

# TEENDRIVINGPLAN

## Practice Guide



WELCOME



VIDEOS BY ENVIRONMENTS



DRIVING ENVIRONMENTS



TEEN DRIVER SOURCE

Welcome to the *TeenDrivingPlan Practice Guide* and congratulations on being serious about supervising your teen's practice driving. You are preparing your teen for an exciting and dangerous milestone – driving. High quality practice driving is critical because a major reason why teens crash is their inexperience behind-the-wheel. Research shows that drivers need a variety of practice in a wide range of [driving environments](#) to prevent them from committing dangerous driving errors. However, many teens do not get this kind of practice. To address this problem we developed the [TeenDrivingPlan \(TDP\)](#), to help parents effectively supervise their teens' driving practice.

A randomized-controlled trial found that teens with families that followed the TDP program were **65% less likely** to make dangerous driving errors. These families also increased their variety of practice to boost driving performance.

The *TeenDrivingPlan Practice Guide* includes information and tools from the TDP program to help families make the most out of their practice time together:

### VIDEOS

The [videos](#) help parents learn to be better supervisors. Parents learn about [creating the right learning environment](#), specific practice activities, common errors, and signs teens are starting to get the hang of it. (You can watch the videos even before your teenager has his or her permit.) Access the videos by clicking on their images in this document or by visiting the [TeenDrivingPlan Channel](#) on YouTube.



### GOAL GUIDE

The [Goal Guide](#) will help remind you of your goals for each drive. A portion of the practice drives should be focused on learning a specific goal or goals. We recommend no more than three goals per driving session. You can print the Goal Guide to keep in your car or download it to an electronic device.



### LOGGING AND RATING TOOL

The [Logging and Rating Tool](#) helps families track their practice by driving environments and record where their teens need more work. Experts agree that novice drivers need somewhere between 65 to 120 hours of supervised driving practice, but there is more to learning than just how much you practice. You can print the Logging and Rating Tool to keep in your car or download it to an electronic device [here](#).



We recommend providing constructive and realistic feedback to your teenager for each drive. Since these conversations can be sensitive, [watch this video](#) for tips on communicating with your teen.

This Guide also includes tip sheets: [Make the Most of the Learner Period](#) and [The Intermediate Period](#).

# TEEN DRIVING PLAN

## Driving Environments

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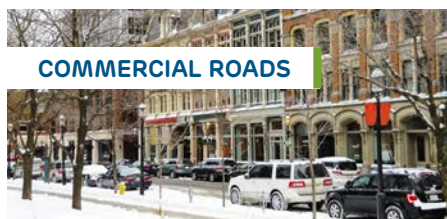
[Research shows](#) novice teen drivers need practice in a variety of environments to improve driving performance. The following three skill deficits account for nearly half of all serious crashes involving teen drivers:

- inability to scan, identify, and react to hazards
- difficulty managing speed on different types of roads and conditions
- difficulty managing distraction, both inside and outside the car



Help your teen learn how to adjust the seat, mirrors, seat belts, and steering wheel and understand the dashboard.

Practice in all of the driving environments. The videos will help your teen develop skills to overcome deficits:



When your teen is ready, try adding real world challenges to the practice drives.

# TEEN DRIVING PLAN

## The Basics



DRIVING ENVIRONMENTS



GOAL GUIDE

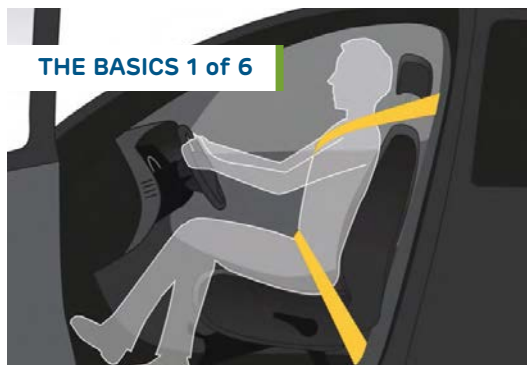


VIDEOS



LOGGING AND RATING TOOL

Practice these lessons while the car is safely parked in your own driveway.



There's no better place to start than the basics. It's not just a matter of comfort, it's a matter of safety. Watch this video to help your teen learn how to adjust the seat, mirrors, seat belts, and steering wheel and understand the dashboard.



### Goal

Help the new driver learn how to properly adjust the seat belts.

### Activity

Have your teen adjust the seat belt so it is low across the hips. The shoulder belt should be across the chest and never across the front of the neck, behind the back, or under the arm.

### Common Errors

- Lap belt on stomach instead of across hips
- Wrongly adjusted shoulder belt
- Seat belts too loose

### Sign Learner Gets It

- Wearing properly adjusted seat belts becomes a habit

# TEEN DRIVING PLAN

## The Basics



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LOGGING AND RATING TOOL



### Goal

Help the new driver learn how to properly adjust the steering wheel.

### Activity

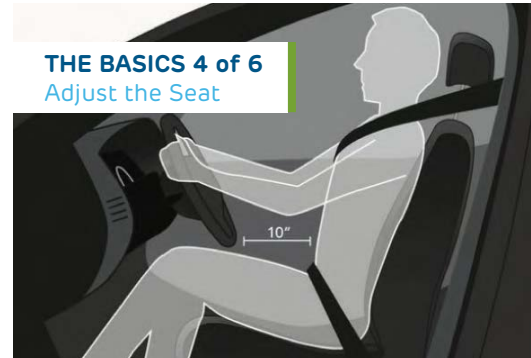
Have your teen adjust the steering wheel so that the top of the wheel is no higher than the top of the shoulders. Move the steering wheel up and down until it feels comfortable and can easily maintain a 9 and 3 o'clock position.

### Common Errors

- Steering wheel may obstruct teen's view
- Too far or too close away

### Sign Learner Gets It

- Checks the feel of the wheel each time when getting into the driver's seat



### Goal

Help the new driver learn how to properly adjust the seat for comfort and safety.

### Activity

Have your teen adjust the seat so both hands are at the 9 and 3 o'clock positions and the stomach is 10 inches from the steering wheel. The top of the head rest should be about 3 inches below the top of the head. Your teen should be able to easily switch the foot from the brake to the gas pedal.

