



You're on the move — driving, biking, walking — and we want you to arrive in one piece and without a traffic ticket! Check out the tips, videos and games in this quick guide to important traffic safety issues. We hope it will help you get where you're going — safely!

In a Hurry?

We get it! We're all in a hurry and it's natural to think going "just a little" over the speed limit is going to make all the difference.

VIDEO:
Mistakes



Well, it could, but not in the way you might think: If you get a ticket, your insurance costs could go up and your cash could go down! And if you crash, you could cut your face, break your bones, mess up your brain — or worse. Driving two miles to school, you'll save one minute if you go 40 mph instead of 30 mph. What's a minute worth?

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It's closer than you think

The faster you drive, the less time and distance you have to react. And by the time you're able to step on the brake — about one second for most drivers — you've gone a lot farther at 75 mph than you would at 55 mph. It could take even longer, depending on your car, the road and the weather.

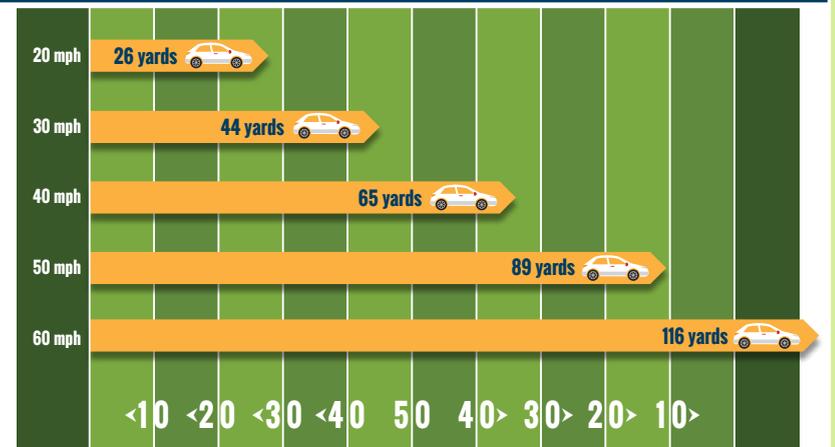
Beware the force

Speed also increases the force of impact if you crash.

Think of speeding as going too fast to stop in time to avoid a crash. Slow down, back off and stay alert!

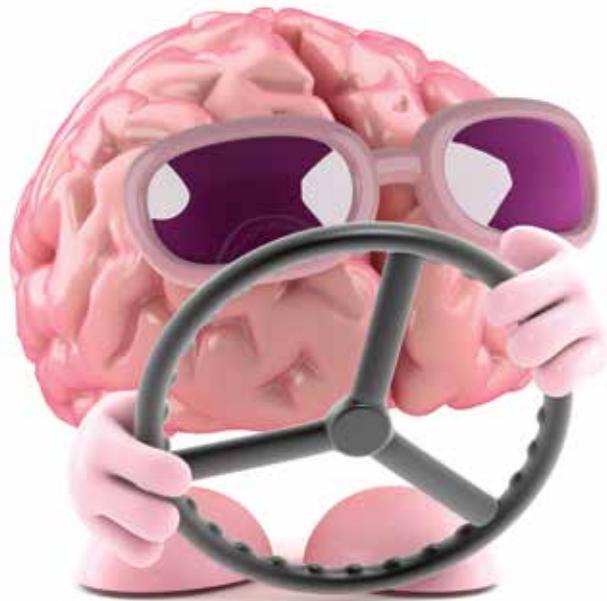
Speeding isn't just about driving over the posted limit; it's also about travelling too fast for the conditions — rain, snow, darkness. Did you know you can get a citation for driving too fast in poor weather even if you're not going over the speed limit? It takes a lot of practice to learn how to adjust speed for weather, the road and the actions of other drivers.

How Long Does It Take to Stop?



This graphic is a general guide, showing average stopping distances on smooth, dry pavement with a clear path ahead. In addition to road surface and weather, the distance for each speed will depend on your attention, and the size and condition of your vehicle.

Source: AAA Driver Training Programs



Q: What's a distraction?
A: Anything that takes your attention away from driving!

