least 12 full months, and you are at least 16 years of age, you are eligible to apply for your license. You must submit the completed Drive Time Log Sheet at the time you apply for your license.

If your parent/guardian/alternate permit supervisor administered the required behind-the-wheel training, it must be included in the total driving time recorded on the log sheet(s).

Your driver license: When you are issued your driver license, if you are under the age of 18, there are still a few things you need to be aware of. The law does not allow you to carry a passenger under the age of 21 until you have held your license for at least 6 months. And, you can't carry more than one passenger under 21 until you've held your license for at least one year. The exceptions to this are if your parent/guardian is with you, or there is an adult passenger 21 or older who has a valid license and has held that license for at least one year, or the passenger under 21 needs emergency medical assistance or is a member of your immediate family.

While you are under 18, you cannot drive between the hours of 12:00 midnight and 5:00 a.m. unless you have held your license for at least one year. The exceptions to this are if your parent/guardian is with you, or there is an adult passenger 21 or older who has a valid license and has held that license for at least one year, or it is an emergency, or you are an emancipated minor with a valid license. You may drive between midnight and 5:00 a.m. if it's to a school or school-authorized activity where the school doesn't provide transportation. You will need a signed statement from the school official showing the date of the activity. And, you may drive between midnight and 5:00 a.m., if it's to and from work. You must carry a signed statement from your employer verifying your employment.

While you are under the age of 18, when you carry any allowed passengers, everyone riding with you must wear their seat belt. Only one passenger can ride in the front seat with you. You can only carry as many passengers in the back seat as there are seat belts.

Colorado law prohibits drivers from using a cell or mobile phone while driving unless it is to contact the police or fire department or it is an emergency.

Your provisional license expires 20 days after your 21st birthday. Have a safe journey and we will see you when you turn 21.

SUPERVISED DRIVING LOG



LOG YOUR DRIVES ON THE FORM BELOW
OR DOWNLOAD THE FREE MOBILE APP

RoadReady[®]

Date	Verifier's Initials	Driving Time	Night Driving Time
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To complete your application for a license, your GRAND TOTAL DRIVING TIME and GRAND TOTAL NIGHT DRIVING TIME must be recorded. Your GRAND TOTAL DRIVING TIME must be at least 50 hours and your GRAND TOTAL NIGHT DRIVING TIME must be at least 10 hours. Your application for a license will not be accepted without grand totals of each listed below and must include a signature from a parent, guardian, or responsible adult below.

GRAND TOTAL DRIVING TIME: (must be at least 50 hours)

GRAND TOTAL NIGHT DRIVING TIME: (must be at least 10 hours)

Please check all totals prior to signing. By signing below, I certify that the above total hours of driving experience is true and accurate.

Name: _____ Signature: _____ Date: _____

DR 2324 (02/11/22)

Parent/teen driving contract

Rules and consequences

- Read, discuss and put into effect each rule in the contract.
- Discuss and write-in possible consequences.
- Sign and date at the bottom to confirm your agreement and commitment.
- Tear out contract and display as a reminder.

DRIVING RULES	CONSEQUENCES
<p>1. PASSENGER RESTRICTIONS</p> <p><input type="checkbox"/> I agree to abide by the state law for passenger restrictions. I will have no passengers under 21 during the first six months with my license and no more than one passenger under 21 until I have had my license for one year.</p> <p><input type="checkbox"/> At any time there will be only one passenger in the front seat.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>2. SEAT BELTS</p> <p><input type="checkbox"/> I will always wear a seat belt.</p> <p><input type="checkbox"/> All of my passengers will wear seat belts, as required by law.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>3. CURFEWS</p> <p><input type="checkbox"/> I will not drive after _____ p.m. at night.</p> <p><input type="checkbox"/> I understand that it is against state law to drive between midnight and 5 a.m. for the first year with my license. Check local curfew, which may vary from state laws.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>4. CHECK IN</p> <p><input type="checkbox"/> I will check in with my parent(s) or guardian(s) every time I drive and let them know where I am going, who I am going with and when I will return.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>5. ALCOHOL AND DRUGS</p> <p><input type="checkbox"/> I will never use alcohol or drugs when I am driving and never ride with someone who has used them. Colorado has a ZERO TOLERANCE law for minor drivers.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>6. DISTRACTIONS</p> <p><input type="checkbox"/> I will not talk/text on my cell phone while driving, as required by law.</p> <p><input type="checkbox"/> I will not eat while driving.</p> <p><input type="checkbox"/> I will not adjust the radio, CD or MP3 player when driving.</p> <p><input type="checkbox"/> I will not wear headphones to listen to music while driving.</p> <p><input type="checkbox"/> I will not allow any passenger "horseplay" while driving.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>7. DRIVING WHILE TIRED OR EMOTIONAL</p> <p><input type="checkbox"/> I will not drive if I am overly tired.</p> <p><input type="checkbox"/> I will not drive if I am overly emotional (i.e. excited, angry, sad).</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>8. TRAFFIC LAWS</p> <p><input type="checkbox"/> I will obey all traffic laws and rules of the road.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>9. CARRYING IMPORTANT DOCUMENTS</p> <p><input type="checkbox"/> I will always carry my driver's license, registration, insurance papers and emergency information when I drive.</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>
<p>10. OTHER:</p>	<p><input type="checkbox"/> Lose driving privileges for _____ wks/mos</p> <p><input type="checkbox"/> Other: _____</p>

We both understand and agree to these driving conditions and rules.

Parent Signature

Teen Signature

Date



MOST

Motorcycle Operator Safety Training

*Make the **most** of your ride*

*Experience the joys and thrills of motorcycle riding in Colorado.
If you are a new rider begin with the Basic Rider Course:*

Motorcycles, helmets, and study material provided.

*Successful completion waives the skills test for your
motorcycle endorsement.*

The Experienced Rider Course:

*For the experienced rider there is always more to
learn to increase your riding enjoyment and safety.*



**OUR FAMILY
PROTECTING
YOURS** SINCE 1935®

Ride **WISE**

Find a MOST training class at **COMOST.COM**

Turning around

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

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.