### Common Errors

- Not having a clear view of the entire landscape out the windshield
- Too far or too close to steering wheel or pedals
- Slouching too low in the seat

### Sign Learner Gets It

- Can easily adjust seat each time

# TEEN DRIVING PLAN

## The Basics



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### Goal

Help the new driver understand the location and operation of the dashboard controls and indicators.

### Activity

Go over the car owner's manual with your teen behind the wheel. Have your teen practice operating the controls, telling you what each control is used for and what the indicator lights mean.

### Common Errors

- Lack of understanding of the operation of controls
- Spend too much time searching for controls
- Confusion about indicator lights

### Sign Learner Gets It

- Can easily tell you where the controls are and what they do



### Goal

Help the new driver learn how to properly adjust the mirrors.

### Activity

Have your teen adjust the side mirrors to view just a small portion of the side of the car as a reference. Adjust the rearview mirror to see the best full view possible out the back window. Check your teen's mirror adjustment by walking outside of the car and asking if you can be seen in the mirrors.

### Common Errors

- Not having a clear view to the sides and rear of the car
- Blind spots are too large

### Sign Learner Gets It

- Adjusts mirrors as a habit before each drive

# TEENDRIVINGPLAN

## Parking Lots



DRIVING ENVIRONMENTS



GOAL GUIDE

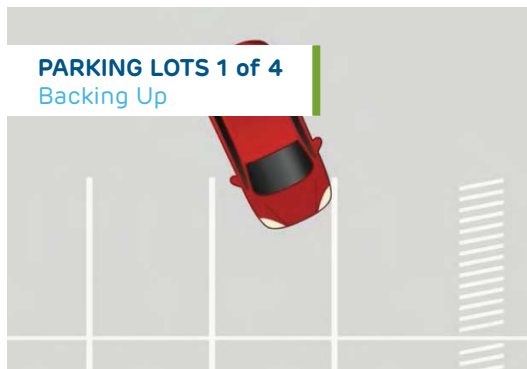


VIDEOS



LOGGING AND RATING TOOL

Look for large empty lots in an industrial park or public facility during closed hours with no traffic, parked cars or pedestrians and with minimal obstructions. Schedule practice during the day with dry pavement and no adverse weather.



### Goal

Help the new driver learn to stop, start and turn the vehicle.

### Activity

Using boxes, cones, or existing lines as landmarks along an “L” shape, drive up to each landmark and stop as smoothly as possible. Continue this until the new driver stops and starts smoothly. Also concentrate on turning without over steering.

### Common Errors

- Abrupt stops and accelerations
- Turns that are too tight or wide
- Turning before looking in the direction of the turn
- Too tight of a grip on the steering wheel

### Sign Learner Gets It

- Operates the car smoothly with controls



### Goal

Help the new driver master the skill of backing up.

### Activity

Practice the steps involved in backing up in an empty parking lot without any obstructions.

### Common Errors

- Not doing a 360 degree search prior to backing up
- Failing to look back during the whole maneuver, until the car is stopped
- Driving at too high a speed

### Sign Learner Gets It

- Backs up slowly and with control, knowing what's around the vehicle at all times

# TEEN DRIVING PLAN

## Parking Lots



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LOGGING AND RATING TOOL

### PARKING LOTS 3 of 4 Introduction to Scanning



#### Goal

Help the new driver develop a scanning routine.

#### Activity

Practice the scanning routine recommended by your driver's instructor. It may be a variation of side mirror – rear view – side mirror – up ahead. Check blind spots periodically and always before turning.

#### Common Errors

- Forgetting to scan
- Concentrating too much on scanning and failing to look ahead
- Turns steering wheel when head moves to scan

#### Sign Learner Gets It

- Develops and consistently uses scanning routine.

### PARKING LOTS 4 of 4 Introduction to Lane Positioning



#### Goal

Help the new driver keep the vehicle lined up in the center of the lane.

#### Activity

Using markings in the parking lot or imagining a yellow line, practice driving straight.

#### Common Errors

- Too tight of a grip on the steering wheel
- Fixating too much on the line and not watching up ahead

#### Sign Learner Gets It

- Can easily follow a line and keep car steady

# TEEN DRIVING PLAN

## Residential Roads



DRIVING ENVIRONMENTS



GOAL GUIDE

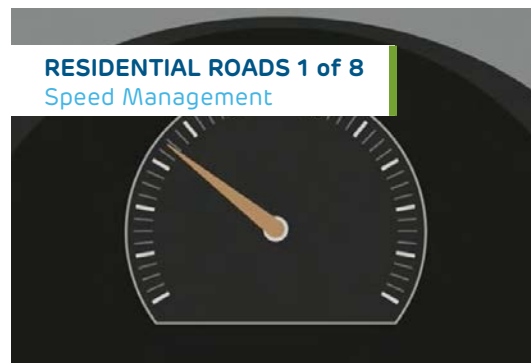


VIDEOS



LOGGING AND RATING TOOL

Look for a quiet residential neighborhood with very little traffic and few parked cars, pedestrians, lane markings, and intersections. Schedule practice during the day with dry pavement and no adverse weather.



### Goal

Help the new driver control how fast the car should be traveling.

### Activity

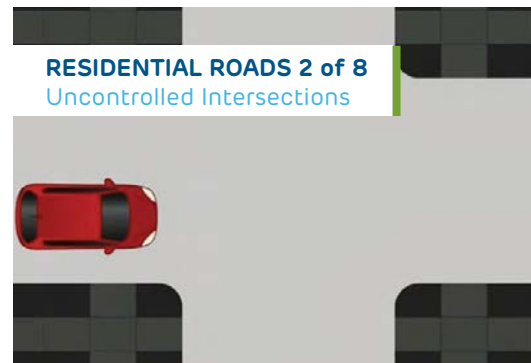
Practice maintaining a safe and consistent speed by only glancing at the speedometer.

### Common Errors

- Speed may fluctuate greatly at first
- New driver may fixate on the speedometer

### Sign Learner Gets It

- Maintains an appropriate and steady speed



### Goal

Help the new driver safely manage uncontrolled intersections without traffic lights or stop signs.

