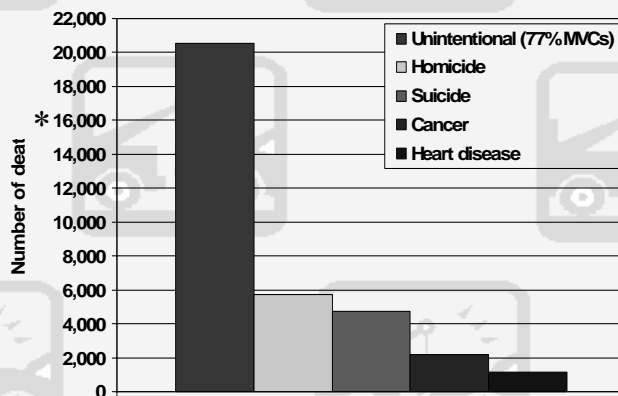


Increasing Parent Involvement in Teen Driving

Jessica Hartos, PhD
Asst Professor, Dept of Health Behavior & Administration
UNC Charlotte



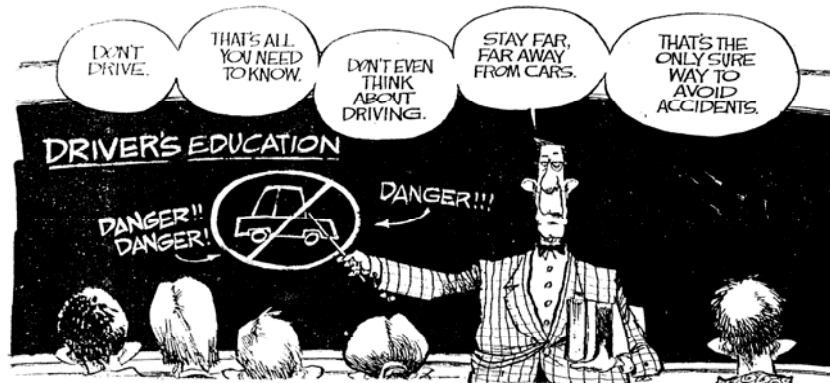
Leading Causes of Death for Ages 15-19



WISQARS, National data, 2000-2002



How Best to Increase Teen Driver Safety?



BY JIM BORGMAN FOR THE CINCINNATI ENQUIRER

IF WE TAUGHT DRIVER'S ED THE WAY WE TEACH SEX ED.....



Teen Driving Dilemma

- *Teens need A LOT of driving experience but more driving increases risk*
- Solution
 - Teens should drive under less dangerous conditions
 - Supervised driving
 - Low-risk driving conditions
- Countermeasures
 - Driver's education
 - Teach operator skills and laws
 - Graduated driver licensing (GDL)
 - Delay licensure, increase supervised driving, and restrict night driving
 - Parental influence
 - Can do all of the above
 - Needed to support and reinforce the above



Parents of Teen Drivers

- Ambivalent about teen driving
- Underestimate driving risks
- Don't understand harm reduction
- Favor GDL restrictions
- Difficult to reach
- Vary in level of involvement
- Susceptible to persuasion

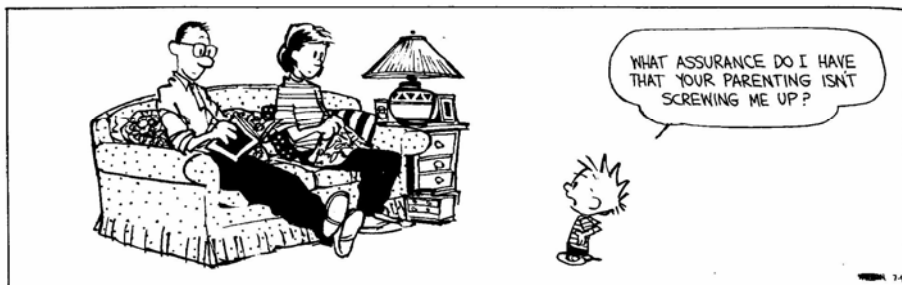
Parents agree!

Using the Checkpoints Parent-Teen Driving Agreement helps manage teen driving. This newsletter and the newsletters you will receive over the next 6 months will explain how other Checkpoints parents have dealt with challenges in managing teen driving.