DISTRACTION CAN BE:

Visual: eyes off the road

Manual: hands off the wheel

Mental: mind off the task of driving

VIDEO:
#justdrive



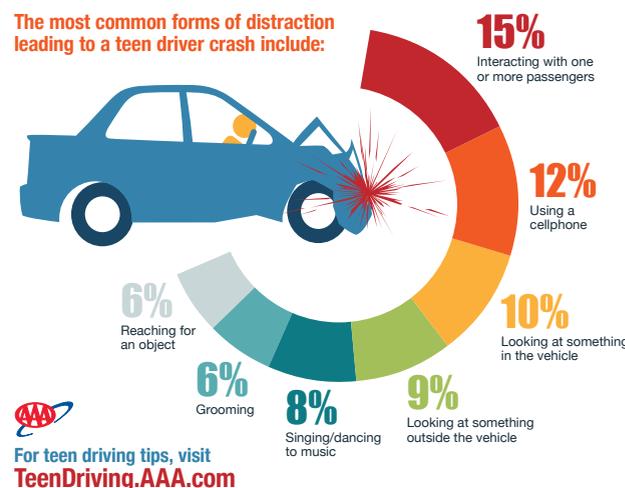
**Eyes on the Road.
 Hands on the Wheel.
 Mind on Driving.**

Distractions slow us down — we don't see, process or react as quickly. Young drivers are at greatest risk.

What can you do?

- ▶ Before you go, plan your route (and comb your hair, brush your teeth, pluck your eyebrows, etc.).
- ▶ Turn off your cell phone.
- ▶ Preset climate control and music. Know where to find the wipers, lights and signals.
- ▶ Buckle up and make sure everyone else does, too.
- ▶ Avoid emotional or complex conversations — they can wait.
- ▶ Limit the number of passengers — they increase your chance of crashing.

6 OUT OF 10 teen crashes involve driver distraction.



Word Find

DISTRACTION INFRACTIONS

Q V K M P N G M D D S Z Q
 R T I L X M X R Z E Y L T
 Z M T N C H A T I X P Y N
 C K Z L A O D R J M E T N
 K Q H B B T F L D Q E E R
 L K T L M H T N N H L C W
 C Q L P C G P E U C S H D
 B I P N L P X R N J L N W
 B D E T H S R Z P T Q O T
 K R J G X I K F N V I L X
 F R H M E E C F I D O O Q
 X M P D X R T B P Q T G N
 T A L O C Z T R M F Q Y N

Find these frequent driver distractions in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

- BFF
- billboard
- chat
- cola
- Fido
- french fries
- GPS
- hurried
- inattention
- sleepy
- technology
- text

Answers on page 15

What to do if you get pulled over

Pull over to the closest open shoulder (left or right side), safely and quickly. Be sure to signal your lane change.

After stopping, don't reach for anything. Place your hands on the steering wheel. The officer approaching you wants to see your hands.

Wait for the officer to come to you — stay in your vehicle.

Passengers should also stay in the vehicle with their hands visible.

It's OK to disagree but the roadside is not the place to do it — court is.

You can ask questions; have a dialogue that is open but respectful.

When the stop is done, use the shoulder of the road to gain speed before merging back onto the roadway. Signal your re-entry.



Are You OK to Drive?

Impaired driving isn't just about alcohol. Prescription painkillers and other meds, cough medicine, marijuana, heroin, inhalants, cocaine, synthetic drugs — all of these can mess up the abilities you need most when you drive: judgment, attention, vision and reaction time. And judgment is the first to go!

Did you know?

Fewer people are driving drunk, but drugged driving is increasing. People may mix prescription and over-the-counter drugs, or drugs and alcohol, without realizing the danger. But these combinations can kill.

So:

- ▶ Don't drive impaired.
- ▶ Check meds for possible side effects.
- ▶ Make sure you're well rested before long drives, especially in the dark. Take frequent breaks to help stay alert.

Don't ride with a driver who's been drinking or is high. Call your parents for help. It's a safe bet that they'd rather get a call from you asking for a ride home from a party than from a police officer telling them you've been hurt in a crash.

Impaired drivers: how can you tell?

- ▶ Weaving, swerving or straddling the center line.
- ▶ Driving on the wrong side of the road.
- ▶ Driving at a very slow or very fast speed.
- ▶ Stopping for no reason or braking irregularly.
- ▶ Turning abruptly or responding slowly to traffic signals.

