

STAY FOCUSED:

A GUIDE TO KEEPING TEENS ALERT WHILE BEHIND THE WHEEL

WHY USE THIS GUIDE?

Teen drivers are some of the most at-risk for distracted driving. Despite making up less than 13% of licensed drivers in Florida, people aged 15-24 were involved in 25% of all distracted driving crashes in 2023.

This guide aims to help school staff and parents have conversations about distracted driving and help teen drivers recognize the impact dangerous driving can have — most importantly, how to avoid it.

TYPES OF DISTRACTED DRIVING

Distracted driving can take many forms:



Texting



Talking with passengers



Eating or drinking



Using the entertainment/navigation system



Listening to loud music

DID YOU KNOW?

NEARLY 300 PEOPLE
in Florida died as a result of distracted
driving in 2023. [FLHSMV](https://www.flhsmv.gov)

TYPES OF RECKLESS DRIVING

Some dangerous driving behaviors:



Speeding



Running red lights



Not recognizing pedestrians



Swerving out of your lane



Violating traffic laws

TIPS TO HELP TEENS DRIVE DISTRACTION FREE:

Put your phone away: Put your phone on silent and put it away while you're driving. Parents can also install phone apps to disable incoming calls/messages while driving.

Use Do Not Disturb: Activate your phone's Do Not Disturb feature so you won't get any notifications.

Set things up before you go: Set up navigation, start your music, and position your phone before you start driving.

Limit distractions: Keep conversations in the car brief and limit the number of teens in the vehicle.

Don't eat or drink: Finish food and drinks before you start driving or save them for later.

Focus on the road: Keep your eyes on the road and keep both hands on the wheel.

Pull over: If you need to answer a text or call, pull over to a safe place to do it.

Use voice commands: If your car or phone allows hands-free voice commands, use them to answer a phone call or send a text.

Know the laws and follow them: There are some less-familiar road laws that teens need to have down pat – things like:

- **When to stop for a school bus**
- **When to move over for emergency vehicles**
- **When to slow down in a school zone**

Being aware of these will help you see signs and signals so you can follow these crucial safety requirements.

BEST PRACTICES FOR PARENTS TO HAVE A CONVERSATION ABOUT DISTRACTED DRIVING

Plan ahead

Think about what you want to say during the conversation. Real-life examples or personal stories might help illustrate the dangers posed by distracted driving and also make it more relatable for your teen.

Empower your teen

Rather than telling your teen what not to do, focus on providing them with tools and strategies to stay focused on the road, such as putting their phone on Do Not Disturb or designating a place to keep the phone out of arm's reach. Encourage them to take ownership of their safety by committing to driving without distractions.

Be transparent

Clearly discuss the expectations you have for them driving safely. Talk to your teen about the consequences of distracted driving, both personally and legally — this will help them understand the importance of making responsible decisions while they're behind the wheel.

DID YOU KNOW?

1 OUT OF 7

car crashes in Florida are due to distracted driving. [FLHSMV](#)

DID YOU KNOW?

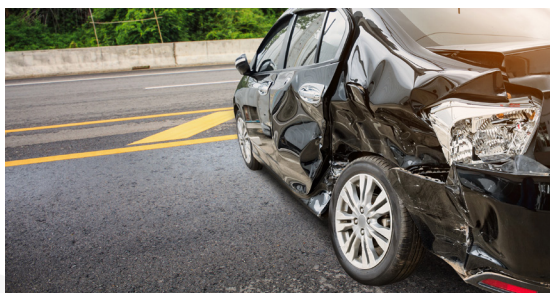
7 IN 10 PARENTS

in Florida say they are concerned that their young driver will drive while distracted.

52% OF FLORIDIANS SAY

they've witnessed unsafe driving behavior from a teen driver in a school zone.

THE REAL CONSEQUENCES OF DISTRACTED DRIVING



Florida man convicted in deadly distracted driving crash that killed child sentenced to 30 years

[Read the Story](#) ➤



Two eighth graders were struck just yards from their school, killing one and seriously injuring another

[Read the Story](#) ➤

Verra Mobility is a smart mobility technology company that brings safety solutions to communities across the globe. Its goal is to change driver behavior in order to make roads and communities safer. Learn more at verramobility.com/government/



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