Parent Involvement

Calvin and Hobbes





Checkpoints Program

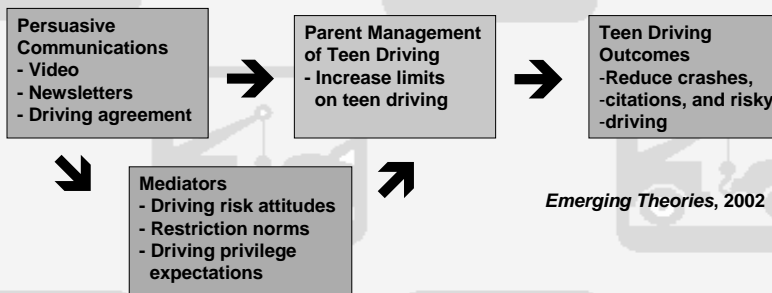
- Goal
 - Increase parent limits on teen high-risk driving to reduce teen driving risk
- Changing family dynamics is not an option, but we can INCREASE...
 - Positive parent-child interactions related to teen driving
 - Parent reinforcement of appropriate behavior
 - Parent establishment and communication of clear limits
 - Parent application of consistent consequences
- Theory-based
 - Social Learning Theory
 - Change attitudes, norms, & expectations (“culture”)
 - Authoritative Parenting
 - Parents should be responsive & demanding
 - Persuasive Communications
 - Make information tailored, timed, & relevant

Emerging Theories, 2002; Inj Prev, 2002



Checkpoints Program

Intervention



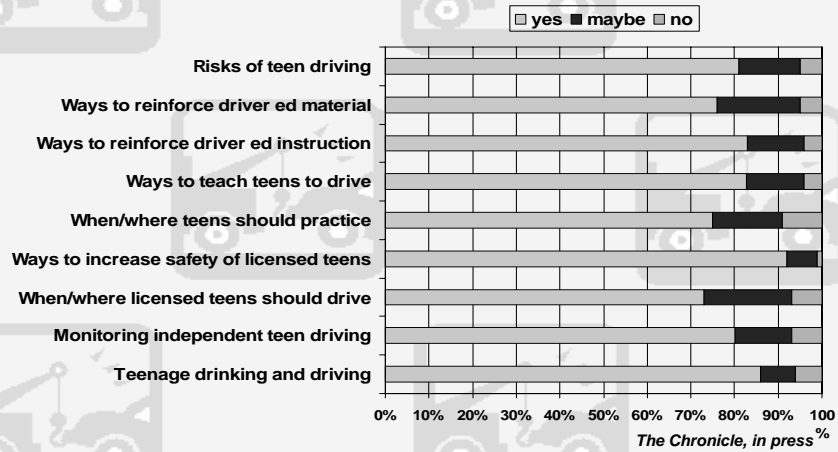
Emerging Theories, 2002

Evaluations

- CT impact trial, n=452 dyads (NICHD/PRG)
 - Recruited at permit and randomized; Surveys at baseline, license, 3m, 6m (teens) and 12m
- MD impact trial, n=658 dyads (NICHD/Ken Beck, U of MD)
 - Recruited at provisional license and randomized; Surveys at baseline, 1m, 4m, and 9m
- CT outcome trial, n=4295 dyads (NICHD/PRG)
 - Recruited at permit and randomized; Surveys at baseline, license, 3m, 6m (teens) and 12m



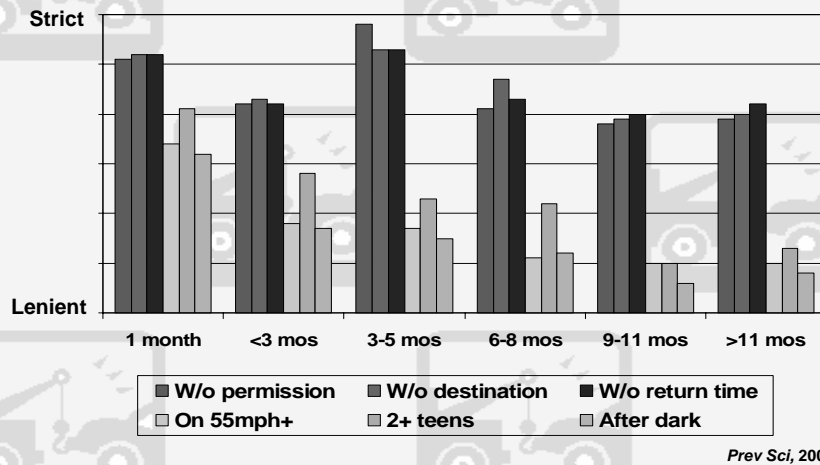
Findings: Parents are Interested



- Parents want information, parent intentions are good, we recruit almost 90% of eligible families and retain 2/3 over 9-12 months



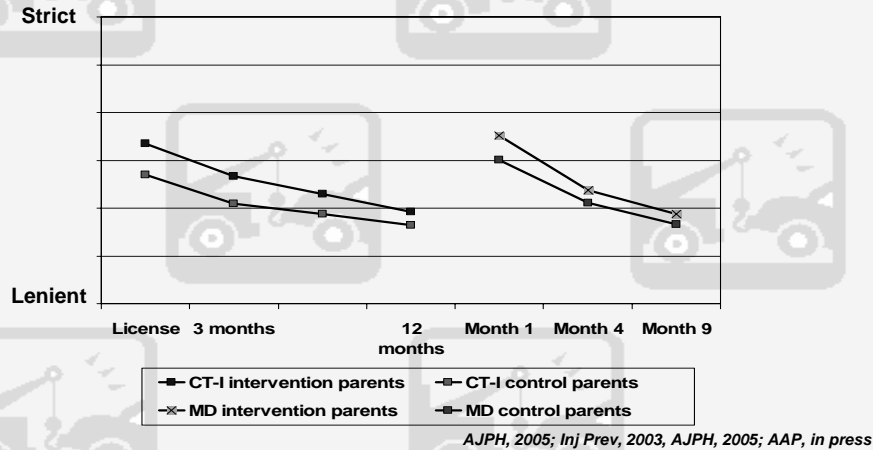
Findings: Initial Parent Limits are KEY



- Initial limits are most strict and decline over the first months, and high-risk conditions are least restricted