### Activity

Prior to practicing, drive your teen through intersections and talk through the steps and what you observe. Then have your new teen driver practice while applying good scanning technique, slowing down prior to the point of no return, obeying the rules of right-of-way, and turning into the legal lane.

### Common Errors

- Failing to scan and observe potential hazards
- Not slowing down prior to the intersections
- Not turning from or to the appropriate lane

### Sign Learner Gets It

- Shows a solid understanding of right-of-way procedures and turns into the appropriate legal lanes



# TEEN DRIVING PLAN

## Residential Roads

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### Goal

Help the new driver maintain the correct position for the car within a lane during turns.

### Activity

Practice turns in a residential neighborhood while scanning for hazards.

### Common Errors

- Entering a turn too fast
- Over steering or under steering
- Being in the wrong lane or lane position, before or after a turn
- Not knowing the rules of right-of-way or crossing intersections (Please review those lessons prior to performing this activity.)

### Sign Learner Gets It

- Controls vehicle while turning and observes right-of-way procedures



### Goal

Help the new driver safely manage intersections with traffic lights or stop signs.

### Activity

Prior to practicing, drive your teen through intersections and talk through the steps and what you observe. Then have your new teen driver practice while applying good scanning technique, slowing down prior to the point of no return, obeying the rules of right-of-way, and turning into the legal lane.

### Common Errors

- Failing to scan and observe potential hazards
- Not slowing down prior to the intersections
- Not turning from or to the appropriate lane

### Sign Learner Gets It

- Can safely manage intersections and identify potential hazards

# TEEN DRIVING PLAN

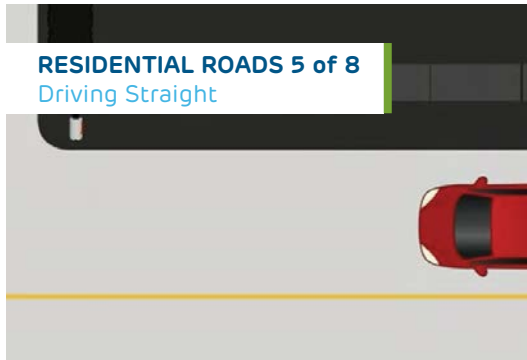
## Residential Roads

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**RESIDENTIAL ROADS 5 of 8**  
Driving Straight

### Goal

Help the new driver maintain the safest position for the car within the lane.

### Activity

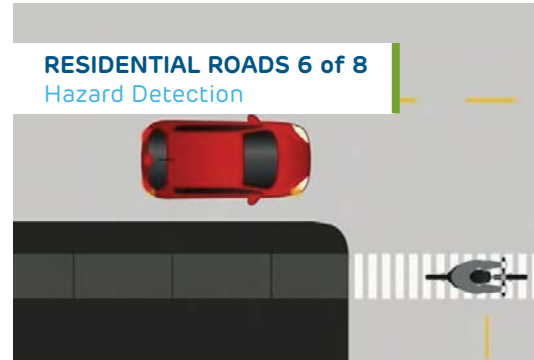
Imagine a yellow line running down the center of the road. Instruct your new teen driver to stay in the center of the lane. The lane shifts over when passing a parked car.

### Common Errors

- Driving too close to the curb or center lane
- Swerving back and forth

### Sign Learner Gets It

- Maintains position in the lane



**RESIDENTIAL ROADS 6 of 8**  
Hazard Detection

### Goal

Help the new driver to anticipate risk and spot dangers approaching.

### Activity

During the orientation drive, the parent should point out dangers, hazardous situations and dangerous scenarios that could develop. Then, the new driver practices by commenting on all of the hazards seen. Teen should be particularly alert for other vehicles, pedestrians and children running into the street, and areas with a restricted view.

### Common Errors

- Failing to recognize potential hazard
- Not being prepared to react appropriately to hazards
- Not knowing the appropriate reaction to an anticipated danger

### Sign Learner Gets It

- Recognizes and anticipates hazards well in advance and uses caution around him or her.

# TEEN DRIVING PLAN

## Residential Roads



DRIVING ENVIRONMENTS



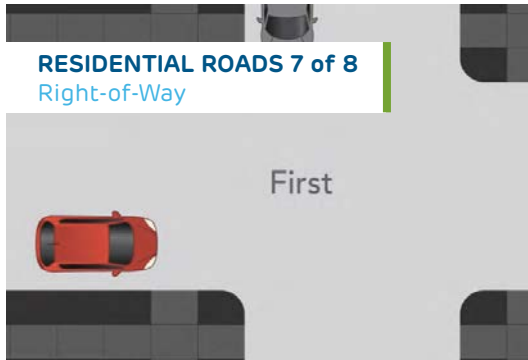
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LOGGING AND RATING TOOL



### Goal

To understand the rules that govern the order of traffic at intersections.

### Activity

Parent first goes over right-of-way rules for each type of intersection. On practice drive, the new driver identifies the type of approaching intersection and counts the number of stop signs at intersections.

### Common Errors

- Not recognizing the type of intersection
- Assuming that another driver will yield the right-of-way
- Not turning from the appropriate lane

### Sign Learner Gets It

- Is able to identify the right-of-way rules that govern each intersection prior to arrival



### Goal

Help the new driver start a scanning routine to detect any potential hazard.

### Activity

To orient the new driver, parent drives along the same route and points out potential hazards. Then, the new driver practices scanning and comments on potential hazards encountered in the neighborhood.

### Common Errors

- Not looking before turning the car
- Looking so hard for other vehicles at intersections and not noticing pedestrians. (Remind your teen to look “Left-Right-Left” before crossing.)

### Sign Learner Gets It

- Looks in the direction the car is going and watches for potential hazards

# TEEN DRIVING PLAN

## Intermediate Roads



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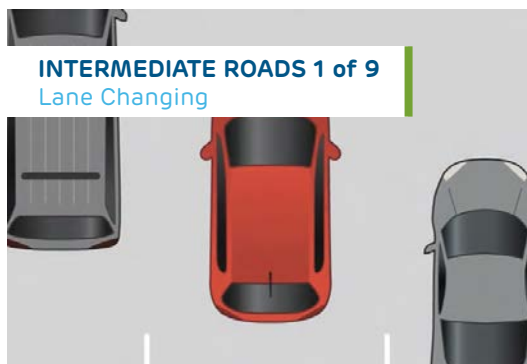


VIDEOS



LOGGING AND RATING TOOL

Look for roads with traffic moving between 25 and 40 mph, with one of two lanes moving in each direction. Roads should have controlled intersections and driveways, with parking lots or parked cars along the sides.