If you see one or more of these, pull over and call 9-1-1 to alert law enforcement that there's an unsafe driver on the road.



**19 hours without sleep =
.10 blood alcohol level (BAC)**

—University of New South Wales

VIDEO:

Teens Talk: What is Impaired Driving?



Drowsy Driving = Drunk Driving??

Feeling stressed and over-scheduled? Do you get less than 8½ – 9½ hours of sleep each night? Lack of sleep can act like alcohol in affecting your ability to drive.

Drive Safe, Drive Smart!

Why does it matter?

We get in our cars every day to drive, and mostly, we don't really think about it. But if we screw up, the consequences are big:

- ▶ Injuries and scars
- ▶ Death of driver, passenger (family/friends) or someone else on the road
- ▶ Fines
- ▶ Damaged vehicle
- ▶ Higher insurance costs
- ▶ Loss of work, loss of \$\$\$

VIDEO:

Body to Body



How to keep your face from breaking out

One crash, three collisions

- 1 A vehicle crashes into another car, a tree or some other object.
- 2 People in the car who aren't wearing seat belts are thrown against the dashboard, windshield, the back of seats, or other passengers — or out the window.
- 3 Internal organs slam into bone: brain into skull, stomach into spine, lungs into rib cage, heart into breast bone.

Seat belts hold us in place and spread those crash forces over the strongest parts of our bodies. They keep us from being thrown out of the car and crushed if it rolls. Wear your seat belt snug across your hips with the shoulder belt across your chest.

Air bags work with seat belts, helping to prevent injury. You need both!

Airbags activate at about 200 miles per hour in less than one second. That's why drivers should sit at least 10–12 inches away. Hold the steering wheel at 9:00 and 3:00 or 8:00 and 4:00 hand position. If there's a crash, that will help prevent your wrists from being broken by the airbag.

The passenger side airbag is larger and more forceful, so passengers should sit about 22–24 inches away. Keep your feet off the dashboard and put Fido in the back seat (did we mention that airbags deploy at about 200 miles an hour?)

Can You Pass the Vehicle Fit Test?



- The windows** are clean, clear and undamaged.
- I have a clear line of sight** at least three inches above the steering wheel.
- The steering wheel** is no higher than my shoulders. (Need a lift? Raise the seat position with automatic controls, use a seat cushion, or tilt/telescope the steering wheel.)
- My chest** is at least ten inches from the steering wheel/front airbag.
- There's at least two inches** of space between the top of my thighs and the bottom of the steering wheel so I can move between the pedals easily.
- I can reach the gas and brake pedals** easily and depress them completely. (If you're using the tips of your toes, adjust the seat position or use pedal extenders.)

- The head restraint** is high enough to support the center of my head.
 - My seatbelt** is snug against my shoulder and hip bones, and not on my neck and stomach.
- To reduce blind spots, I adjust mirrors so that:**
- The rearview mirror** shows as much of the rear window as possible.
 - The left and right side mirrors** are adjusted to just barely show the sides of my vehicle.

Any time you drive a car that's new to you, check the basics — mirrors, signals, lights, wipers — and special features, before you drive.



Are you ready?

An emergency kit should include:

- Jumper cables
- Cell phone charger
- Tow rope and bungee cord
- Flashlight with extra batteries
- First aid kit
- Emergency reflectors
- Energy bars
- Blanket or sleeping bag

Secure the kit so it won't fly around in a crash. And let's hope you never need it!

Before you go

A breakdown on the road isn't just a nuisance — it can be downright dangerous, so take care of your vehicle:

- ▶ Be sure the basics are checked regularly: oil, gas, fluid levels, headlights. Pay attention to warning lights!
- ▶ Check air pressure at least once a month — under-inflated tires can decrease your control and increase your gas bill.
- ▶ Replace windshield wiper blades yearly or if they are split or leave streaks. Keep windshield fluid full.
- ▶ Check your owner's manual for help with problems.
- ▶ Let people know where you're going, what route you're taking and when you should arrive.