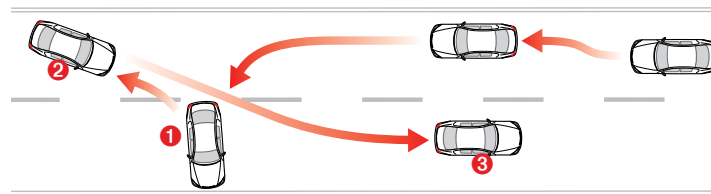
Lesson one – turning around safely

Start by coaching your teen that the safest and easiest way to turn around is to drive around the block. The less backing up, the better! Since that's not always possible, it's important to practice other ways to turn around.

Lesson two – 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:

- Position yourself as close as possible to the right edge of the curb. Signal a left turn. Check for traffic and pedestrians in both directions (including your blind spot). Wait until there is a 20–30 second gap to complete the turn.



Practice three-point turns at least 10 times each.

- Move slowly and turn the steering wheel quickly to the left. This will bring the vehicle perpendicular to the street about two feet from the curb. Come to a stop.
- Turn the steering wheel fully to the right. Check for traffic in both directions (including your blind spot). Shift into reverse and start backing up, while looking over your right shoulder.
- Back up to the opposite curb, stopping just before the curb.
- Check again for traffic in both directions (including your blind spot) and signal a left. Shift into drive (or for manual cars, first gear) and accelerate to the proper speed.

Lesson three – 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 traffic in both directions.
- Move forward, turning the wheel sharply to turn around.
- Finish the U-turn in the opposite direction and accelerate to an appropriate speed.
- U-turns should never be made across a double yellow line or where a sign indicates that they are prohibited.

Backing up

Remind your teen to always look in the direction they are backing up and to back up slowly. When backing up a vehicle they need to remember they are responsible for traffic in all directions. Make sure they understand they do not have the right of way and must take care not to interfere with other traffic.

Skill completed

supervisor initials

driver initials

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Parking – part one

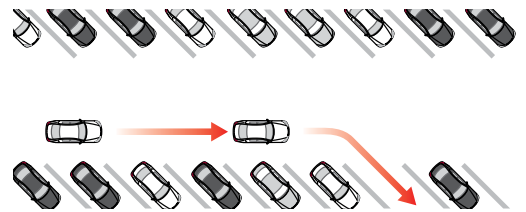
Goal: Teach your teen to master angle and perpendicular parking.

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

Lesson one – angle parking

The gentler turn makes this the easiest type of parking for new drivers.

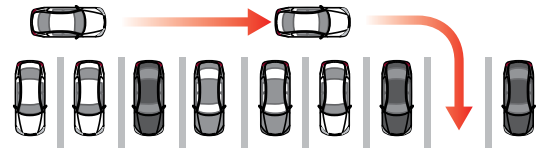
- Signal to indicate intent to turn into a parking space.
- Move forward until the steering wheel is aligned with the first pavement line marking the space.
- Look at the middle of the parking space and turn the wheel sharply at a slow, controlled speed.
- Steer toward the center of the space, straightening the wheel upon entry.
- Stop when the front bumper is six inches from the curb or from the end of the space.
- 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. When opening a vehicle door, drivers and passengers should check their rear-view mirror, check their side-view mirror, then open the door with their far hand. For more information see page 38.



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

Lesson two – perpendicular parking

- The steps are the same as angle parking, but the sharper turn into perpendicular spaces may require more practice.
- Practice, practice, practice: Have your teen practice angle and perpendicular parking 15–20 times each.



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

Lesson three – exiting spaces

- With a foot on the brake, shift into reverse, which will signal that you will be backing up.
- Before moving, search all around your vehicle using your mirrors, backup camera, and looking over your shoulder side-to-side and behind.
- 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.
- Quickly turn the wheel in the direction that the rear of the car needs to go.
- Glance forward to make sure the front bumper is clear of the car on the other side.
- When the front bumper clears the other vehicle, stop, shift into drive, and pull forward to complete the exit.

Disabled parking: The person that owns the disabled placard must be entering or exiting the vehicle in order to park in a disabled parking space. If you park illegally in a designated disabled parking spot *without a placard or plate specifically issued to you*, you will be subject to a misdemeanor with a fine between \$350 to \$5,000, possible jail time, loss of driving privileges, and/or your car could be impounded.

Disabled parking

If you are parking in a disabled parking space with a placard or plate not issued to YOU PERSONALLY, you will be subject to double the fines as well as jail time, loss of driving privileges and towing. The bottom line: if it is not your tag or plate you cannot use it or use the reserved spots! DO NOT BORROW GRANDMA'S PARKING PLACARD!

Skill completed

supervisor initials

driver initials

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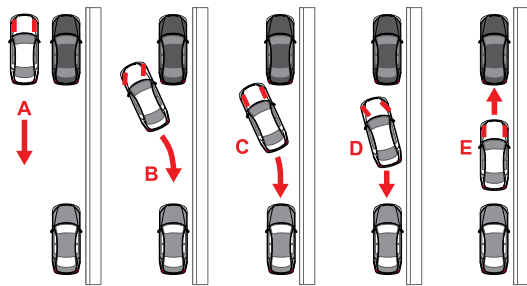
Parking – part two

Goal: Teach your teen to master parallel parking.

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

Lesson one – 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.



Start by practicing with cones before graduating to practicing alongside vehicles.

- Select an available space on the passenger's side of the car.
- Signal when approaching the space and check mirrors for traffic behind the vehicle.
- 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.
- With a foot on the brake, shift to reverse and turn around to check for traffic and make sure the travel path is clear.
- Release the brake, start backing up slowly, and start to make an "S" turn, turning first right and then left.

- Glance both forward and backward repeatedly to check the space around the car while turning.
- Once the rear of the car is mostly in the space, start turning in the other direction to straighten out.
- Adjust the vehicle's position as needed to center it in the space.
- Check to see if the wheels are 6–12 inches from the curb. If not, pull out and try again.
- Always check for passing vehicles and cyclists before you open your door.

