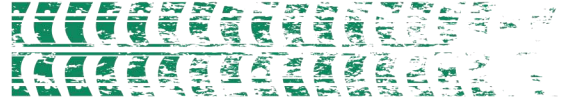


# COACHING YOUR NEW DRIVER



## An In-Car Guide for Parents

DOs	DON'Ts
Share your driving wisdom and experience!	Don't take the same route twice; use a slightly different route each time
Stay cool when your teen says "Don't yell at me!"	Don't view your teen as your chauffer—they need your eyes, attention and coaching
Drive in different conditions (weather, lighting, road type)	Don't focus too much on basic maneuvers (turning, etc.)—your teen will pick those up quickly
Aim for smoothness—pretend there's a cup of water on the dash and you don't want to spill a drop	Don't say too much, but offer immediate feedback when appropriate; debrief fully after the session
Take breaks—every 25 minutes or so, and discuss progress	



## KEYS TO SAFETY

- Drive the way you want your teen to drive —be a good role model.
- Let them sleep! Biologically, teens need about 9½ hours of sleep daily.
- Adopt a Parent-Teen Driving Agreement.
- When you are coaching your teen, say aloud the actual and potential (hidden) hazards along the road.
- Visit AAA's Keys2Drive website at [TeenDriving.AAA.com](http://TeenDriving.AAA.com).

**START SMART...** Take the *StartSmart Online Parent session*, visit: [TeenDriving.AAA.com](http://TeenDriving.AAA.com)



Part of the AAA How to Drive Program

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## LESSON 1: Your Vehicle

- Adjust the vehicle to the driver (seat position, steering wheel, head restraints, mirrors, etc.)



- First, start in a large parking lot and drive around the outside edge: 10–15 mph, practicing steering and braking
- Second: a short drive on an uncrowded residential street, focus on being smooth, and looking ahead

**⚠ WATCH OUT FOR: ⚠**  
*Overconfidence, driving too fast*

## LESSON 4: Looking Ahead for Potential Hazards

- Goal: see all current hazards
- Practice anticipating what might become a hazard, such as:
  - Pedestrian stepping into road
  - Car pulling out from parking lot
  - Cars hidden behind larger vehicles

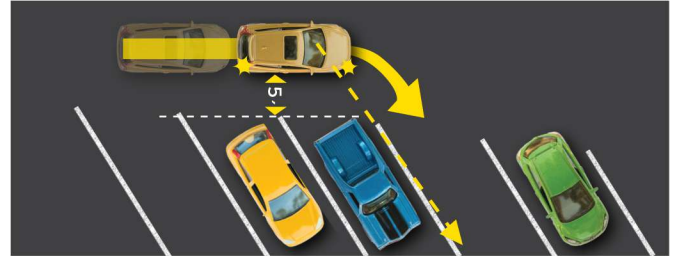


- Maintain a “Visual Control Zone” by looking 12–15 seconds ahead

**⚠ WATCH OUT FOR: ⚠**  
*Not scanning in all directions  
Not looking far enough ahead*

## LESSON 2: Parking & Braking

- When braking, be smooth, and check traffic behind
- Practice parking in an empty lot
- Mainly look directly over your shoulder when backing

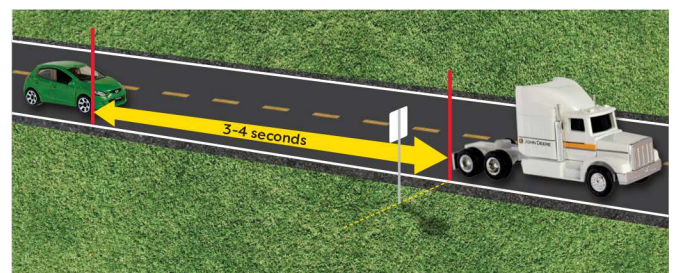


- Always keep your foot on the brake when backing
- Focus on precision, not speed

**⚠ WATCH OUT FOR: ⚠**  
*Not looking directly to the space into  
which you are backing  
Over-relying on backup camera, and  
entering or leaving the space too quickly*

## LESSON 5: Following Skills & Space

- Drive 3–4 seconds behind vehicle ahead (+1 second for nighttime, rain, etc.)



