



R8: A Comprehensive Program to Help Parents of New Drivers in North Carolina

Arthur Goodwin
UNC Highway Safety Research Center

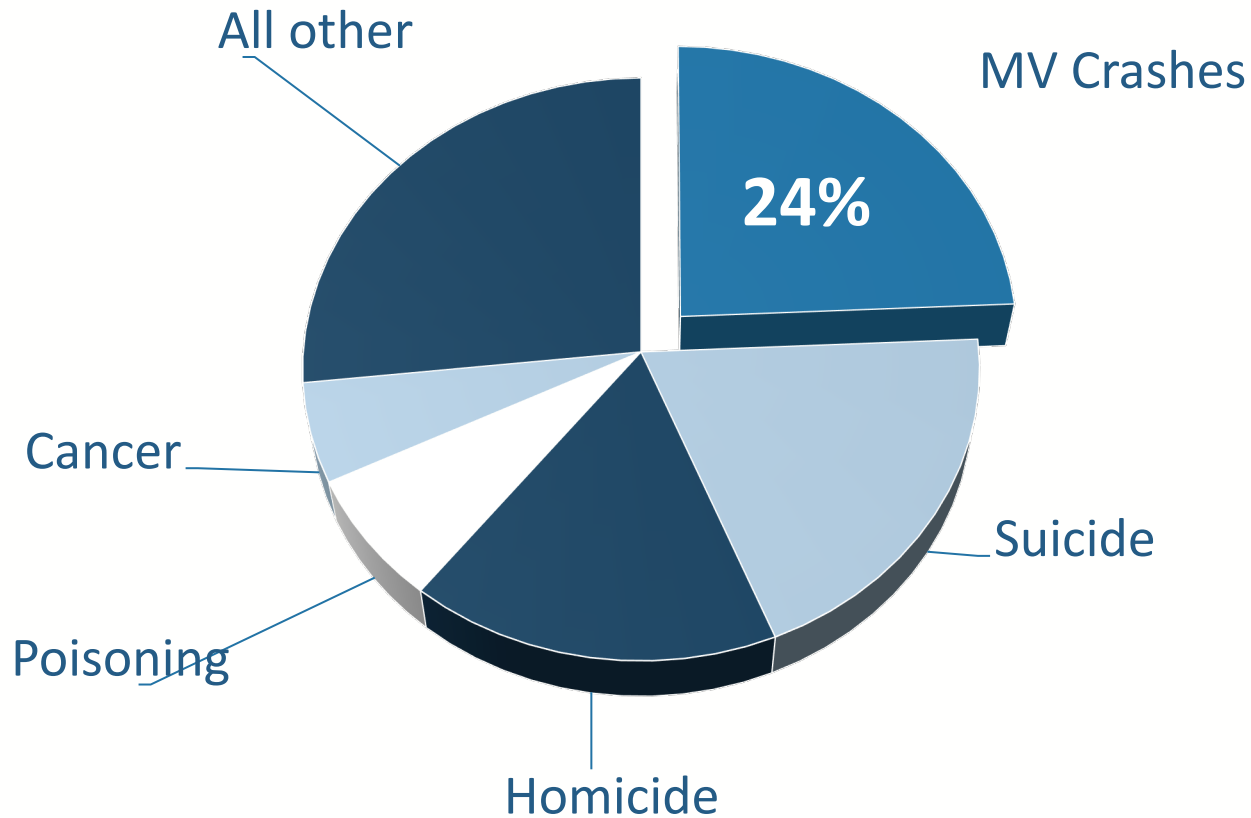
Teen drivers: Reckless or wreckless?

NC teen drivers:

