



Dare to Care: Enhancing Emotional & Physical Well-Being

Parents Are The Key to Teen Driving Safety and Success

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More teenagers are killed in car accidents than any other cause of death in the United States. Approximately 2500 teenagers lost their lives in car crashes in 2018.

The South Shore Hospital Trauma Program sees motor vehicle crashes as the second most common mechanism of injury. As you can imagine, the wake of heartache and devastation it leaves behind on their friends and families is immeasurable.

Parents and caregivers face so many challenges raising teenagers. The Trauma Injury Prevention Program at South Shore Hospital encourages those with children age 16-19 to discuss the importance of safe driving on a regular basis.

Also, it is important to always model good behavior when *you* are driving. Avoid distractions and always wear your seatbelt (50% of teens killed in car accidents are not wearing a seatbelt). Be sure to remind your family to buckle up on every ride, every time, both front seat and back. Make buckling up a habit starting when kids are young. Don't forget that last reminder as they head out the door. This small statement can be profound. Formal driver's education classes are very important, but the reinforcement they receive at home will shape their driving behaviors the most.

Cont'd on next page...

Inside this Issue:

Parents Are The Key to Teen Driving Safety & Success	1-4
APA/ Notice. Talk. Act School Resources	5
New! Resiliency Library	6



According to the CDC there are Eight Danger Zones for Teen Drivers

Make sure you and your teen are aware of the leading causes of teen crashes and Injures

1. Driver inexperience
2. Driving with teen passengers
3. Nighttime driving
4. Not using seat belts
5. Distracted driving
6. Drowsy driving
7. Reckless driving
8. Impaired driving

Parents Are The Key to Teen Driving Safety and Success, cont'd

The dangers listed on the previous page place teen drivers at-risk for both life altering injuries as well as fatalities. Research shows that teens who sign a formal driving agreement take fewer risks behind the wheel. Our partner AAA Northeast offers resources for teen parents to prepare and encourage safe driving habits. We encourage you to visit teendriving.aaa.com for a sample of a parent-teen driving contract.

Massachusetts Junior Operator License Laws

Junior Operator Laws (JOL), also known as Graduated Driver License Laws (GDL), are a system of regulations designed to keep new teen drivers safe by giving them more driving privileges gradually as they get more experience behind the wheel.

All 50 states have some form of a GDL system in place, and specific components vary by state. Each state can be easily found on the internet. See below for a snapshot of Massachusetts:



You're looking at GDL requirements in Massachusetts. Pick another state to see requirements in:

Massachusetts



Go

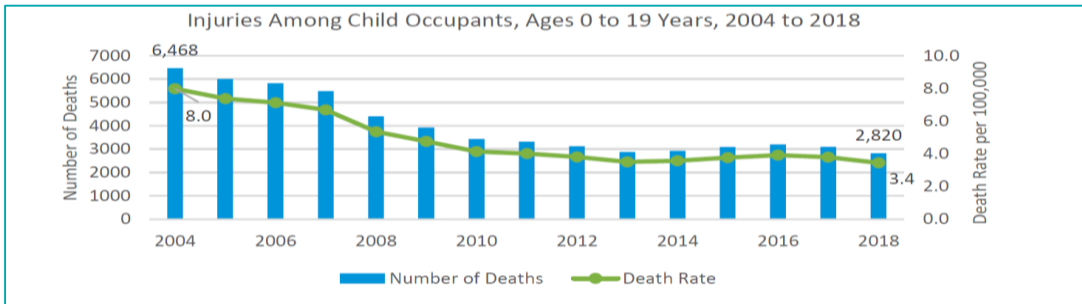
MASSACHUSETTS GRADUATED DRIVER LICENSING (GDL) LAWS

Minimum age	16 years old ²
Learner stage duration	6 months ²
Required supervised driving hours	40 hours
Nighttime driving restriction	12:30 a.m. to 5 a.m.
Passenger restriction (family members are exempt unless otherwise noted)	No passengers under 18 years old for the first 6 months
Minimum age for full-privilege driving	Full passenger privileges at 6 months licensed or 18 (whichever comes first); passenger restrictions lifted at age 17, nighttime restrictions lifted at age 18

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Parents Are The Key to Teen Driving Safety and Success, cont'd

As a result of these laws there has been a **56 percent decrease** in the number of fatal car accidents from the year 2004 to 2018!!