### Goal

Safely match other lane's speed to move into it.

### Activity

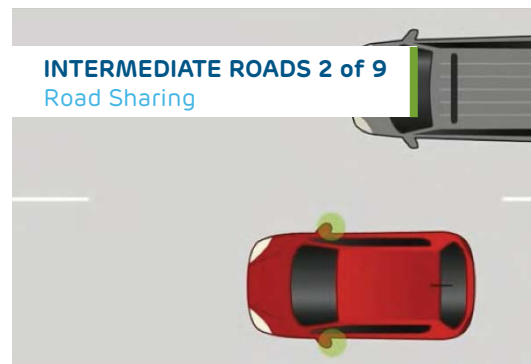
Practice changing lanes with turn signal on well in advance, looking ahead and providing enough space to speed up. Check side mirrors and blind spot, looking ahead again, adjusting speed to match speed of cars in the next lane, moving into lane when there's ample space between cars.

### Common Errors

- Over steering when changing lanes
- Turning the wheel when looking in blind spots
- Losing track of the cars around him or her
- Misjudging traffic speed

### Signs Learner Gets It

- Is comfortable checking mirrors and blind spots and returning focus back to the road
- Recognizes danger when looking in mirrors and blind spots
- Recognizes the speed of other cars
- Follows the steps correctly for safely changing lanes without needing any reminders



### Goal

The new driver shows complete awareness of signs, speed limits, and other drivers.

### Activity

Practice checking the mirrors, monitoring speed, locating surrounding traffic, and anticipating intentions of other drivers.

### Common Errors

- Not giving other drivers enough extra space
- Not checking blind spots
- Becoming upset at risky drivers

### Signs Learner Gets It

- Always checks blind spots
- Is always aware of other road users

# TEEN DRIVING PLAN

## Intermediate Roads



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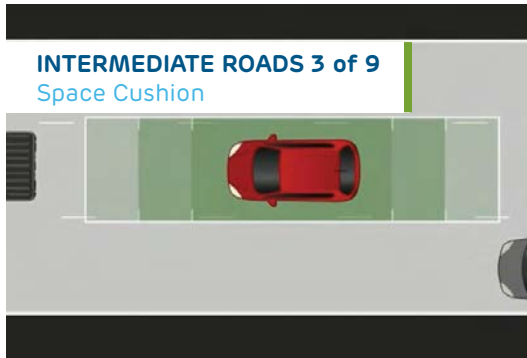
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LOGGING AND RATING TOOL



### Goal

Help the new driver learn to maintain an appropriate space on all sides of the vehicle.

### Activity

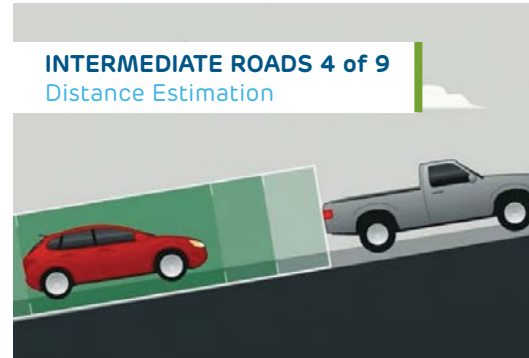
Strive to maintain a safe cushion of space on all four sides of the car.

### Common Errors

- May follow other cars too closely
- May not maintain adequate space on four sides of the car
- Tend to drift to the right of the road

### Signs Learner Gets It

- Leaves space in front according to the distance rules of 1 second of space for every 10 m.p.h.
- Maintains adequate space on all 4 sides of the vehicle



### Goal

Help the new driver learn to estimate the distance between the car and other objects.

### Activity

Work to improve distance estimation skills by reminding your teen of dangers that could happen. Your new teen driver should verbalize when braking for a stop light and, afterwards, say if the brake was too late or just right.

### Common Errors

- Stopping too close to car in front at a red light
- Braking too hard or too late

### Signs Learner Gets It

- Leaves enough space in front of the car when stopped
- Can judge how long it will take to slow down and stop

# TEEN DRIVING PLAN

## Intermediate Roads



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LOGGING AND RATING TOOL



### Goal

Help the new driver understand how time of day/week affects other drivers and traffic.

### Activity

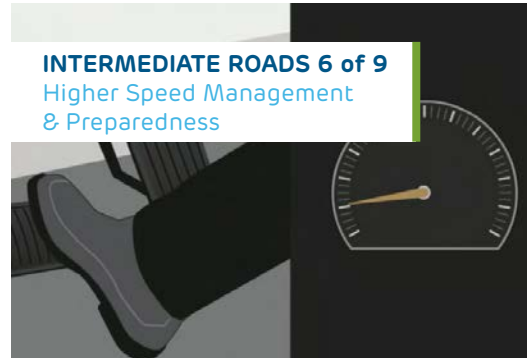
Observe other drivers' actions and predict what they will do next. Afterwards, discuss the dangers that you saw on the road and how the new driver adjusted driving behaviors when witnessing other drivers' risky behaviors. Discuss how rush hour may have affected other drivers' behaviors.

### Common Errors

- Not giving risky drivers enough extra space
- Becoming upset at risky drivers

### Signs Learner Gets It

- Takes extra precautions when risky drivers are on the road
- Avoids confrontation by staying calm and driving courteously



### Goal

Help the new driver assess traffic flow, manage speed according to what's on the road and respond to potential dangers.

### Activity

Before the drive, discuss dangers you may encounter and appropriate reactions when you do. During the drive, your teen should practice "pedal management" to control speed and prepare for stopping, keeping track of speed and verbalizing when to brake.

