

964 Ribaut Road

Beaufort, SC 29902

Phone 843-524-5437

Fax 843-524-0425

**TIPS FOR TEENS BEHIND THE WHEEL**

***How to keep yourself out of harm’s way***

1. **Take your medicine** as prescribed by your doctor. The use of medications for ADHD has been found to improve driving performance in teens with ADHD. The medication decreases errors caused by inattentiveness.
2. **Turn OFF your cell phone.** If it’s off you won’t be tempted to answer it or text while driving or at a light. There is no message that is so urgent that you need to die for it.
3. **Drive alone or with only one friend.** Your friends are fun, but they are distracting. Driving alone is the safest. If you have company- keep it to one friend. The more friends you have the more distractions.
4. **Set all the controls before** you start to drive so that you can focus on the road.
5. Set the radio station
6. Set the climate controls
7. Adjust the mirrors
8. **Slow down-** drive within the speed limit

**Do you need to be convinced?**

**Check out the statistics:**

**Accidents-** Teens with ADHD1

* 4-6 times more likely to have traffic accidents
* 3 times as likely to have injuries
* 4 times more likely to be at fault
* 6-8 times more likely to have their license suspended

**Speeding-** Teens with ADHD2

* Have 3 times as many speeding citations

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1 Russell Barkley, Daniel Cox, Journal of Safety Research Volume 38 Issue 1, 2007, Pages 113-128

2 Committee on Injury, Violence, and Poison Prevention, Committee on Adolescence