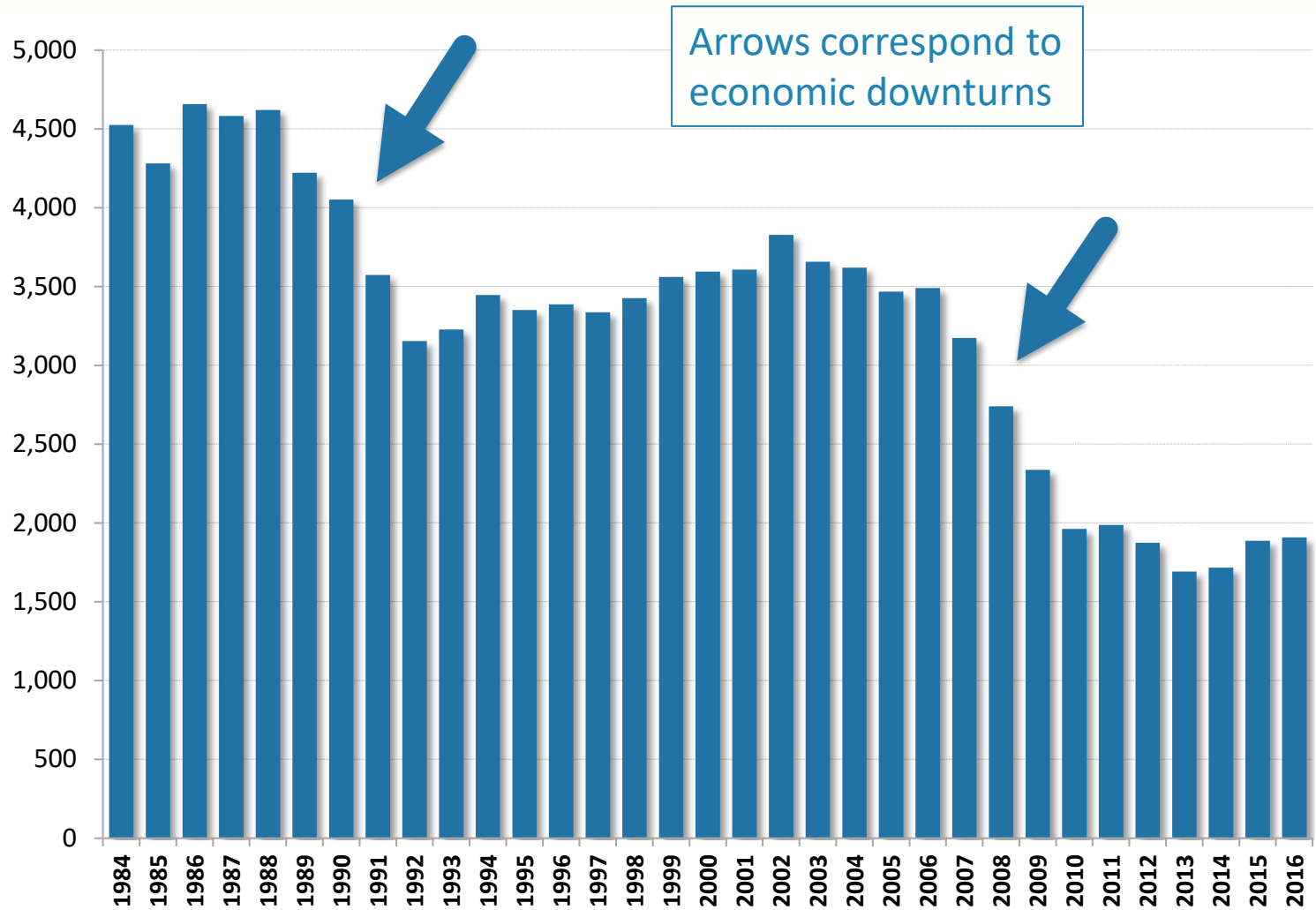
- 85% never involved in injury crash
- 60% never have reportable crash



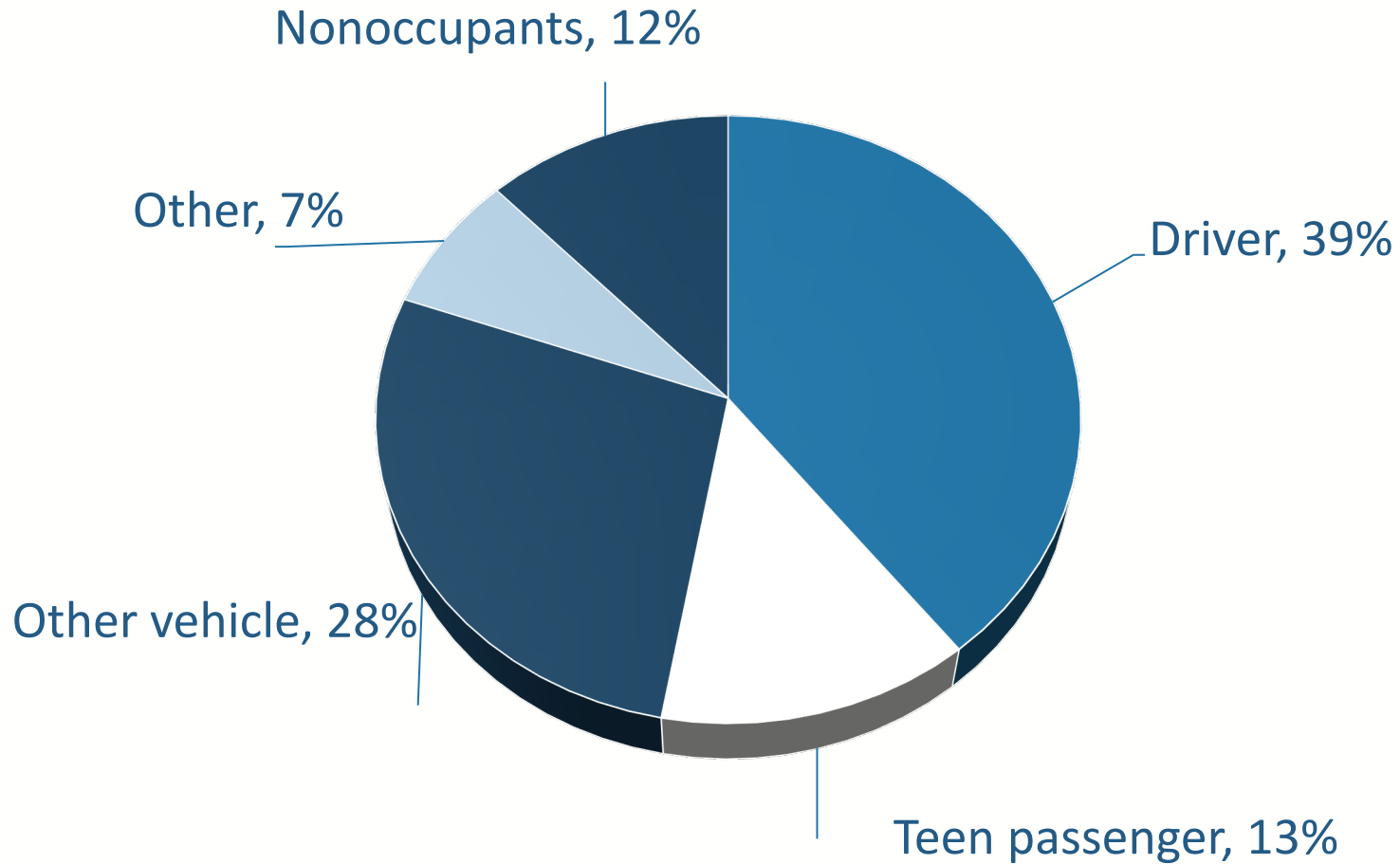
MV crashes are a leading cause of death for teens (ages 15-19)