Lesson two – exiting a parallel parking space

- With a foot on the brake, shift to reverse, turn around, and back as close as possible to the vehicle behind you.
- Check your side mirror and look over your shoulder for cyclists or fast-moving cars, then, signal, and shift into drive.
- Make sure the travel path is clear, then move slowly forward while steering rapidly out of the space.

Lesson three – 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:

- Toward 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.

Have patience

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 sometimes. Coach them to pull out of the space and try again, adjusting their turning angle as needed.

Skill completed

supervisor initials

driver initials

#RoadReady

Multi-lane roads – part one

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

Location: A busier, multi-lane road. When beginning, 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.

Lesson one – mirror positioning, monitoring and blind spots

Refer to 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.

Lesson two – stopping distance

Refer to 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.

Lesson three – following distance

Refer to 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.

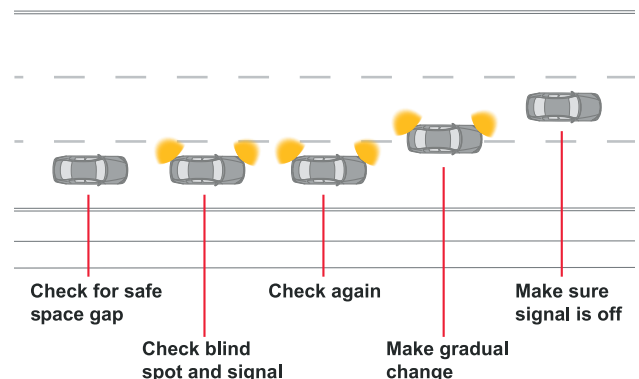
Lesson four – safe lane changing

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.

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 until proficient:

- Check traffic to the rear and the sides for an appropriate gap.
- Signal to indicate intention to change lanes.
- Recheck traffic, including a glance over the shoulder at the mirror blind spot area.
- Maintain speed or accelerate slightly before and during the lane change.
- Gradually move into the new lane.
- Adjust following distance, using the three-second rule.
- If applicable, familiarize your teen with the car's lane detection warning system.



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

Other road users

Motorcyclists, bicyclists, and pedestrians are more difficult to see than cars because they are smaller — and drivers tend to focus on looking only for cars. Traffic, weather, and road conditions require cyclists to react differently than motorists. It can be difficult for young drivers to judge and predict their actions. Always give motorcyclists and bicyclists a wide berth and reduce your speed.

Skill completed

supervisor initials

driver initials

#RoadReady

Multi-lane roads – part two

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

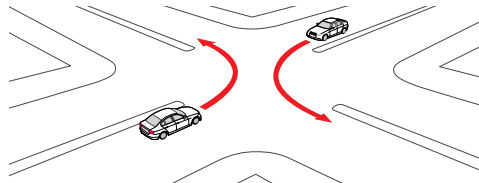
Location: A busier, multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Lesson one – right turns

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 allowed. Practice right turns until you feel confident that your teen is proficient.

Lesson two – left turns

Left turns should almost always begin and end in the closest lane to the right of the yellow line. Choose a steering path in the middle of the closest lane to the right of the yellow line.



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

There are three types of left turns:

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

Protected left turns should be made from the designated lane only when the left turn signal displays a green arrow.

For unprotected left turns, coach your teen on these steps:

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

Lesson three – safe passing procedures

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

- Position your vehicle more than four seconds behind the vehicle to be passed.
- Check the oncoming travel lane ahead to make sure there's plenty of space before you try to pass.
- Check mirrors and blind spots for traffic behind you.
- Signal intent to pass and accelerate quickly to match the speed of traffic flow.
- 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. Make sure to not exceed the speed limit when passing.
- When you see the front of the passed car in the rearview mirror and your vehicle is well clear, signal intent, gently and slowly move back to the original lane, cancel the signal, and maintain speed.

Making left turns

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 completed

supervisor initials

driver initials

#RoadReady

City driving – part one

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.

Location: Busy, urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains skill in this situation.

Skill review

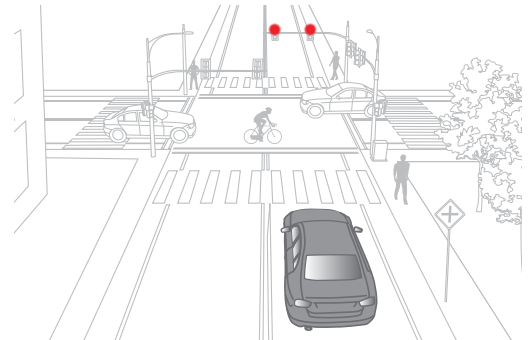
Since the busy, crowded environment of city driving is challenging for new drivers, this is a good time to review key driving skills. **One of the most important skill for drivers is the ability to make good decisions.** City driving forces drivers to make lots of decisions quickly. The three things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

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

Lesson one – maximizing visibility and space

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 (refer to 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.



Looking ahead to identify and anticipate potential problems is crucial for safe driving.

Lesson two – 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.

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 outside of a crosswalk, etc.
- Limited visibility and intersections spaced at shorter intervals
- Aggressive drivers competing for lane space and parking spots
- Stop-and-go traffic flow

Scan first

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

Skill completed

supervisor initials

driver initials

#RoadReady

City driving – part two

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.

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

Lesson one – 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:

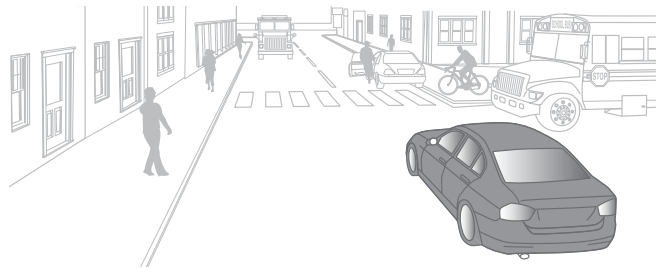
- Identify right-lane obstacles, such as stopped buses, parked cars, delivery trucks, and cyclists.
- Identify left-lane obstacles, such as vehicles waiting to make a left turn, or cars traveling in the opposite direction drifting over the center line.
- Identify the least-congested travel lane. *Hint: 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.

