



A MINUTE OF HEALTH WITH CDC

Guiding Teen Drivers

National Teen Driver Safety Week — October 16–24, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Motor vehicle crashes are the leading cause of death among teens. Inexperience is the biggest contributor, but there are other dangers, such as driving with teen passengers, nighttime driving, not using seat belts, and impaired and distracted driving. Graduated driver licensing programs have reduced the number of fatal crashes, but parent-imposed limits have the biggest influence. Parents—model safe driving habits and make sure your teen has plenty of practice driving with you. Talk with your teen about driving dangers and use a parent-teen driving agreement. Parents are the key to keeping new drivers safe.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.