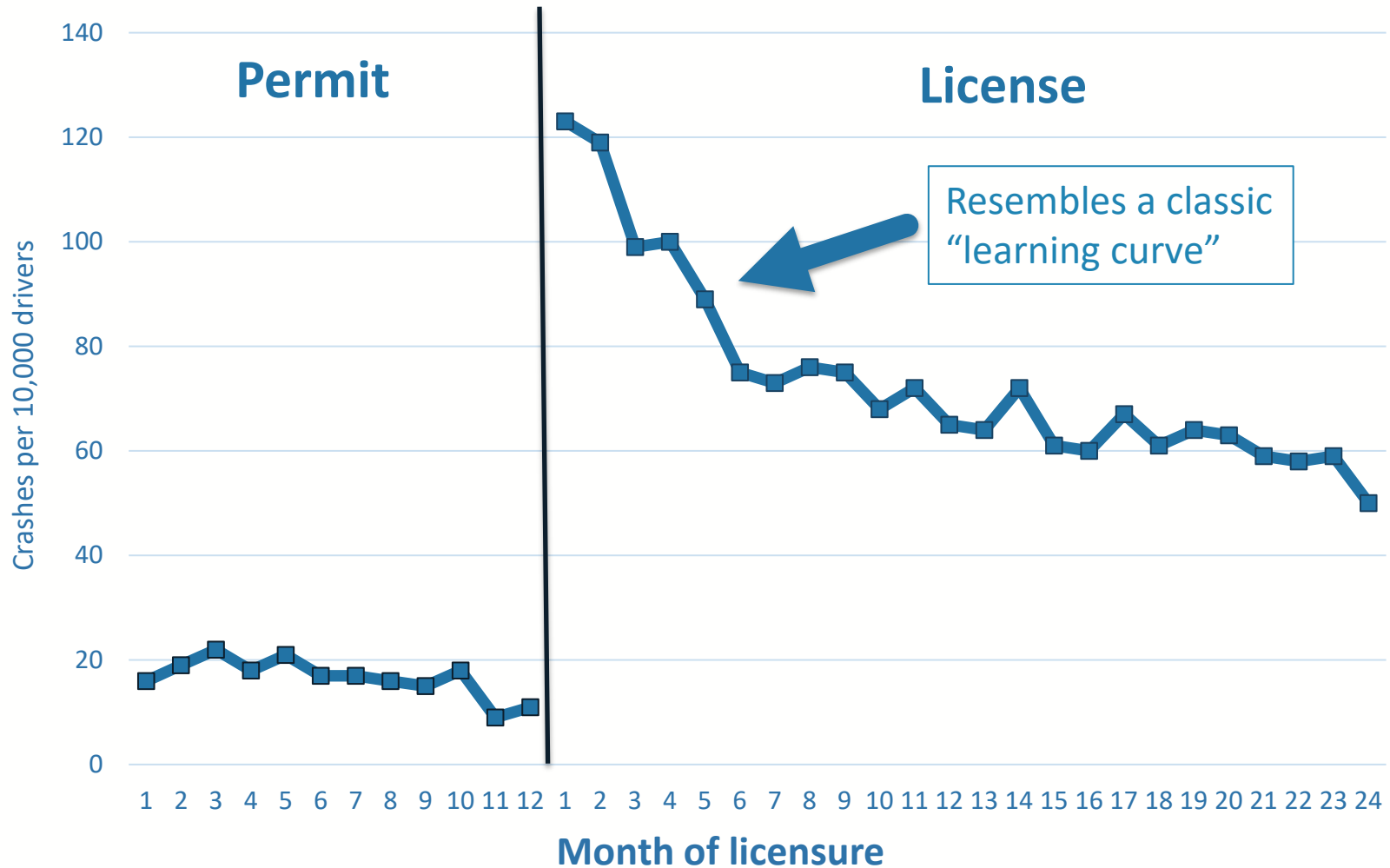
Teen driver fatalities are dropping in the U.S.