Lesson two – 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, or shuffling/streaming music
- Dialing a phone
- Passengers, pets, or objects moving in the car
- Eating, drinking, or smoking
- Searching for an item
- Intense or emotional conversations, or cognitive distractions, such as trying to solve a problem
- Putting on makeup or looking in the mirror



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

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.

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 completed

supervisor initials

driver initials

#RoadReady

Highway driving – part one

Goal: Teach your teen highway basics and how to safely enter and exit a highway.

Location: Start on a multi-lane highway 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.

Lesson one – observation

Have your teen spend some time on highways with you as the driver and your teen as the passenger. Emphasize the importance of looking ahead to anticipate potential problems, and explain key highway features, such as:

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

Teach your teen three rules to remember when driving on a highway:

- Maintain proper speed.
- Create space.
- Always use your signal.

Lesson two – on-ramp segments

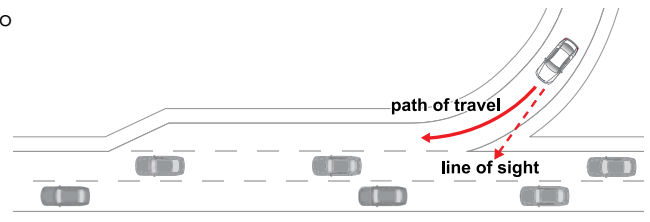
Explain the three segments of on-ramps, and how they're used:

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

Lesson three – merging

Teach the steps for merging onto a highway:

- Before the entrance area, make quick glances at the highway, scanning for vehicles and entry gaps.
- In the acceleration area, signal to show intent to enter the highway and adjust speed to match the traffic flow.
- In the merge area, enter the flow of traffic, checking mirrors and blind spots.
- Turn off the turn signal and begin looking ahead to anticipate problems or upcoming lane changes.
- Do not completely stop in the entrance area unless absolutely necessary.



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

Lesson four – exiting

Teach the steps for exiting a highway:

- Identify the exit well ahead of time.
- Search traffic for problems when approaching the exit, but don't slow down on the highway.
- Start to signal four to six seconds before reaching the ramp.
- Upon entering the ramp, tap the brakes and begin to slow down to the posted exit ramp speed limit before reaching the curve. On some ramps, be prepared to rapidly reduce your speed.

Worthy of repetition

Practice merging and exiting many times, until you feel confident that your teen is proficient. Keep coaching your teen that always being attentive and looking ahead are key to driving safely.

Skill completed

supervisor initials

driver initials

#RoadReady

Highway driving – part two

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

Location: Start on a multi-lane highway 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.

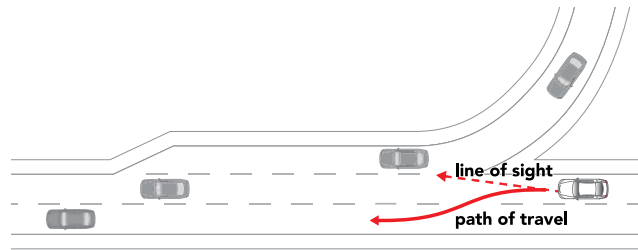
Lesson one – steering technique

Once on the highway, coach your teen on steering technique. At fast highway speeds, excessive steering can be dangerous and lead to loss of control. Remind your teen to steer gently on highways.

Lesson two – lane changing

In the high-speed, complex highway environment, lane-changing skills are very important. Have your teen spend lots of time practicing the lane-changing and passing skills previously learned in “Skill nine: multi-lane roads,” until they are comfortable performing them at highway 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. Grow comfortable with checking blind spots frequently to be aware of the traffic around you.



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.

Lesson three – the three-second rule

Review the three-second rule for following distance, learned in “Skill six: looking ahead.” At higher speeds it’s recommended to add more following distance. Additionally, coach your teen to also use a three-second rule for these highway driving circumstances:

- Merging onto a highway
- Changing lanes
- Exiting a highway

Lesson four – challenging road conditions

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 highway driving in good conditions, spend some practice time on highways under more challenging conditions, such as rain. Coach them to always use appropriate caution, as conditions can change quickly.

Lesson five – road trips

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.

Higher order

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 other drivers’ behavior.

Skill completed

supervisor initials

driver initials

#RoadReady

Roundabouts

Goal: Teach your teen how to enter and drive roundabouts safely.

Location: A road that leads to a one-lane roundabout. Move on to practice at two or more lane roundabouts when your teen is ready.

Roundabouts are circular intersections designed to calm traffic, increase safety, reduce stop-and-go travel, and decrease traffic delays. They were introduced in Colorado in the early 90s in Colorado Springs (see www.codot.gov/projects/archived-project-sites/i70edwardsinterchange/overview.html). Since then, roundabouts have proven to be an efficient means to move traffic through congested intersections and have shown to reduce accidents by half (all but eliminating the more severe broadside and head-on collisions). Roundabouts also offer a safe environment for pedestrians, who only have to navigate one-way traffic flow.

Driving in a roundabout can be intimidating, but it's really quite simple when you know how it works.

Lesson one – five easy steps

- **Slow down:** Speeds of 15 mph or less are generally adequate in the roundabout.
- **Yield:** Vehicles entering must always yield first to trucks, buses, emergency vehicles, or recreational vehicles (large vehicles) when entering, exiting, or driving in a roundabout. If no large vehicles are present, vehicles entering must then always yield to cars already in the roundabout. Look to your left for entering traffic.
- **Entering:** Don't stop once inside the roundabout. The vehicle in the roundabout has the right of way. Do not change lanes within the roundabout.
- **Destination signs:** Look for destination signs and exit in that direction.
- **Exiting:** Look to your right, check your side mirror and use your turn signal.