Driver Safety Tips for Teenagers

- Always wear your seat belt.
- Obey the speed limit. Going too fast gives you less time to react.
- Use your turn signals so other drivers know what you are doing.
- Don't drink and drive. Drinking under the age of 21 is illegal.
- Focus on your driving and the conditions around you.
- Don't use your cell phone while driving.
- Don't eat or drink while driving. These are also distractions.
- Plan ahead. Know where you are going and get directions.
- Leave early. Give yourself plenty of time to get there.

After Your Teenager Receives Their Driver's License

- Sign a parent-teen contract.
- Limit the number of passengers.
- Enforce a curfew.
- Gradually increase the amount of time you allow your teen to drive.
- Gradually increase the distance you allow your teen to drive.
- Do not allow your teen to eat or drink while driving.
- Do not allow your teen to use a cell phone while driving.
- Enforce observance of speed limits and other rules of the road.
- Ride with your teen occasionally to monitor his or her driving skills.

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Parents Are The Key to Teen Driving Safety and Success, cont'd

Injury prevention is a critical piece of the South Shore Health Trauma Program. Our Trauma Program extends far beyond the emergency department by collaborating with the community in an effort to keep you and your family safe. We hope you have frequent conversations with the teenage drivers in your life reinforcing safety. Despite the downward trend, motor vehicle crashes remain the #1 cause of teen fatalities. Together with our community, AAA, schools, parents, caregivers, and teens, we hope we can create a culture of safety and prevent future tragedies.

Learn more our program at <https://www.southshorehealth.org/services-care/emergency-trauma/trauma-center>.

For additional statistics and resources, please visit these websites:

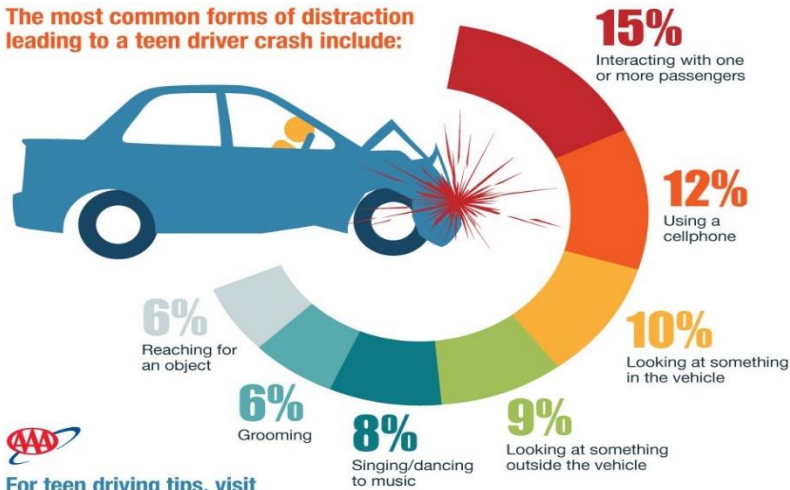
[CDC](#)

[Safe Kids Worldwide](#)

[National Highway Traffic Safety Administration](#)

6 OUT OF 10 teen crashes involve driver distraction.

The most common forms of distraction leading to a teen driver crash include:



AAA
For teen driving tips, visit
TeenDriving.AAA.com

Find the YHC on Facebook!

Send a request to join our group!



Group by South Shore Health

Youth Health Connection | South Shore Health >

PRIVATE GROUP · 12 MEMBERS



Rooms

Watch Party

Photos

Events

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Adolescent Mental Health Resources for Parents, Caregivers, Teachers, and Schools