Victim in a teen driver fatal crash is not always the driver



Most crashes of newly licensed drivers are the result of inexperience



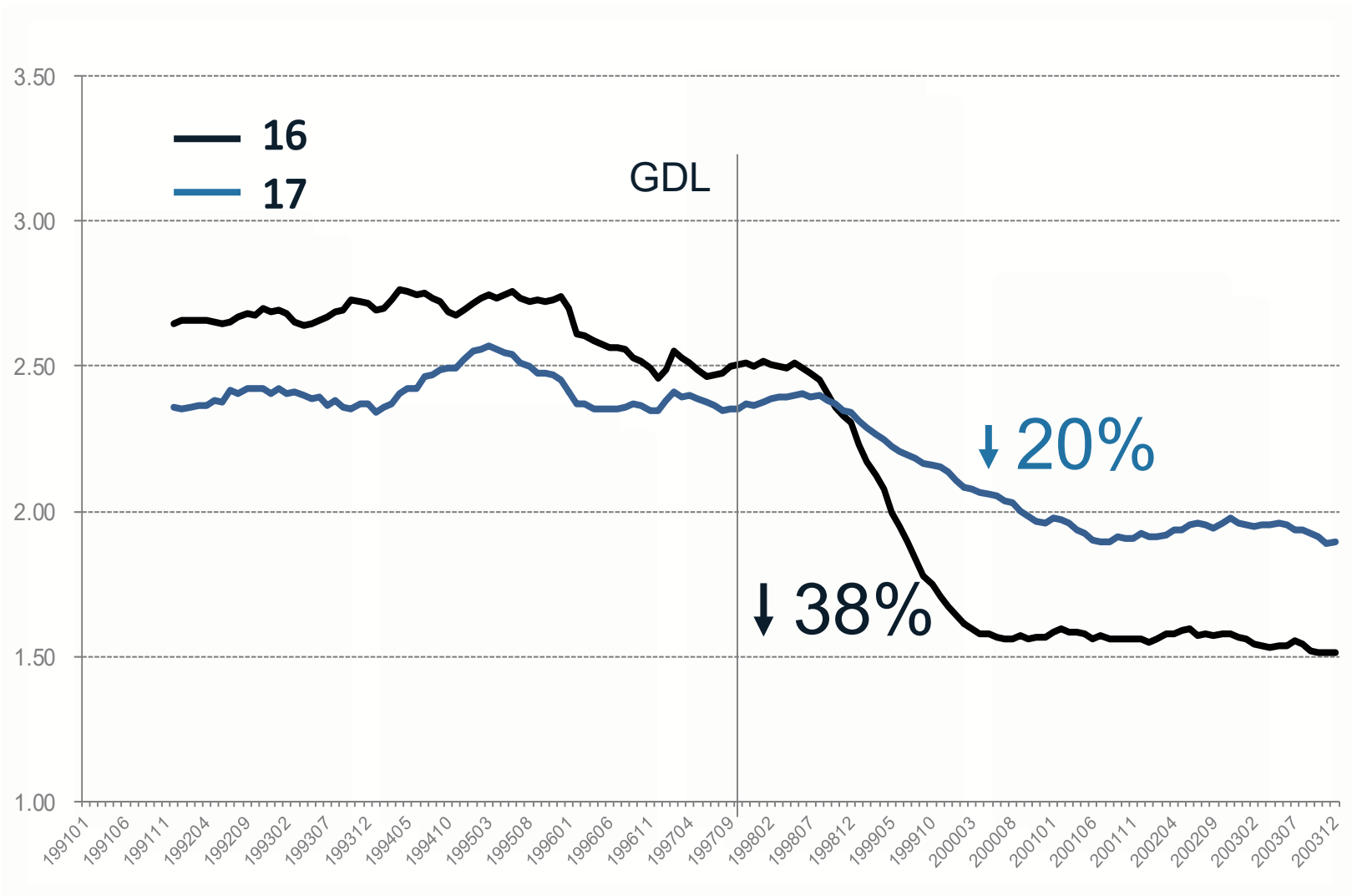
Graduated Driver Licensing (GDL)

Principles:

- 1) Ensure teens get lots of driving experience
- 2) Reduce exposure to high-risk settings (nighttime, teen passengers, cell phones)



Large crash reductions from GDL in North Carolina



What next?

Education & awareness raising

- Rarely influences behavior



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Scare tactics

- May increase risky behavior (reactance theory)



What next?

Education & awareness raising

- Rarely influences behavior

Scare tactics

- May increase risky behavior

Advanced driver training

- May increase crashes (overconfidence)



A different approach → Helping parents of novice drivers

Parents have a big role:

- Supervise teens for 6-12 months
- Enforce GDL restrictions
- Help choose a vehicle
- Help decide timing of licensure



How can we help parents?

Most states distribute booklets/brochures



50% end up here...