Lesson two – emergency vehicles

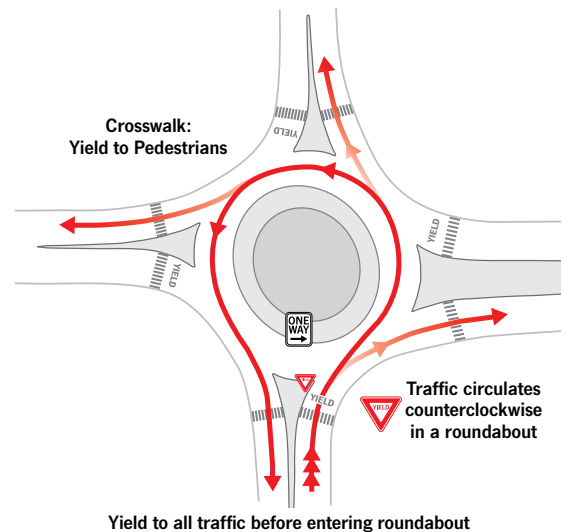
- If you have not entered the roundabout, pull over and allow emergency vehicles to pass.
- If you have entered the roundabout, continue to your exit, then pull over and allow emergency vehicles to pass.
- Avoid stopping in the roundabout.

Lesson three – two or more lane roundabouts

- As you approach, observe the signs and arrows to determine which lane to use before entering.
- Signs on the side of the road and white arrows on the road will show the correct lane to use.
- If you want to make a left turn, stay in the left lane or other lanes that are signed and marked as a left turn.
- To make a right turn, stay in the right lane or other lanes that are signed and marked as a right turn lane.
- If you want to go straight, observe the signs and arrows to see what lane is correct.

Yield the right-of-way

As a rule of thumb, always yield to traffic on your left when entering or driving through a roundabout.



This example shows the traffic movement patterns through a one-lane roundabout. The one-lane roundabout is known as one of the safest and most efficient intersections.

Skill completed

supervisor initials

driver initials

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Driving on rural roads

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

Location: A two-lane rural road.

Lesson one – 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.

Lesson two – driving hazards

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.
- In general, try to 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: These are intersections not controlled by signs, signals, or pavement markings. Use caution, slow down, and check both ways twice. Proceed cautiously once no oncoming traffic.

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. 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 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, listen 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. It is difficult to judge the speed of a train, so before you cross, make sure you don't see or hear a train either direction.

Gravel slide

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

Skill completed

supervisor initials

driver initials

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Practice in other conditions

For new drivers, it can be challenging to drive in new and unfamiliar conditions. It's best that you provide guidance before they experience these conditions on their own.

Night driving

A driver's reaction depends on their vision, which is limited at night. Some tips to keep in mind:

- Glare from oncoming headlights makes it difficult to see. To avoid being temporarily blinded, you should look ahead toward the right side of the road.
- Low-beam headlights should be on at all times, but are required at night.
- 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.
- Reduce your speed and increase your following distance to five or six seconds. When roads are wet, braking distance increases.
- Be more cautious, and slow down on curves and when approaching intersections.
- Turn the defroster on to keep windows from fogging over.

Hydroplaning

Hydroplaning occurs as a result of water on the road that is deeper than the tire tread. This layer of water reduces friction and you can lose control. If you can see deep water on the road, reflections on the pavement, or that the car ahead leaves no tracks on the water, these are indications you could hydroplane. Prevent this by slowing down.

Fog

Use low-beam lights and 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.

Snow

It's best to stay off the roads until they are cleared and treated. If you have to drive, 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 up to 10 times greater in ice and snow. Begin the slowing-down process long before anticipating a stop at an intersection or turn. Try to 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 driving uphill, stay far behind the vehicle ahead so you will not need to come to a sudden stop, which can cause skidding. For traction laws check out www.codot.gov/travel/winter-driving/TractionLaw.

Prepare ahead of time

Talk to your teen about travel resources to help them know the conditions they might face before heading out on the road. Colorado drivers can visit COTrip.org or call 5-1-1 to get the latest road conditions and learn about road construction or closures. It's important to do this *before* you start your trip, and not while driving.

Adapting to new landscapes

Mountain driving

Some hazards you should be aware of are steep hills, changing weather conditions, wildlife, and rocks in the roadway. If your vehicle experiences difficulty traveling up a steep roadway, pull off the road at the first place you may do so safely, or stay in the right lane to allow other vehicles to pass. Here are some added tips:

- Pay special attention to speed limit signs and warning signs, such as warning of curves, steep hills, or other hazards.
- Watch for bicyclists near the right edge of the road.
- Use lower gear to control speeds while going up or down long, steep hills.
- You must yield to vehicles going uphill if you are traveling downhill on a narrow road.
- Do not coast downhill by shifting into neutral or disengaging the clutch.

The higher the altitude, the less oxygen there is in the air. Some people may react to the decrease in oxygen and may develop mild symptoms, such as headache, nausea, and fatigue. Remember, insufficient hydration can lead to the onset of symptoms of altitude sickness and even if they are mild, they can affect your alertness behind the wheel.

Rural driving

When driving in rural or country areas, there are a number of situations that require special attention. Watch for driveways, farm equipment, railroad crossings that might not be marked, and bridges that are narrow and poorly surfaced. Some intersections may be hidden by trees, brush, and crops. Animals often are found wandering along the roadway. Extra care and slower speeds should be used when driving on gravel roads because of the reduced traction due to the road surface. The road surface can be affected by loose gravel, slippery conditions after rain or snow, ruts in the driving lanes, and washboard conditions. When approaching oncoming vehicles, watch for soft shoulders or the absence of shoulders.

Safety around snowplows

Colorado Department of Transportation (CDOT) snowplows use distinctive amber and blue lights to warn you that snow removal operations are underway. When you see these lights, slow down and use caution.

- **Give snowplows room to work:** The plows are wide and can cross the center line or shoulder.
- **Do not tailgate and avoid passing, especially on the right:** If you must pass, be extremely cautious and beware of the snow cloud.
- **Keep your distance and watch for sudden stops and turns:** A snowplow operator's field of vision is restricted. You may see them, but they don't always see you.