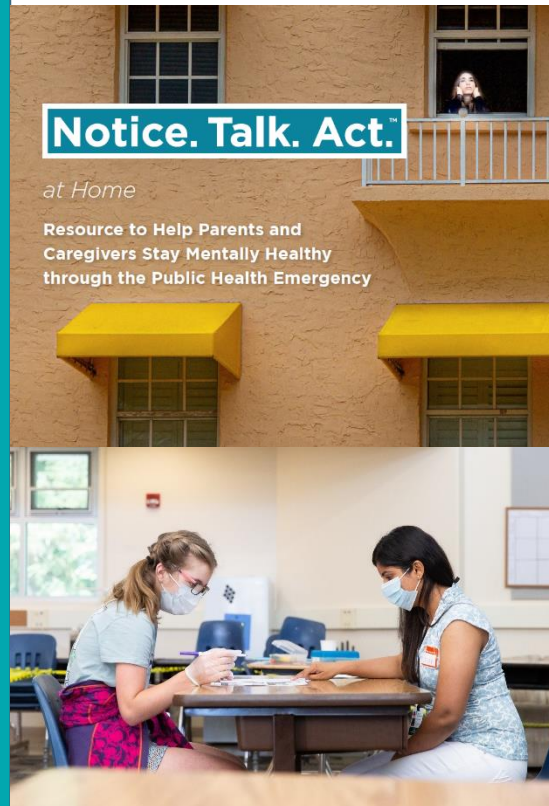
Mental health concerns in students are real, may be painful, and if left untreated, can have serious, life changing consequences. Early recognition, intervention, and treatment of mental health concerns make a positive and lasting difference in an adolescent's life.

These needs have only increased through the uncertainty and isolation of the pandemic. The American Psychiatric Association Foundation offers some great resources for schools, parents, and caregivers to recognize and intervene for the health and safety of our youth and teens. See the following link and resources below for more information:

<https://apafdn.org/impact/schools/notice-talk-act-%E2%84%A2-at-school/free-resources>.

Notice.Talk.Act.™ at School has released these free resources to help teachers, school staff and parents promote the well-being of students, families, and colleagues during the COVID-19 pandemic and beyond.

- View the recent [Town Hall - Mentally Healthy Schools in times of a Pandemic](#), and stay tuned for more Town Halls on School Mental Health topics coming soon.
- The [Notice.Talk.Act.™ at School Distance Learning Infographic](#) helps school staff members better understand how they can Notice changes in a students behavior during distance learning, when to engage in a conversation, and what potential action steps they should take. It follows our Notice. Talk. Act.™ approach for schools.
- The [Notice.Talk.Act.™ at Home Infographic](#) helps parents/guardians/caregivers better understand how they can notice changes in family member's behavior, when to engage in a conversation, and what potential action steps they should take. It follows our Notice. Talk. Act.™ approach for homes.





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Youth Health Connection is a community benefits program of South Shore Health dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, families and community providers to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection:

Builds and sustains community connections through healthy dialogue and sharing knowledge to keep our youth safe today and moving forward.

To subscribe, please visit:
<http://bit.ly/2CJppKj>

Connect with us:



THE RESILIENCY LIBRARY
A Digital Lending Library

SIGN UP TODAY
<https://www.uwgpc.org/frc/resilience-library-and-book-buddy-program>

THIS FREE ONLINE DIGITAL LIBRARY FOCUSES ON SOCIAL EMOTIONAL LEARNING, RESILIENCE, AND A VARIETY OF BEHAVIORAL HEALTH TOPICS. THE LIBRARY ALSO INCLUDES RESOURCES FOR PARENTS AND PROFESSIONALS ABOUT TOPICS RELATED TO BEHAVIORAL HEALTH, TRAUMA AND RESILIENCE.

A Collaboration between The United Way of Greater Plymouth County and Overdrive.com
Funded in part by South Shore Community Partners in Prevention

The United Way of Greater Plymouth County is excited to launch their new Resiliency Library and Book Buddy Program through Overdrive.com. The United Way of Greater Plymouth County Family Center received a Health Literacy Grant at the beginning of 2020 from South Shore Community Partners in Prevention, which provided part of the funding for this digital library. This grant is designed to promote Health Literacy in the community. The team at the Family Center has been working to create a free online digital library that focuses on behavioral health and social emotional learning, with book topics ranging from anxiety, coping skills, self esteem, grief, trauma, substance misuse, healthy relationships, abuse, and other common childhood and adolescent experiences. Partnering with Overdrive has helped to create this free online resource for families. Every parent, child, educator, and community provider working with children in Plymouth County is eligible to use this library. The library will be available through the Libby app as well. The library is simple to use and can be used with any device with access to the internet.

For more information on how to sign up visit our website at <https://www.uwgpc.org/frc/resilience-library-and-book-buddy-program> or email us at library.uwgpc@gmail.com.

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