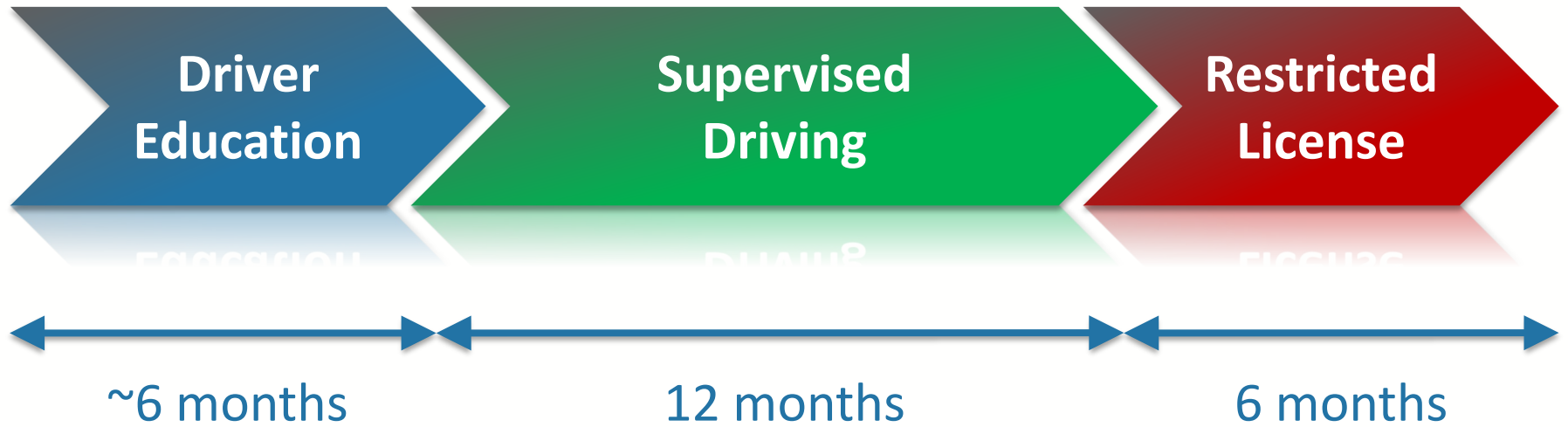


Need a *comprehensive* program for parents

Why comprehensive?

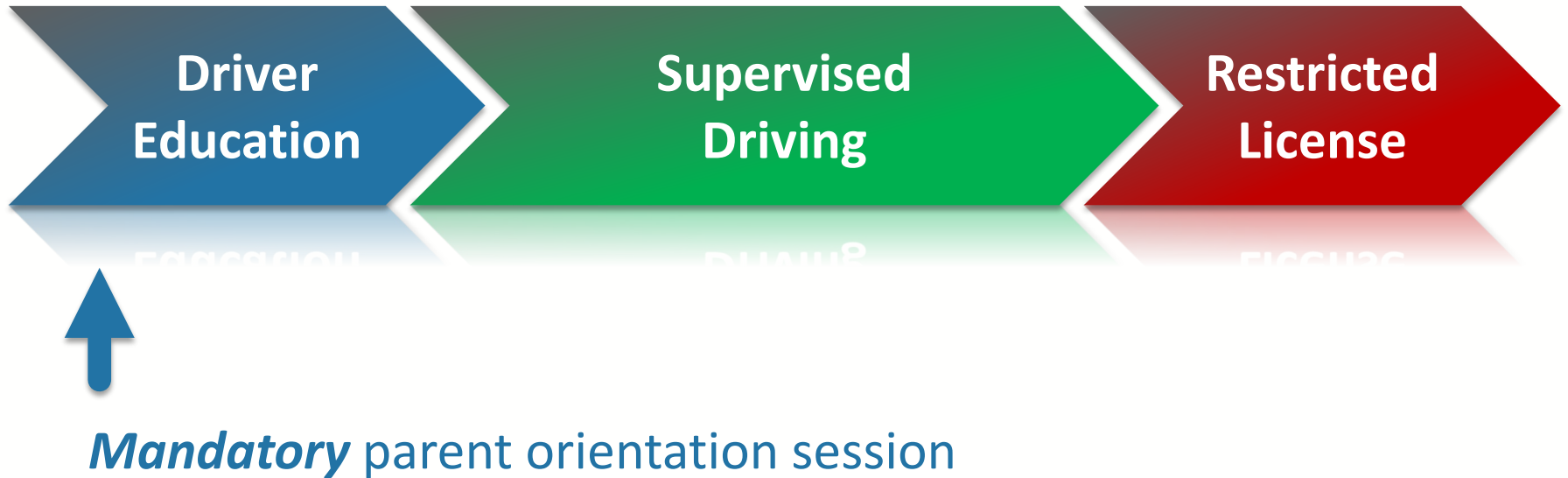
- One shot programs rarely work
- GDL is a long process
- Parents need different help at different points in the process

GDL in North Carolina



2 years!