Express Lanes

Express Lanes help manage congestion on the highways, eliminating the need to continue to build more lanes. Express Lanes work to move more people, rather than move more cars. By presenting choices, Express Lanes reduce delays, manage congestion and keep travel times reliable for motorists.

Anyone can use Express Lanes; there are simply different ways to travel them. You can choose to travel:

- For free with a motorcycle and as a carpooler with one or more passengers. All HOV Express Lanes require two passengers along with the driver. You will still need to set up an Express Toll account and get a pass, but you won't be charged a toll for using the Express Lane.
- By transit on either priority buses or Bus Rapid Transit
- By paying a toll as a solo driver.

Overconfidence

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.

Motorists and equestrians

Horses are sensitive to noise and sudden movement. When approaching a rider, slow down, give them plenty of space, and pass wide and slow. Avoid honking or revving your engine unless necessary for safety. Your patience helps keep everyone safe.

Safety around motorcycles

Keep coaching your teen that constant awareness and looking ahead are key to driving safely. When riding behind a motorcycle, increase your following distance — motorcycles have a shorter stopping distance, and riders are less protected in collisions.

Work zones

Expect the unexpected. Follow the posted speed limit and pay attention. Leave extra space between you and the vehicle in front of you, and keep a safe distance between you and workers on or near the roadway.

Sharing the road

Sharing the road means being a courteous, alert and knowledgeable driver, making the roads safer for all. Bicycles, equestrians, motorcycles, buses, trucks and pedestrians all deserve a share of the road.

Motorcycles

Motorists must be on the lookout for motorcycles and anticipate sudden and unexpected moves from them. Motorcycles are entitled to the same full lane width as other vehicles. Motorcycles are smaller, harder to see and can accelerate and brake faster than expected. Their control is more easily affected by road defects and debris. Because motorcyclists are more vulnerable in collisions, drivers should watch out for them using extra caution and allow increased following distance when driving around them. Motorcycles may appear in your field of vision or blind spots suddenly, so please “look twice for motorcycles.”

A two-wheeled motorcycle can pass other vehicles if the other vehicles are stopped, the lanes used to ride between cars are wide enough to pass safely, and the motorcycle does not exceed 15 miles per hour when passing.

Trucks

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 before pulling in front, and avoid braking situations.

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-zone. If you can’t see the truck driver in the truck’s mirror, the truck driver can’t see you.

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 widely 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.

Merging

Zipper Merge: Merge points are specifically set up for vehicles to merge from two lanes into one lane in a zipper fashion. This keeps traffic flowing. When there is a lane closure ahead, drivers should continue to drive in both lanes equally until just before the point of closure, where cars should carefully take turns filling in the open lane in a zipper fashion. In a Zipper Merge, please be respectful of those who wait to merge until just before the lane ends; they are doing it correctly.

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. 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.
- **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, using the Zipper Merge is safer and more efficient. Remember to be considerate of trucks and buses because 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

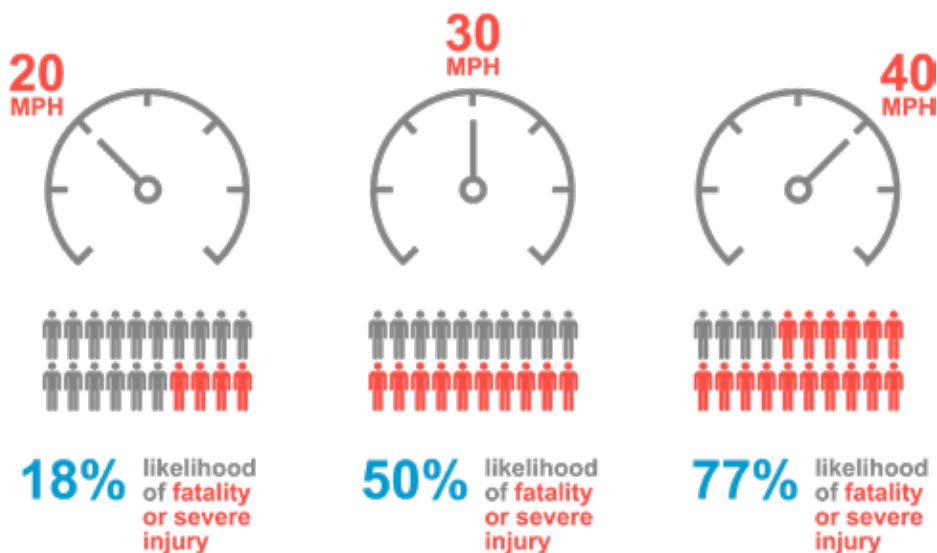
Sharing the road with bicyclists and pedestrians

- **Scan the street for wheels and feet:** Be especially careful to look for people walking and biking before turning at intersections and driveways.
- **Yield to pedestrians:** Pay attention to the pedestrian signal and give people walking the right-of-way.
- **Double threat:** Never pass another vehicle that has stopped or is slowing down for a pedestrian. Remember, you might not be able to see the pedestrian when you approach a stopped vehicle, so be aware.
- **Watch for bikes:** People riding bicycles have the right to be on the road (and are often prohibited from riding on sidewalks), so respect their right to be there.
- **Passing safely:** Stay at least 4 feet away from bicyclists (and other vulnerable road users, such as garbage collectors, police officers, and tow truck operators) when passing, and don't return to the right until well clear of the person. If there isn't enough room to safely pass in the same lane, you must use another lane or wait for a safe opportunity to pass. Do not pass a person on a bike and then immediately turn right.
- **Avoid the "right hook":** Look for and yield to people biking on the right when turning right.
- **Avoid the "left cross":** Look for and yield to people walking across the street and yield to oncoming people on bikes when turning left.
- **Visibility:** Look for bicyclists at night and watch for their reflectors or lights.
- **Check blind spots:** Watch for bicyclists coming from behind, especially before turning right.
- **Doors are dangerous:** Before opening your car door, look in your mirror and physically turn your body to make sure no bicyclists are coming. Learn more here: www.dutchreach.org/dutch-reach-practice-tips-door-latch-reminders

Respect for all road users

Put yourself in the shoes of a person walking or biking. We are all trying to safely get to our destination. Respect and kindness towards other road users can go a long way.

