



## Alive at 25 PARENT PROGRAM

### Online Course (2-hour)\*

#### Course Content Overview

This program will provide a realistic picture of the risks a teen driver faces while driving behind the wheel and will:

- Inform you about the risks of teen driving based on solid scientific evidence
- Offer practical solutions so you can take responsibility to reduce the unique risks and hazards teen drivers face
- Encourage the parent/teen relationship throughout the entire process, from learning to drive through independent driving
- Help you understand your teen's need for defensive driving training
- Examine Graduated Driver Licensing laws as well as related laws for safety belts, speeding, alcohol and drugs
- Provide a recommended example of an effective Parent/Teen Driver Contract and discuss how you and your teen can use it to manage your driving experience

#### **Introduction**

- Welcome message, course navigation and features, session overview and goals

#### **Session 1 – Are You Ready?**

- Self-assessment
- Statistics
- Crash risks for teen drivers

#### **Session 2 – Risky Business**

- First steps for your new teen driver
- Identify the risks and hazards related to teen driving
- Recognize the need for and details of defensive driving as it relates to teens
- PIE Model (poor decision making skills, inexperience, environmental factors)
- Defining defensive driving

#### **Session 3 – Working as a Team**

- Define and understand what it means to be a partner with your teen in the learning to drive process
- Identify and access your traits and overall abilities to be an effective partner
- Determine the traits and behaviors you need to change or improve to become a more effective partner

#### **Session 4 – Laying Down the Law**

- Recognize the components of a Graduated Driver Licensing (GDL) System
- Identify GDL and other laws in your state
- Identify driving skills to practice with your teen
- Preparing a Driver Checklist for your teen

#### **Session 5 – Getting It in Writing**

- Identify the components of an effective a Parent/Teen Driver Contract
- Recognize the relationship between driving restrictions and consequences that will occur for any violation
- List examples of privileges, violations and appropriate consequences for violations as your teen learns to drive
- Communicate the benefits of a Parent/Teen Driver Contract to your teen

#### **Session 6 – Summary**

- Readiness post-assessment

\* Course length may vary based on participant's learning pace, course breaks and skill level.