Driver education



The parent orientation session was informed by our earlier UNC Parent-Teen Study

The UNC Parent-Teen Study examined how parents teach their teen to drive

- 50 families
- Parent interviews throughout the supervised driving period
- Cameras inside cars (“DriveCams”)



What we learned about parent supervision

The Good:

- Parents staying calm
- Paying close attention
- Keeping it safe (helped to prevent crashes)

The Bad:

- Teens not driving much
- Not much variety to practice
- Parents mostly just passengers
- Little focus on higher-order driving skills

Time to Drive parent orientation session

Focused – three primary goals:

- Increase amount/diversity of practice
- Improve parent communication, especially regarding higher-order driving skills
- Encourage safe vehicle selection

Engaging – discussion, activities, problem solving, viewing real-life video clips of supervised driving

Small groups



Time to Drive parent orientation session

Initial evaluation:

- Johnston County, NC
 - Parent session already required in driver education
- Random assignment (517 parents)
 - Existing DE parent session
 - *Time to Drive*
- Measures:
 - Short-term opinions (e.g., questionnaires)
 - Longer-term behavior (e.g., parent/teen interviews)

Time to Drive evaluation

Understanding of how to supervise a new driver after participation in the *Time to Drive* session

I feel prepared to supervise my teen's driving	100%
Confident I know how to talk with my teen about driving	95%
Have a plan for how to start supervising my teen	94%
Understand why practicing in lots of situations is important	99%
Understand what my teen needs to know to be a safe driver	100%

Time to Drive evaluation

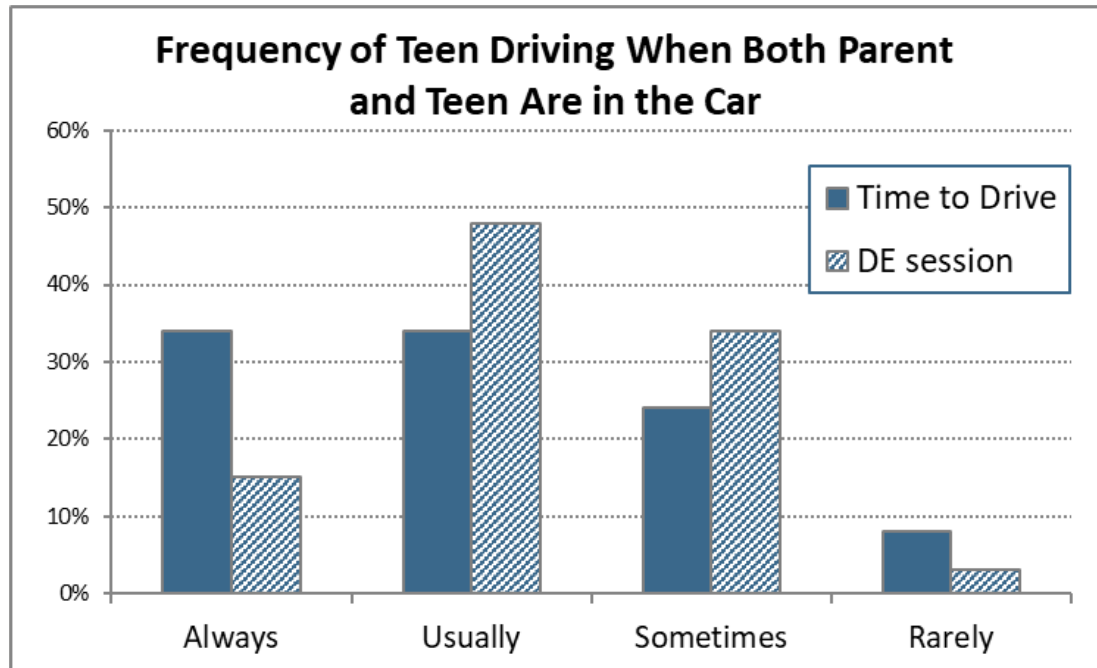
Parent-teen communication (based on teen interviews)

	Time to Drive	DE session	Somers' D
I wish my [Mom/Dad] would stop trying to tell me so much while I'm driving			
Agree	37%	66%	D=.297
Disagree	61%	34%	p < .01
My [Mom/Dad] yells at me while I'm driving			
Agree	8%	28%	D=.180
Disagree	92%	72%	p = .07
When I'm driving, my [Mom/Dad] tells me ahead of time what I need to do			
Agree	89%	47%	D=.193
Disagree	11%	53%	p < .05