### Common Errors

- May accelerate too quickly
- May feel holding up traffic or tailgater pressure
- Braking too hard and too late

### Signs Learner Gets It

- Does not exceed the posted speed limit
- Judges situations and traffic appropriately, and makes the correct speed adjustments
- Leaves appropriate space cushion around car
- Looks ahead and is prepared to adjust speed
- Can judge time it takes to slow down and stop

# TEEN DRIVING PLAN

## Intermediate Roads



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### Goal

Help the new driver learn to use signals and brakes to indicate actions and understand how to communicate with other drivers.

### Activity

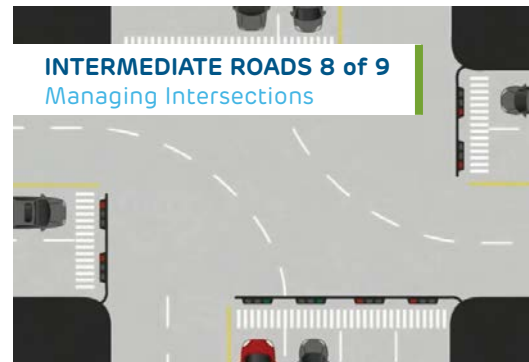
During the drive, watch for the cues that could predict what a driver would do next. Go over ways your new driver can communicate intentions to other drivers, including using turn signals, eye contact, hand motions, flashing headlights or hazard lights.

### Common Errors

- Assuming other drivers will let him or her go
- Paying too much attention to others' turn signals
- Not signaling until too late

### Signs Learner Gets It

- Understands and uses ways to communicate intentions on a timely basis
- Looks for a "2nd signal" that confirms the intention of the other car, like the car slowing down or starting to turn



### Goal

Know how to safely drive through or make turns at intersections.

### Activity

Review all of the rules related to intersections, including when allowed to turn and what lane to turn into. Practice entering the intersection only if there is enough space to get all the way through before a light changes.

### Common Errors

- May slam on the brakes to stop at a red light
- Speeds up to get through a yellow
- Accelerates too quickly

### Signs Learner Gets It

- Slows down well in advance of red lights and stop signs
- Understands the distance it takes to stop for an intersection and leaves an appropriate distance when stopping

# TEENDRIVINGPLAN

## Intermediate Roads



DRIVING ENVIRONMENTS



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LOGGING AND RATING TOOL



### Goal

Understands right-of-way rules and acts appropriately at controlled intersections.

### Activity

Identify who needs to stop and who can go through each intersection. At intersections with traffic lights, your teen should be able to make a decision about the point of no return and determine when to continue straight or turn.

### Common Errors

- Assuming all stop signs are 4-way stops
- Not stopping before turning right
- Braking too hard and accelerating too fast at intersections

### Signs Learner Gets It

- Knows who has the right-of-way
- Identifies the point of no return
- Understands stale versus fresh green lights
- Stops prior to turning right on red
- Starts slowing down prior to the intersection



# TEEN DRIVING PLAN

## Commercial Roads

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Look for busy roads where the primary activities are commercial, such as offices or shops. These roads should have one or two lanes of moving traffic in each direction, with mostly controlled intersections and pedestrian crosswalks and clear lane markings and signage. Look for parking lots and parked cars along the sides, as well as pedestrians, cyclists, gas stations, and shared left turn lanes.



### Goal

Help new driver learn to manage speed according to what's on the road in a commercial zone.

### Activity

First use commentary driving to coach the new driver about everything happening around the car in this environment. Then when your teen practices, point out how often he or she may have to switch back and forth from the gas to cover the brake because of traffic.

### Common Errors

- Lack awareness of what's happening around him or her
- May have trouble making left turns
- May rely too much on brakes

### Signs Learner Gets It

- Looks far ahead for clues to determine need to adjust speed and react appropriately
- Slows down by releasing gas pedal and covering the brake



### Goal

Reinforce right-of-way rules in parking lots.

### Activity

First make sure the new driver understands the layout of the parking lot. Then practice exiting by checking for oncoming traffic, using the Left-Right-Left rule to check for cars, and joining traffic when there is enough space. Go around the block and practice re-entering the lot.

### Common Errors

- May not know the right-of-way rules for entering or exiting the parking lot
- May enter or exit in the wrong spot

### Signs Learner Gets It

- Does not cause surrounding traffic to slow down or swerve
- Can judge the gap between oncoming traffic and exits the parking lot when appropriate

# TEEN DRIVING PLAN

## Commercial Roads

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### Goal

Maintain an appropriate space in the front, sides and back of your vehicle.

### Activity

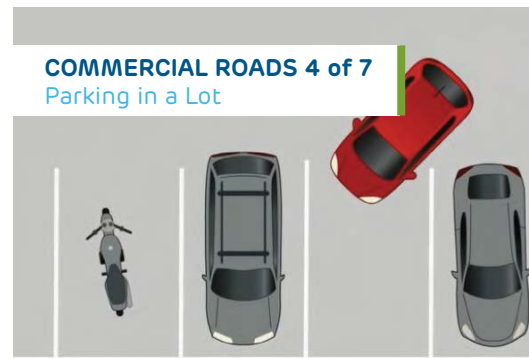
Practice the space cushion concept by scanning mirrors and blind spots and adjusting the space cushion to the changing traffic. Keep as much space as possible between the car and oncoming vehicles and the parked cars on the other side and be ready to respond to unexpected behaviors such as jay walkers or cars pulling out of driveways.

### Common Errors

- May worry about other drivers entering his or her space cushion
- May drift over to the right
- May follow too closely and hit the brake

### Signs Learner Gets It

- Responds to unexpected behaviors safely and cautiously
- Keeps as much space as possible on all four sides of vehicle
- Adjusts the space cushion according to surrounding conditions



### Goal

Help new driver learn to safely move into and out of a parking spot.

### Activity

Demonstrate and talk through the steps of parking in a lot. Then have your new teen driver practice parking, starting in a spot with no cars parked in the adjacent spots. After practicing, try parking with one adjacent spot occupied, then with both occupied. Be sure to pay attention to activity around the car when exiting the spot.