Lowering speeds can save lives



Source: *Impact Speed and a Pedestrian's Risk of Severe Injury or Death*. Brian Tefft, AAA Foundation for Traffic Safety, 2011

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:

- **Spend as much time as possible driving** with your teen.
- **Drive in a wide variety of conditions** (weather, time of day, different traffic volumes, etc.).
- **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 they be exposed to a wide variety of driving circumstances and conditions. Make a point of driving with them in different situations 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 teen 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 to be less skilled at anticipating these trouble areas than 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.

New vehicle technology

There is an ever-increasing amount of safety technology in today's cars. Features like automatic emergency braking, blind spot monitoring, and forward collision warnings keep us all safer, but only if they're used correctly. It's important to understand how these advanced driver assistance features work, including their limitations. **A key point is to remember that they are driver "assistance" features and not driver "replacement" features.**

The easiest way to ensure you're using everything correctly is to carefully review your car's manual. Read about the features that are new and make sure you know how they work. If you still have questions reach out to the dealership to get answers so you can share with your teen driver.

Check out this website for additional information: mycardoeswhat.org/safety-features

Keep on coachin'

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. Remember that crash rates are highest in the first months of licensure. Your role is still vital even after your teen receives his or her license!

Prevent and manage vehicle breakdowns

The most common reasons for breakdowns are due to failed tires, running out of gas, engine overheating, and dead batteries.

Prevent tire-related breakdowns: Taking good care of tires can prevent crashes, as well as breakdowns.

- Have tires inspected, rotated, and balanced by professionals every 5,000 miles.
- Check air pressure every month and before long trips. It is best to check when tires are cold. Use a tire pressure gauge, and find the recommended PSI (Pounds per Square Inch) written on the driver's side door jam or in the owner's manual (not from the pressure shown on the tire sidewall).

Manage tire-related breakdowns: Safety comes first. Find a safe location to stop; it's okay to drive slowly on a flat tire's rim for a short distance to a wide shoulder, rest stop, gas station, or parking lot, but make sure to activate your car's hazard lights.

- Have a fully inflated spare tire in your car. Donut spares should be inflated to 60 PSI.
- Practice using your car's tools to change the tire. Identify tool shortages and acquire what is missing.
- Consult the owner's manual when you change the tire, or call roadside assistance.

Prevent running out of gas: Fill the tank when the gauge says $\frac{1}{4}$ full. In the winter, or in a rural area, keep the tank at least $\frac{1}{2}$ full. Don't wait until the fuel light comes on; you could get stranded or break down in traffic.

Manage running out of gas:

- Stow an empty 1-gallon gas can so you can carry it to the nearest gas station to fill up, in case you ever find yourself stranded. Adding gas works best when the car is on level ground. Never store a container with gas in the car as it is unsafe to do so.

Prevent battery problems: Car batteries usually last 3 to 5 years.

- At first sign of weakness, have the battery checked, and replaced if weak.
- Look for: illuminated battery light, slow engine crank, and dimming lights.
- Keep clamps to battery terminals tight so they cannot be moved by hand.

Manage battery problems: If the car doesn't start, its battery is most likely dead, or its clamps are loose.

- Stow a 20-foot long jumper cables in your trunk. Know how to use them correctly with another car's alternator.
- Stow a portable jumper battery. Charge it monthly and after each use.
- Have a correctly-sized combination wrench to tighten loose battery clamps.

Prevent engine overheating: Having low coolant in the radiator is the most common cause — usually due to a leak, hot weather, and/or a malfunctioning radiator cooling fan.

- Pay attention to signs, including the temperature gauge reading high, steam or water vapor coming out from the hood, or a sweet smell coming from the engine. Proceed right away to a mechanic!
- Check engine coolant regularly. It should be above the 'Minimal' or 'full' line when the engine is cool, and at or just below the 'Max' line when the engine is hot. Stow a gallon of water in the car in case of an emergency.

Manage engine overheating: If you encounter any of the above signs:

- Get to a safe location as soon as possible and turn off the engine.
- Allow engine to cool down for at least 30 minutes before opening the hood. DO NOT open the radiator cap while the engine is hot because the system is highly pressurized.
- Add water if coolant is low; this can usually get you from roadside to a repair shop.
- Before proceeding to a mechanic, turn off the air conditioner and turn on the heater.

Sources: Bridgestone Tires, "Roadside Survival: low-tech solutions to automobile breakdowns" by Walt Brinker www.roadside-survival.com, AAA, and In Control Family Foundation

Correct air pressure

Correct air pressure in tires helps prevent blowouts. Check spare tire PSI also, as it is usually low.

What to do and expect when pulled over by Law Enforcement

Law Enforcement officers are responsible for conducting traffic stops when they have reasonable suspicion of a traffic violation or a criminal violation. Being stopped by an officer can be a stressful experience for the driver, any passengers, and for the officer, too. Knowing what to do during the stop will help ensure your safety and the safety of others.

When you see emergency lights behind you, it is important for you and your passengers to stay calm and cooperate.

Remember to:

- Activate your turn signal and pull off or to the side of the roadway as soon as it is safe to do so.
- Turn off the engine and any audio devices.
- Stay in your vehicle unless directed by the officer to exit.
- Turn on your interior lights if you are pulled over at night to assist with visibility. Officers may use a spotlight for additional visibility.
- Keep your hands on the steering wheel or in a visible location so they are easily observable.
- Follow all instructions the officer gives you or your passengers.

The officer may approach either side of the vehicle. When the officer approaches the vehicle, remember to:

- Lower the corresponding window so you and the officer can better communicate.
- Let the officer know if you have a weapon in the vehicle upon first contact.
- Wait for the officer's instructions before reaching for your driver's license or vehicle documents.

When conducting the stop, the officer will typically:

- Explain why you were stopped/ask questions about your trip.
- Ask for your driver's license, proof of insurance, and vehicle registration. If the documents are out of your reach, tell the officer where they are and wait for the officer's acknowledgement before reaching to retrieve the documents.
- Show their law enforcement credentials if they are not in uniform. If they do not show their credentials, you may ask to see them.