Time to Drive evaluation

Driving practice

- Few differences between groups

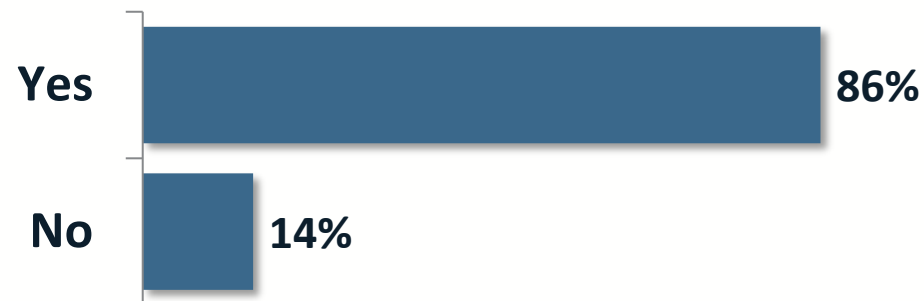


Time to Drive evaluation

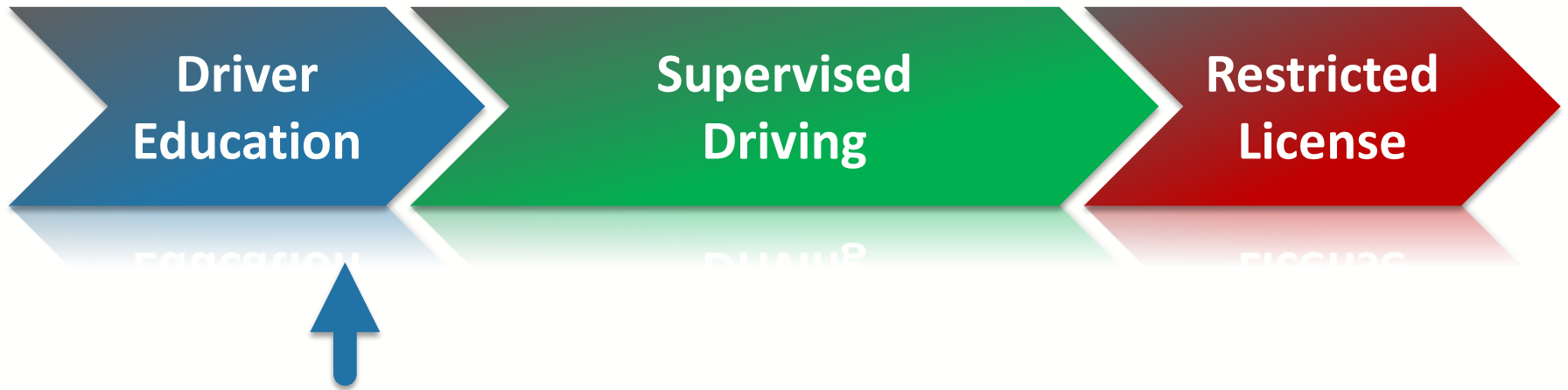
Recommend parents of new drivers attend a meeting like this?



Should this type of meeting be **required** for all parents of new drivers?