### Common Errors

- May attempt to enter the parking spot while moving too quickly
- May turn too early

### Signs Learner Gets It

- Smoothly maneuvers in and out of parking spots
- Understands the potential hazards in a parking lot and takes all necessary precautions
- Checks for hazards before and during the maneuver and reacts appropriately to them

# TEEN DRIVING PLAN

## Commercial Roads



DRIVING ENVIRONMENTS



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LOGGING AND RATING TOOL



### Goal

Interpreting and reacting safely to other drivers' intentions.

### Activity

Look for examples around the car to observe other drivers' behavior. Ask: "What do you think that car ahead of you will do next?"

### Common Errors

- May not recognize what other drivers are trying to do
- May not know what to anticipate

### Signs Learner Gets It

- Scans wider range in commercial area and accurately predicts other road users' actions



### Goal

Help new driver learn how to manage intersections in a commercial environment.

### Activity

Practice going through intersections while watching out for hazards and following the right-of-way rules. Watch for pedestrians when turning, and only enter the intersection to turn when the path is clear and there are no hazards.

### Common Errors

- Often do not look for pedestrians when turning right
- May not expect jay walkers
- May become impatient when waiting to make a turn

### Signs Learner Gets It

- Understands who has the right-of-way at every type of intersection
- Makes left turns safely

# TEENDRIVINGPLAN

## Commercial Roads



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### Goal

Knowing what the potential risks are in the commercial environment.

### Activity

Encourage the new driver to point out potential risks and critical street signs. Make sure to remind your teen to adjust driving to accommodate for potential hazards and new road information.

### Common Errors

- May not realize the number of risks around him or her
- May not adjust driving to hazards

### Signs Learner Gets It

- Identifies and reacts appropriately to direct risks and indirect risks
- Looks for critical information and reacts accordingly

# TEEN DRIVING PLAN

## Highways

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Speeds range between 55 to 70 mph. Ideally, the learner should drive on highways with a driver ed instructor before practicing with a parent. Usually, driving on 3-lane highways with paved shoulders is easier than 2-lane highways without paved shoulders. Begin during the day with dry pavement and no adverse weather. Avoid: Night, rush hour, adverse weather, heavy traffic, and active school zones until learner is not making common errors in easier, less risky, conditions.



### Goal

Learn how to safely enter and exit highways.

### Activity

To enter highway, follow same steps as changing lanes on intermediate roads. New driver should signal intent, build speed to match traffic, check mirrors and blind spot, and merge into a gap in traffic. When exiting, slow down well in advance of turn, watching speed carefully on other roads.

### Common Errors

- Not aware of cars ahead in the acceleration lane
- May stay in acceleration lane too long
- Not comfortable checking blind spots with head
- May signal too late when exiting

### Signs Learner Gets It

- Consistently checks traffic to evaluate whether gap is sufficient and speed matches traffic
- Yields right-of-way to through traffic
- Plans ahead for the exit
- Comfortable waiting for the next exit if missed



### Goal

Know where the signs are on a highway and be able to read them quickly.

### Activity

Before the drive, discuss highway signs and what to do when approaching each one. On the drive, have the new driver identify exit signs, tolls, landmark signs and work zones, verbalizing how to react to each one.

### Common Errors

- Sometimes does not understand what some signs mean and becomes distracted
- Takes eyes off of road for too long

### Signs Learner Gets It

- Understands what signs mean
- Reacts appropriately to highway signs
- Does not divert attention from traffic while reading signs at high speeds

# TEENDRIVINGPLAN

## Highways



DRIVING ENVIRONMENTS



GOAL GUIDE



VIDEOS



LOGGING AND RATING TOOL



### Goal

Watching the blind spots at higher speeds.

### Activity

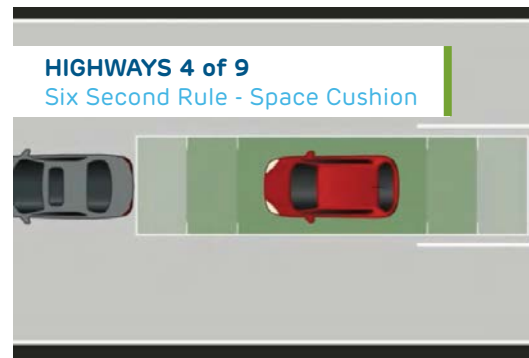
The new driver should practice looking over his or her shoulders to check for blind spots. Drivers should be comfortable checking blind spots even at highway speeds.

### Common Errors

- Unaware blind spot can appear in front when view is obstructed by truck ahead
- May not recognize blind spots on both sides of the car
- May not realize blind spots vary by vehicle
- Does not know a blind spot can appear in front when view is obstructed by a truck ahead
- Sometimes forgets to do head checks

### Signs Learner Gets It

- Checks mirrors every 20 to 30 seconds, or more if the highway is crowded
- Does head checks for blind spots
- Leaves extra space in front when following a truck



### Goal

Help the new driver learn to leave six seconds between his or her car and the car ahead.

### Activity

Drivers should leave one-second of separation for every 10 mph travelling, so on the highway, they should leave about six seconds. Identify a marker that's next to the car ahead and count six seconds. If you pass the marker before reaching 6,000, you are driving too closely.

### Common Errors

- May follow too closely
- May not realize he or she is tailgating
- Repends too much to the car behind

### Signs Learner Gets It

- Uses 6 second rule to maintain space cushion
- Adjusts speed according to traffic density
- Does not tailgate

# TEEN DRIVING PLAN

## Highways



DRIVING ENVIRONMENTS



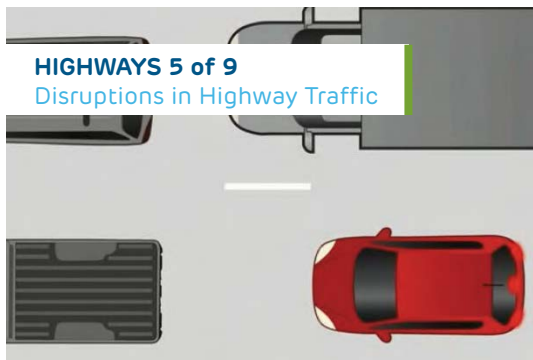
GOAL GUIDE



VIDEOS



LOGGING AND RATING TOOL



### Goal

Know how to react to changes in traffic due to lane closures, accidents, and work zones.