- Keep open space to at least one side at all times
- Stop behind car ahead so you can see that car's rear tires plus some pavement

**⚠ WATCH OUT FOR: ⚠**  
*Causing another driver to have to  
change speed or steer around you*

## LESSON 3: Speed Selection

- Practice adjusting speed based on the three main factors:
  1. Visibility (day, night, fog, etc.)
  2. Amount of nearby traffic
  3. Road conditions (dry, wet, etc.)



- Always know the speed limit



*Allowing other drivers to cause them to drive faster*

## LESSON 6: Driving in Different Conditions & on Different Types of Roads

- Goal: Identify current hazards
  - Darkness
  - Rain
  - Snow, etc.
- Variety is key—practice on:
  - City streets
  - Country roads
  - Interstates
  - Suburban roadways, etc.



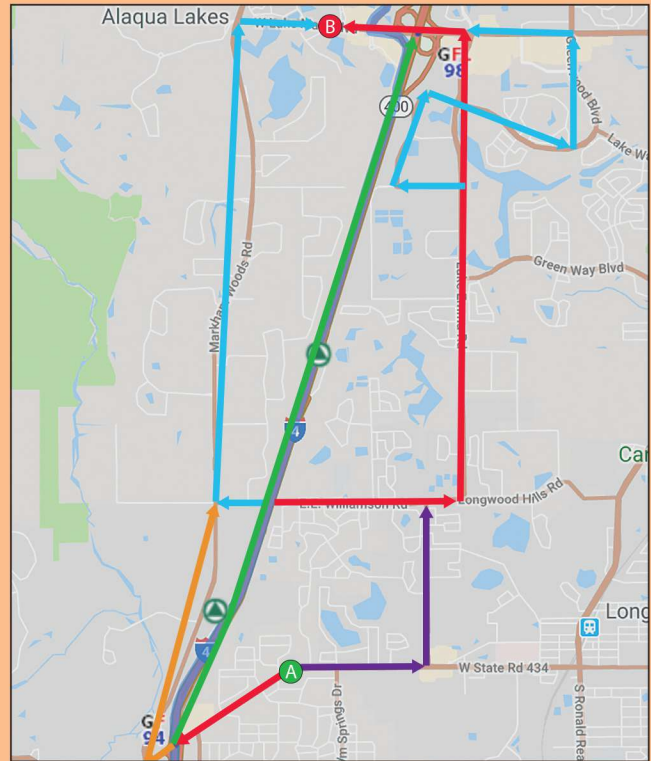
*Not driving different roads on next practice session*

*Driving too fast at night/in rain*

*Note that these lessons should build upon each other*

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## REMEMBER: Take Different Routes



## EXAMPLES OF WISDOM PARENTS HAVE SHARED:

- “I find it useful to look through the car ahead—to see how traffic is moving (or not).”
- “When turning, I try to turn my head first, and then turn the wheel—that way I’m looking where I want to go, instead of where I am now.”
- “I expect every driver to take the action that puts me at the most risk.”
- “I find it’s best to assume other drivers have no idea I’m there—they don’t see me at all.”
- “To get more space around me, I just adjust my speed a bit.”

# DRIVING LOG

**Remember—every trip counts!**

## START OF EACH DRIVE:

- Check yourself! Be mentally and physically ready
- Walk around to inspect the car
- Review the last drive, and future focus areas
- Buckle up, focus, phones off!

## END OF EACH DRIVE:

- Teen to self-rate their anxiety from 1–10
- Teen: What three things went well?
- Teen: What one thing could be improved on?
- Schedule the next practice session

DATE	DRIVING TIME	DRIVING CONDITIONS	SKILLS PRACTICED	STRENGTHS	FUTURE FOCUS AREA
11/16	1.0 hr	Nighttime	Turns in city traffic, following distance, smooth steering	Keeping back far enough from car ahead	• Smoother steering • Looking farther ahead