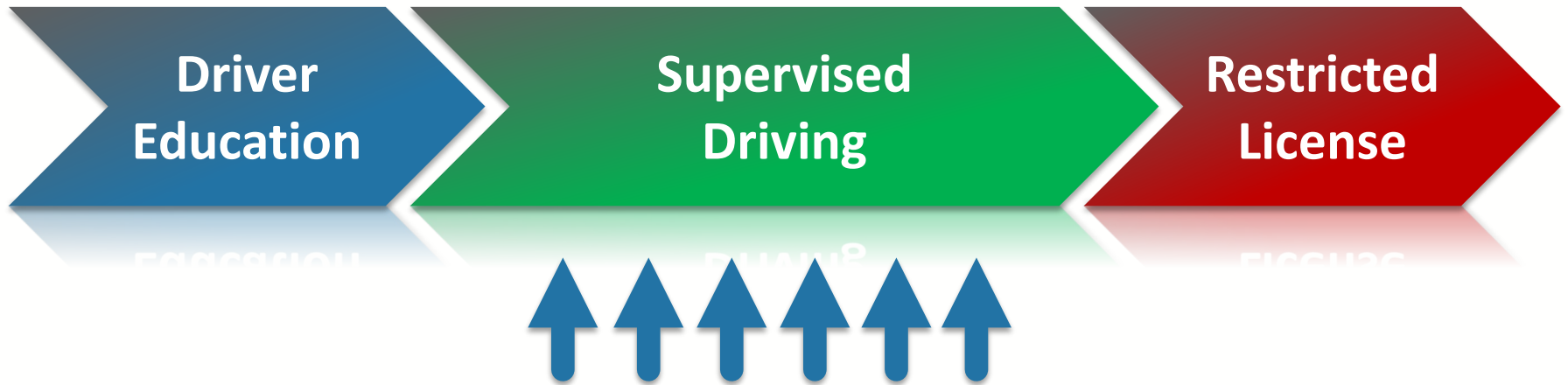
Driver education



End of course debriefing

- Assessment of teen's strengths/weaknesses
- Remind parents of key points

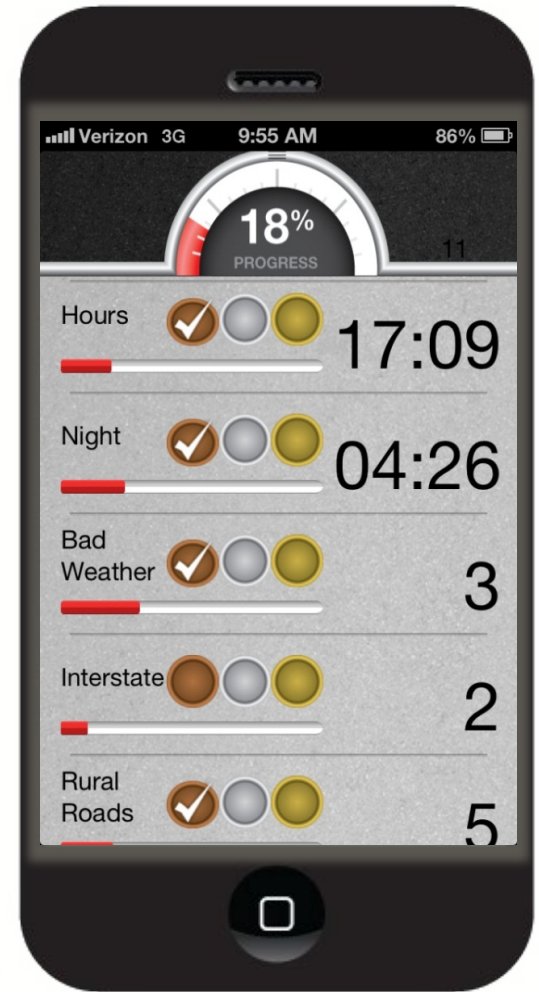
Supervised driving



Continue to provide support/encouragement

- smartphone app

Time to Drive smartphone app



Supervised driving



How to know when the teen is ready to drive unsupervised

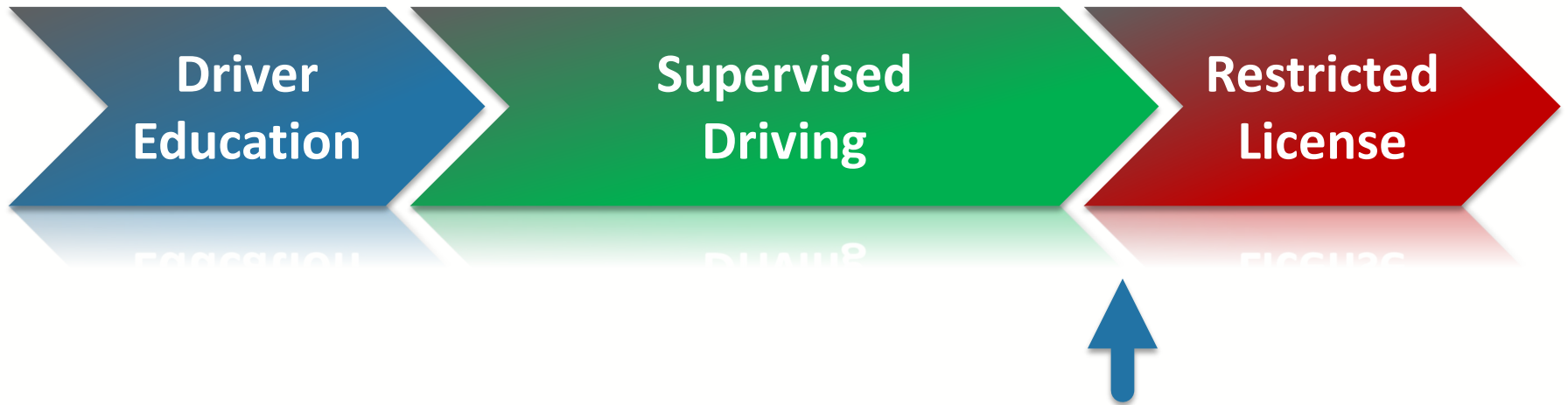
Readiness to Drive worksheet

Helps parents identify when and where teens need more practice

Right now, how comfortable would you be with your teen doing the following without you in the car...

Examples of harder situations/actions (teens with a few months experience)	Not at all comfortable			Very comfortable	
Drive safely around pedestrians	1	2	3	4	5
Turn left across one lane of traffic	1	2	3	4	5
Pass a bicyclist safely	1	2	3	4	5
Drive in light rain	1	2	3	4	5
Drive on a narrow country road	1	2	3	4	5
Drive in a construction zone	1	2	3	4	5
Merge onto an Interstate highway	1	2	3	4	5

Restricted license



Transition to unsupervised driving

- driving agreement
- enforcing night/psgr restrictions
- choosing a safe vehicle

Choosing a safe vehicle

Research shows:

- Teens tend to drive older, smaller vehicles
- Safety is seldom considered



Choosing a safe vehicle

Safest teen vehicles:

- Low horsepower
- Bigger/heavier
- Side/curtain airbags
- ESC and antilock brakes
- Advanced crash detection/warning
- Have the best safety ratings

Safer Vehicles

- **IIHS recommended vehicles:**
www.iihs.org/iihs/ratings/vehicles-for-teens

BEST CHOICES: recommended used vehicles for teens starting under \$20,000

Vehicles on this list earn good ratings in the IIHS moderate overlap front, side, roof strength and head restraint tests and good or acceptable ratings in the driver-side small overlap front test. If rated by NHTSA, they earn 4 or 5 stars overall or 4 or 5 stars in the front and side tests under the old rating scheme. All come with standard ESC.

All listed vehicles start under \$20,000. Prices, provided by [Kelley Blue Book](#) and rounded to the nearest \$100, are from March 1, 2017, for the lowest trim level and earliest applicable model year. The estimates are based on the following criteria: vehicle in good condition, typical mileage and private party purchase in Arlington, Va.

Note: Some listed models include a "built after" date. This applies when a manufacturer makes changes to improve safety in the middle of a model year. Information about when a specific vehicle was manufactured can be found on the certification label typically affixed to the driver door or near it.

LARGE CARS	MODEL YEARS	PRICE
Volvo S80	2007 and newer	\$4,000
Toyota Avalon	2015 and newer	\$18,800
Infiniti M37/M56/Q70	2013 and newer	\$19,800

Next steps for the program

- Revise *Time to Drive* based on evaluation results
- Update the app
- Finalize materials
- Work with DMV, the Child Fatality Task Force and other agencies in North Carolina to test and potentially implement

For more information:

Arthur Goodwin
arthur_goodwin@unc.edu
(919) 843-5038