### Activity

Go over some examples of traffic obstructions and ask how the new driver would react. Your teen should watch out for cues that may indicate disruptions in traffic, including brake lights, emergency lights, merge signs, lane closure signs, or detour signs.

### Common Errors

- May not realize the need to lower speed at the appropriate time
- May not realize the need to merge, or may try to race ahead of other cars

### Signs Learner Gets It

- Identifies changes in traffic and adjusts accordingly
- Is aware of how other drivers react to traffic disruptions



### Goal

Help the new driver understand the cues from other drivers.

### Activity

Practice observing and monitoring other cars. Watch for drivers who may be lost, distracted or aggressive and give them extra space.

### Common Errors

- May not identify or recognize aggressive drivers
- May not be watching side mirrors for fast cars

### Signs Learner Gets It

- Assumes the worst of other drivers; other drivers can act unexpectedly
- Is aware of aggressive drivers well in advance and increases space cushion

# TEENDRIVINGPLAN

## Highways



DRIVING ENVIRONMENTS



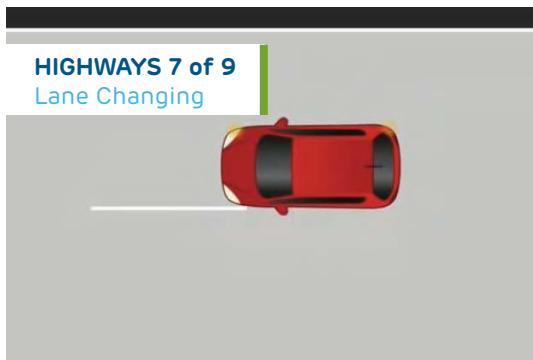
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VIDEOS



LOGGING AND RATING TOOL



### Goal

Learn to move from one lane to another.

### Activity

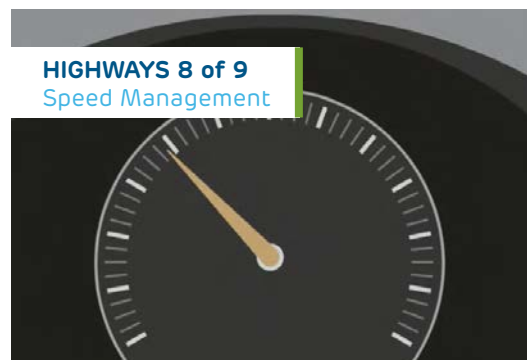
Help new driver demonstrate awareness of surrounding cars by identifying them by color. When consistently aware of other cars, follow same steps for changing lanes in intermediate roads. Signal well in advance, look ahead and make sure there is space to speed up, check side mirrors and blind spot, look ahead again, adjust speed to match cars in next lane, and move into lane when ample space between cars.

### Common Errors

- May automatically take foot off the gas when changing lanes
- May be nervous when passing vehicles, especially large trucks
- May hesitate to make a lane change
- Focuses too much on the cars in the lane

### Signs Learner Gets It

- Correctly judges distance necessary to pass
- Changes lanes and passes vehicles appropriately
- Allows other vehicles to pass or change lanes safely by adjusting the space cushion



### Goal

Know how to adjust speed according to the traffic and road conditions.

### Activity

The new driver should practice keeping his or her speed within a 5 mph range. Discuss how to adjust speed to the road conditions, traffic and terrain. Make sure your teen recognizes and adjusts speed for hills.

### Common Errors

- Follows cars too closely
- Has trouble keeping speed consistent
- May speed up if car is following too closely

### Signs Learner Gets It

- Maintains or adjusts speed as needed
- Is not intimidated by tailgaters to speed
- Makes the necessary speed adjustments to accommodate varying road conditions



# TEENDRIVINGPLAN

## Highways



DRIVING ENVIRONMENTS



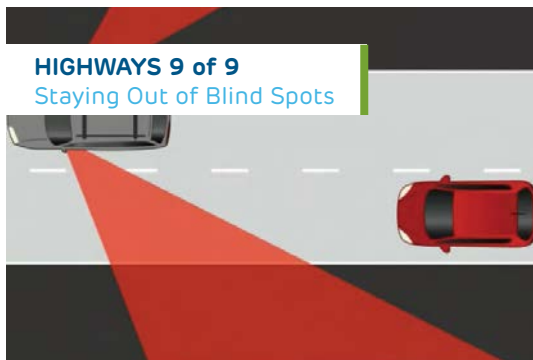
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VIDEOS



LOGGING AND RATING TOOL



### Goal

Helping the new driver stay visible and stay out of other drivers' blind spots.

### Activity

Practice staying out of the blind spots of other cars by maintaining a reasonable space cushion and positioning the car where the surrounding cars can see it.

### Common Errors

- May not recognize that trucks have bigger blind spots
- May forget to use signals or brake lights

### Signs Learner Gets It

- Identifies other vehicles' blind spots and avoids driving in them
- Knows trucks and busses have larger blind spots and leaves extra space
- Repositions the car when traveling in someone's blind spot

# TEEN DRIVING PLAN

## Country Roads



DRIVING ENVIRONMENTS



GOAL GUIDE



VIDEOS



LOGGING AND RATING TOOL

Look for narrow roads with no shoulder that have 1 lane in each direction, straight and curvy sections, and some hills. Intersections should be far apart, and there could be adjacent parks, developments, or driveways. Speed limits may vary; there are often warning signs and speed signs around curves and hills.



### Goal

Know when and how to safely pass in rural areas.

### Activity

When there is not much room, if you see a vehicle approach, slow down and pull over to make room. Practice yielding and communicating to other vehicles at intersections or curves by using your horn, headlights or eye contact to show your intentions.

### Common Errors

- May pass at too fast of speed
- Forces other car off the road or worse!

### Signs Learner Gets It

- Pulls over early to allow safe passing
- Is not afraid to stop to allow other vehicles to go by
- Is courteous
- Communicates with other drivers
- Is aware of other vehicles behind his or her vehicle



### Goal

Know how to navigate a route.

### Activity

Practice managing speed as the line of site and the road conditions change. Ease up on the gas and use the brake to control speed as you go down hills and around tight curves. Use your imagination to present some hypothetical situations as your teen drives.