In some cases, the officer may:

- Ask you to exit the vehicle. In this case, keep your hands visible, exit the vehicle, and stand in a location as directed by the officer.
- Take any one of many possible actions, including but not limited to, issuing a warning, traffic ticket, or making an arrest. The officer will typically explain whatever action is being taken. If they do not, you may ask them to do so.

If you have questions, respectfully ask the officer to clarify. If you disagree with the officer's decision or course of action, do not prolong the contact by arguing with the officer. Rather, you may seek to contest the decision in court through established legal channels. Your acceptance and signature on a traffic ticket is not an admission of guilt. However, the refusal to sign a traffic ticket may result in your arrest.

If you believe the officer acted inappropriately or have questions regarding their conduct you may call or contact the officer's agency and request to speak to a supervisor. This is best done as soon as possible after the stop.

Following these procedures can help make a traffic stop a safe experience for all parties involved.

This guidance was approved by the American Association of Motor Vehicle Administrators, the International Association of Chiefs of Police, the National Association of Women Law Enforcement Executives, the National Organization of Black Law Enforcement Executives and the National Sheriffs' Association.

5 REASONS WHY LELLA CHECKED THE BOX TO BE AN ORGAN, EYE & TISSUE DONOR:



Lella,
Liver Recipient &
Registered Organ, Eye & Tissue Donor

1 Everyone can register to be a donor.

There are no restrictions to registering to be an organ, eye & tissue donor. Anyone can register—including you!

2 When you check the box YES, one day you can save someone's life.

One person's decision to be a donor can save up to 8 lives and heal 75 more lives. Think about the positive impact and legacy you can make by just saying YES!


3 People in our community really need our help.

Every 8 minutes another person is added to the transplant waitlist. We need more people to register!

4 Someday, it could be me or someone I know who needs a transplant.

Organ, eye & tissue donation saves and heals thousands of lives each year. I know I'll be grateful this exists if I ever need it.

5 All you have to do is say YES and check the box.

You can register online or at the DMV, and you will receive a  on your license that says "YES" I'm an organ, eye & tissue donor.



Learn More at [DonorAlliance.org](https://www.DonorAlliance.org)



Final tips for parents...

1. The longer a teen holds their Learner's Permit, the less risk of crashing. Complete your 12 months of supervised driving.
2. Consistent and varied practice can reduce your teen's crash risk. Practice driving regularly on different roads, even if you're going to and from the same place.
3. Think hard about your teen's access to a vehicle. Consider your teen sharing access to the family car, instead of getting them their own car. It is best for teens to have limited access to a car in the first months of licensure. This can reduce their risk of crashing.
4. Parents should continue to drive with their teens after they get their license! Stay involved, and try to be aware of each trip they're taking in that first year of independent driving.

Our thanks to Dr. Johnathon Ehsani and the Johns Hopkins Bloomberg School of Public Health for these tips and their ongoing research to eliminate teen crashes.

INSURIFY

Adding a teen driver? Get quotes in 2 minutes.

Compare and
save up to
\$1,100/yr*
on car insurance

Get your



quote here



*Average potential savings based on initial quotes received by 151,494 customers seeking insurance through Insurify. Actual savings may vary depending on state of residence, individual circumstances, coverage selections, and insurance provider. Savings and lowest rates do not reflect typical results.

which PARENT are you?

1. First time driving with friends in the car.

- A** Insist on riding shotgun. For “safety.”
- B** Collect every passenger’s full name, parent’s number, and zodiac sign.
- C** Quick “no phones, eyes on the road,” then let it ride.
- D** Carpool king behavior. Love that for them.

2. First solo drive after dark.

- A** Drive the route an hour earlier to scout for “hazards.”
- B** Keep Life360 open. Narrate the route to your spouse.
- C** “Drive safe. Text when you’re home.”
- D** “Headlights on? Godspeed.”

3. Life360 pings you about a speeding alert.

- A** Confiscate the keys, the phone, and the car.
- B** Replay the drive. Take screenshots. Build a case.
- C** Bring it up casually at dinner.
- D** Probably a freeway on-ramp. Moving on.

4. They’re driving home from a concert. It’s 11pm.

- A** Park down the street from the venue. “Just happened to be in the area.”
- B** Refresh every 90 seconds. “Why are they stopped??”
- C** Stay up, glance at the app a couple times, call it a night.
- D** Already in bed. They have a license for a reason.

5. Bad weather rolls in:

- A** Call 14 times. They are driving. They cannot answer.
- B** Track them like a Doppler radar.
- C** Send a quick “go slow, you got this.” Trust the rest.
- D** Windshield wipers exist. They’ll figure it out.

6. They want to take the car on a roadtrip with friends.

- A** Rent an RV. Follow at a respectful distance.
- B** Map every gas station, rest stop, and ER between here and there.
- C** “Share your trip in Life360, plan your stops, have fun.”
- D** Hand over the keys, request a postcard.

MOSTLY A’s: The Helicopter Pilot

We see you, parked across the street from the school dance, “just in case.” Your love is enormous. So is your anxiety. Good news: Life360 was literally built so you don’t have to camp out in your car anymore. Let the app keep watch, you go take a bath.



MOSTLY B’s: The Live-Tracker

You know their schedule, their route, and exactly when they hit the red light on Main Street. Knowledge is power, but maybe leave Life360 open in a tab instead of refreshing it every 6 seconds. They’re doing great. You can be too.



MOSTLY C’s: The Cool, Calm, and Collected

You’ve found the sweet spot: informed but not hovering, concerned but not controlling. You can check Life360 when it matters and trust your kid when it doesn’t. Parenting goals. Other parents should be taking notes.



MOSTLY D’s: The Free-Ranger

You believe in independence and the power of “they’ll figure it out.” And you know what? They probably will. You’re the parent who taught them to trust themselves behind the wheel. Just maybe peek at Life360 once in a while (even free-range chickens have a coop).



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Peace of Mind.