Slip Slidin' Away

Strong winds, rain, slush, snow —

weather makes a difference in how well you can see what's on the road, how well your car responds and how quickly you can stop. It takes time and experience to learn how to drive in bad weather. These tips will help.

Are you ready for the road?

- ▶ Keep the windshield clean (inside and out) and washer fluid levels high.
- ▶ Make sure tires are properly inflated and that you have enough tread depth.
- ▶ Pack an emergency kit.
- ▶ Clear snow, frost and ice off all windows, head and tail lights, hood and roof.
- ▶ Use your headlights, even during the day. It helps other drivers see you better.

Outwit wet weather

- ▶ Slow down — it's probably the single most important thing you can do.
- ▶ Increase your following distance (OK, maybe this ties with slowing down!)
- ▶ Brake steady and easy; it will help you keep control of your car.
- ▶ Don't use your cruise control — it increases the likelihood of hydroplaning.
- ▶ Avoid standing water — it could be deeper than you think.

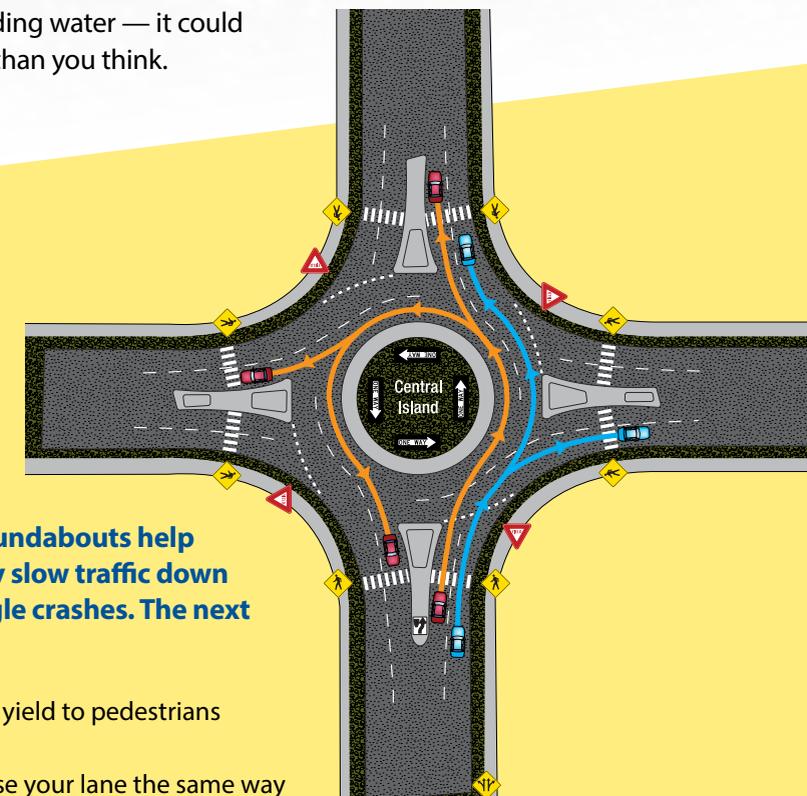
In a skid?

- ▶ If hard braking caused your skid, take your foot off the brake.
- ▶ Ease off the gas.
- ▶ Steer in the direction you want to go. Don't oversteer.
- ▶ When you straighten out, gently increase speed.
- ▶ Stay calm. Overreacting is the surest way to lose control.

The ins and outs of a roundabout

See that roundabout coming up? Don't panic! Roundabouts help you get through an intersection more safely. They slow traffic down and pretty much eliminate head-on and right angle crashes. The next time you approach a roundabout, remember:

- Slow down when you approach a roundabout; always yield to pedestrians and bicyclists.
- If there's more than one lane in the roundabout, choose your lane the same way you would in a typical multi-lane intersection. Use the left lane to turn left, the right lane to turn right, and all lanes to go through, unless signs and pavement markings tell you otherwise.
- To enter the roundabout, yield to vehicles already in it, wait for an open space and pull in.
- Drive in a counter-clockwise direction until you reach your exit. Stay in your lane within the roundabout and use your right-turn signal to indicate you're going to exit.
- Don't stop or pass.
- If an emergency vehicle approaches, exit the roundabout immediately and then pull over.