Findings: Parents Limits Can be Influenced

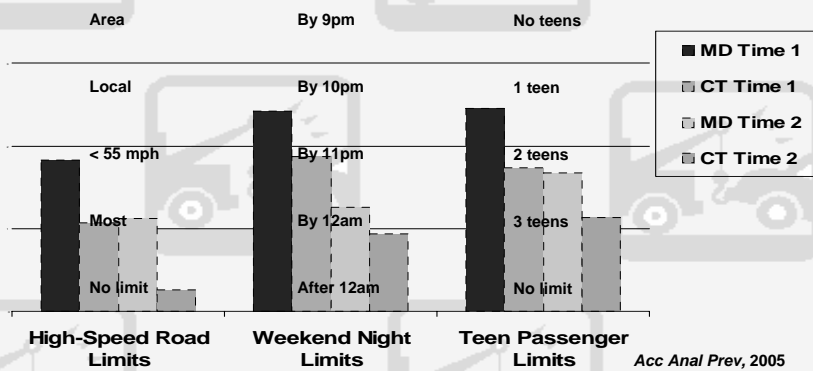


AJPH, 2005; Inj Prev, 2003, AJPH, 2005; AAP, in press

- Parent-imposed overall limits are stricter in intervention groups, and so are parent limits on teen passengers, high speed roads, and nighttime driving



Findings: Obtain Stricter Parent Limits in GDL State



Acc Anal Prev, 2005

- Parent place stricter limits (adjusted for demos and state) on teen driving in GDL state



Findings: Parent Limits are Related to Teen Driving Risk

Moving Violations

- License limits / 3-mo outcome
 - 1.39X more Teen passengers (1+ teens vs. 0 teens)
 - 2.22X more Nighttime driving (after 9 pm vs. by 9 pm)
 - 1.68X more High-speed roads (other vs. area only)
- 3-mo limits / 6-mo outcome
 - 1.44X more Teen passengers (2+ teens vs. 1 teens)
 - 2.02X more Nighttime driving (after 10 pm vs. by 10 pm)
 - 1.68X more High-speed roads (other vs. area only)

Crashes

- License limits / 3-mo outcome
 - 1.34X more Teen passengers (1+ teens vs. 0 teens)
- 3-mo limits / 6-mo outcome
 - 1.48X more Nighttime driving (after 10 pm vs. by 10 pm)

Traffic Injury Prevention, in press

- Parents who reported limits less strict than recommended limits had teens who reported 1.39-2.22X more tickets and crashes



Implications

- Families are interested
- Parent involvement is needed before teenagers gain independent driving privileges
 - Initial limits are key!
- Persuasive education can increase parent limits
- Parent limits are greater when state supports teen driving limits
- Parent involvement is related inversely to teen driving risk
- ▶ Integrating parent involvement into driver education and/or state licensing systems should increase teen driver safety

HEB, 2002; JSR, 2003; AJHE, 2003; HEB, 2003; JSR, 2004; AA&P, 2005; New Dev in PC Relations, 2006



What Can States Do?

- Develop clear policies and practices
 - Have CLEAR guidelines and expectations for teenagers and parents
 - Inform families about “stuff” in a timely manner
- Establish an atmosphere of trust and cooperation
 - Respect parents and communicate that respect
 - Be aware of / sensitive to values and attitudes
 - Make families a part of a “changing teen driving culture”
 - Define a “parent role” in teen driving
- Communicate policies and practices EFFECTIVELY
 - Communicate the above
 - Clearly and succinctly
 - Create materials for parents
 - If any language barriers, have materials translated



Create Parent Materials

- Create or adapt materials for YOUR audience
 - Use appropriate tone and appeal (do NOT be harmful/offensive)
 - Conveniently deliver to parents
- Make materials attractive / eye catching / attention getting
 - Colorful, positive emotional responses, use an identity
 - Make them “not easy to throw away”
- Actual message
 - Clearly define message
 - Short, sweet, and to the point!
 - Start with main point / message
 - Include risks AND benefits or problem AND solution
 - Present target behaviors as:
 - Widely accepted / the right thing to do
 - Relatively easy to carry out / effective if carried out
 - List additional resources for more information
- Example: The Parent Role in Teen Driving and GDL in Montana