### Common Errors

- May not be familiar with potential hazards in rural areas like animals, other vehicles or blind curves and hills
- Tends to drift toward the right
- May have trouble controlling speed

### Signs Learner Gets It

- Never exceeds the posted speed limits.
- Adjusts speed to the road conditions
- Looks out for animals and other obstructions
- Manages speed effectively

# TEEN DRIVING PLAN

## Additional Challenges



DRIVING ENVIRONMENTS



GOAL GUIDE

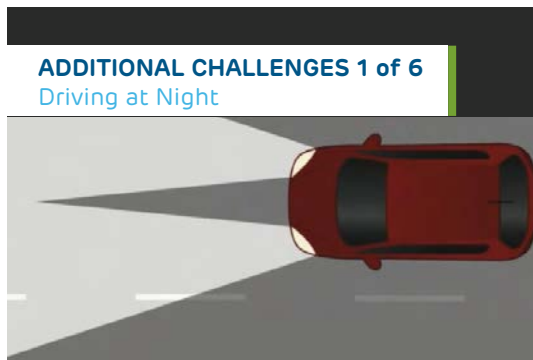


VIDEOS



LOGGING AND RATING TOOL

Practice when the learner has shown competence in completing the goals in the six environments during the day and is ready to learn about and practice them in more challenging driving conditions, such as in inclement weather or at night.



### Goal

Know how to adjust driving to dark conditions.

### Activity

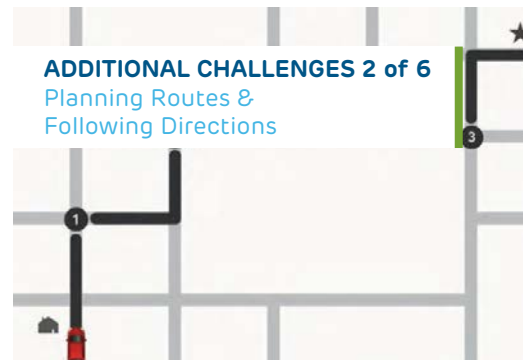
Practice driving at night. New drivers may be surprised at how much visibility is reduced, especially when roads are wet. Be sure your teen knows to turn on the headlights and when it is appropriate to use high beams.

### Common Errors

- May drive too fast for the conditions
- Has trouble identifying lane markings

### Signs Learner Gets It

- Drives at appropriate speed for road conditions
- Uses high beams appropriately
- Drives with correct lane placement at night



### Goal

Know how to navigate a route.

### Activity

Go over some examples of traffic obstructions and ask how the new driver would react. Your teen should watch out for cues that may indicate disruptions in traffic, including brake lights, emergency lights, merge signs, lane closure signs, or detour signs.

### Common Errors

- May not realize the need to decrease speed at the appropriate time
- May not realize the need to merge or may try to race ahead of other cars

### Signs Learner Gets It

- Identifies and adjusts to changes in traffic
- Is aware of how other drivers react to traffic disruptions

# TEENDRIVINGPLAN

## Additional Challenges



DRIVING ENVIRONMENTS



GOAL GUIDE



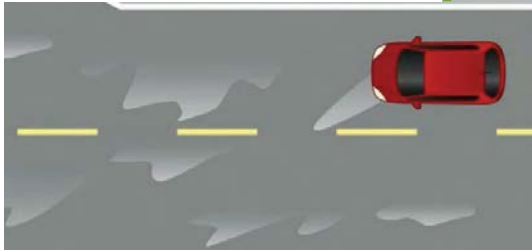
VIDEOS



LOGGING AND RATING TOOL

### ADDITIONAL CHALLENGES 3 of 6

#### Driving in Inclement Weather



#### Goal

Know how to adjust driving to bad weather.

#### Activity

Visibility and traction are greatly reduced in inclement weather, so practice driving more slowly and leave extra space. Make sure the new driver knows that it is okay to seek alternate routes if feeling unsafe, or avoid driving altogether when the weather gets bad.

#### Common Errors

- May drive too fast for weather conditions

#### Sign Learner Gets It

- Prepares the car before driving according to the conditions

### ADDITIONAL CHALLENGES 4 of 6

#### Potential Hazards in Each Environment



#### Goal

Know the risks in each driving environment.

#### Activity

Discuss with the new driver the most common hazards in each environment. Remind your teen to always be prepared for unexpected risks.

#### Common Errors

- Lack of knowledge of the expected risks in each environment
- Not knowing how to react to risks by adjusting speed and space cushion

#### Sign Learner Gets It

- Identifies and looks for typical risks in every environment and keeps eye out for others

# TEENDRIVINGPLAN

## Additional Challenges



DRIVING ENVIRONMENTS



GOAL GUIDE



VIDEOS



LOGGING AND RATING TOOL

### ADDITIONAL CHALLENGES 5 of 6 Managing Distractions



#### Goal

Know how to manage distractions while driving.

#### Activity

Ask the new driver to describe distractions and how to minimize them while driving. Be sure that this activity doesn't become a distraction itself, or practice it outside of the car. Remember that distractions can be inside or outside of the car.

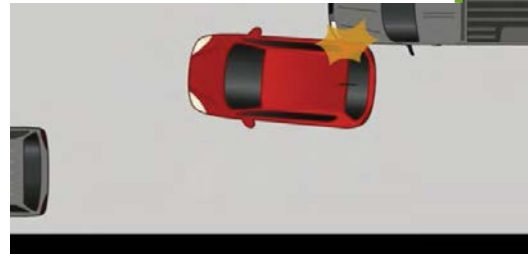
#### Common Errors

- Driver may identify distractions but have trouble eliminating them while driving

#### Sign Learner Gets It

- Identifies distractions and actively minimizes them while driving

### ADDITIONAL CHALLENGES 6 of 6 What to Do in Emergencies



#### Goal

Know how to be ready for the unexpected.

#### Activity

Discuss hypothetical emergencies and what the appropriate steps would be in each situation. The new driver should know what to do if lost on the road, the car breaks down or in an accident.

#### Common Errors

- Lack of awareness
- Thinking it will never happen

#### Signs Learner Gets It

- Knows how to deal with the most typical emergencies: flat tire, car failure, accident, or getting lost
- Keeps calm under pressure