VIDEO:
See How the Chicken
Crosses the Road



VIDEO:
Be the Voice
of Reason

They're Out There!

It's not just other cars we need to watch out for. Here's what you need to know when you're on the road with:

Motorcyclists

- ▶ Seems obvious, but — *look* for motorcycles.
- ▶ Check your blind spots.
- ▶ Be aware that a motorcycle may seem farther away or moving faster than it actually is.
- ▶ Allow more following distance.

Pedestrians

- ▶ Always yield to pedestrians.
- ▶ Watch for children, especially around schools and playgrounds.
- ▶ Be alert near marked and unmarked crosswalks, and when turning corners.
- ▶ Watch out for people walking out from between parked cars.

Bicyclists

- ▶ Make room — keep at least three feet away from bicyclists when passing them.
- ▶ Watch for bicyclists at driveways, alleys and intersections.
- ▶ Be extra alert in neighborhoods and around schools.

Big trucks

- ▶ Trucks create wind gusts. Keep both hands on the wheel when you pass a truck or it passes you.
- ▶ Leave at least a four-second following distance. If you're stopped behind a truck on a hill, stay back — it may roll back as the driver eases off the brake.
- ▶ Leave space if a trucker is signaling to change lanes.
- ▶ Stay out of the truck's blind spots — front, back, both sides.

It's a Two-Way Street

On a motorcycle or scooter

- Always wear a helmet and protective gear.
- Follow the rules of the road. Assume drivers of cars do not see you.
- Give yourself space. It's tough for drivers to judge your speed properly.

If you're walking

- Cross at intersections or in crosswalks.
- Watch for turning vehicles.
- Try to make eye contact to be sure that drivers see you.
- Make yourself more visible at night by wearing reflective, bright clothing.

If you're biking

- Check your brakes before riding. Always wear a helmet.
- Obey all traffic signs and signals — bicyclists need to follow the same rules as other roadway users.
- Stop, scan for traffic and signal before getting onto a roadway.
- Ride on the right side of the road with traffic, close to the curb.
- Always use lights and reflectors if you ride at night.

Sign Language

Different colors and shapes of traffic signs mean different things. Here's some help to crack the code!

COLORS



White
Regulatory, such as speed limits or no left turn



Red
Used for stop and yield signs



Yellow
Warning, like railroad crossing signs



Orange
Temporary traffic control such as around road construction



Fluorescent Green
Alerts to school zones, pedestrians and bikes



Green with White Letters
Directions and distance

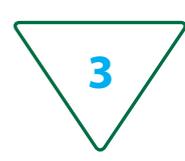
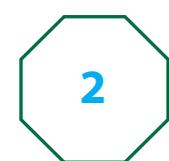


Blue
Information signs, alerting you to rest areas, hospitals, campgrounds, etc.



Brown
Guidance to recreation or cultural sites

SHAPES



- 1. Long Rectangles** = traffic regulations
- 2. Octagons** = stop
- 3. Inverted Triangles** = yield
- 4. Diamonds** = warning
- 5. Wide Rectangles** = guidance, directions, distance
- 6. Pentagons** = school crosswalk

Move Over!

It's the law! Move over (if it's safe to do so) or slow down for emergency vehicles — police cars, fire trucks, ambulances, tow trucks, etc. — stopped alongside the road.

But what if they're approaching you in traffic from the front or rear? You're required to pull over and slow down or stop. You never know where that vehicle is heading, so don't block roadways or driveways when you pull over.

At a crowded intersection, move with the other vehicles so you can make a path. If no one is moving, stay put—the emergency vehicle will go around. The key is, let them get through.



Fender Bender! Now What?



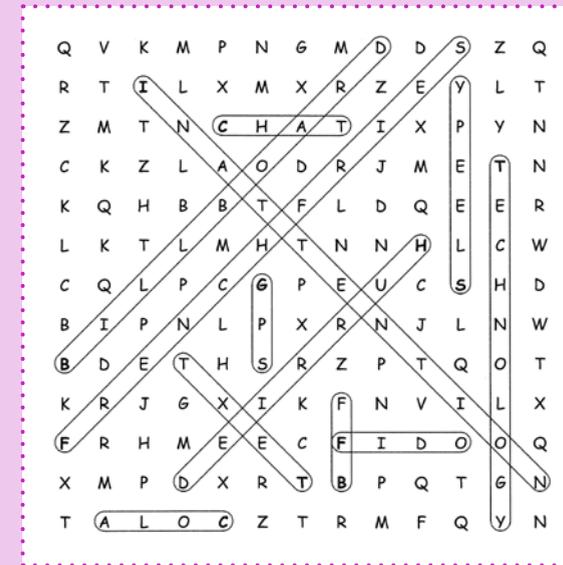
What if, despite your very best efforts to drive safely, you're involved in a crash? What do you do?

The most important thing to remember: Take steps to protect yourself — and others — from any additional risk.

- ▶ Stay calm. Getting upset in a situation that's already tense won't solve anything.
- ▶ Move out of the roadway if you can. You don't need to leave the vehicles where they are. The police will be able to figure out what happened.
- ▶ Find out if anyone is hurt so when you call 9-1-1 you can tell them if an ambulance is needed.
- ▶ In some circumstances, the police may tell you to simply exchange information with the other driver. Let law enforcement make that decision, not the other driver.
- ▶ If witnesses stop but won't wait, get their names and contact information to give to the police.
- ▶ Don't discuss the crash with anyone. Wait for the officer to arrive.

The key is to stay safe. If you don't feel safe, stay in your vehicle while you wait, as long as you're out of harm's way. If the other driver tries to leave, don't try to stop them. Get their description and license plate number and provide it to the police.

Distraction Infractions Word Find Answers (page 5)



Answers for Spot the Hazard (page 7)

We found 15 hazards. You might have found more.

- Bicyclist is running a red light, wearing headphones and not wearing a helmet (three hazards in one!)
- Vehicle next to left-turning truck is in the truck driver's blind spot.
- Child is running out between parked cars.
- Driver on hill is following the car ahead too closely.
- Dog is running across the street.
- Driver in full-blown road rage and not wearing seat belt.
- Driver doesn't see motorcyclist.
- Distracted driver on cell phone and drinking coffee, no seat belt and feet off the pedals (four hazards).
- Car coming out of tunnel ran the red light to turn left.

More Videos

Distorted Driving

- ▶ **Teens Talk: What is Distracted Driving?**
<http://bit.ly/1JgLfEF>
- ▶ **Distracted Driving**
<http://bit.ly/22dMvgh>
- ▶ **Liz Marks Texting and Driving Story**
<http://bit.ly/1n07JsM>

Distorted Walking

- ▶ **Gary on the Street: Teen Distracted Walking**
<http://bit.ly/144h6TT>
- ▶ **Distracted Walking (Southfield High School)**
<http://bit.ly/1OARfm0>

Seat Belt

- ▶ **Embrace Life: Always Wear Your Seat Belt**
<http://bit.ly/1g4BQJ9>

Bicycles

- ▶ **Fitting a Bike Helmet**
<http://1.usa.gov/1Mlm0d8>
- ▶ **Driving Safely Around Pedestrians and Bicyclists**
<http://bit.ly/1JgLJU3>
- ▶ **Share the Road (bike safety)**
<http://bit.ly/1NXk2Fi>

TRAFFIC SAFETY WEBSITES

- ▶ teendriving.AAA.com
- ▶ drivinglaws.AAA.com
- ▶ exchange.AAA.com
- ▶ AAA.com/Foundation

Practice, Practice, Practice!

Whether it's a sport, a musical instrument, a video game – or driving – we get better the more we practice.

Get as much experience as you can with a parent or other adult driver along for the ride. Pace yourself and gradually try more difficult conditions. It will make a huge difference in your skills and safety to practice driving:

- ▶ **On different road types:** highways, city streets, country roads
- ▶ **In different weather conditions:** sun, wind, rain, fog, ice, snow
- ▶ **After dark**
- ▶ **In heavy traffic**
- ▶ **In combinations of the above:** on a highway in the dark, with windy, wet conditions

On the Move! is a publication of the Auto Club Group Traffic Safety Foundation and the Minnesota Safety Council.

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**Practice,
drive safe,
drive smart, and
get there –
safely!**



**EXPECT
SOMETHING
MORE™**

TeenDriving.AAA.com

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