

What should parents do and what is the evidence that parents matter and are amenable to change?

1. Parents should
  - Delay licensure
  - Limit driving conditions
2. Some parents
  - Set & maintain reasonable limits
3. Intervention can
  - Increase parent limits
  - Reduce teen driving risk

# Safety Approaches To The Novice Young Driver Problem

<u>Safety Approach</u>	<u>Goal</u>	<u>Safety Effects</u>
➤ Driver Training	Prepare for exam	None
➤ Supervised practice	Vehicle management	None
➤ Electronic monitoring	Reduce risk events	Promising
➤ GDL	Limit exposure	Substantial
➤ Parent management	Limit exposure	Good



# Parent Role in Teenage Driving

Safety Approaches	Goal
➤ Delay licensure	Delay exposure
➤ Supervised practice	Practice skills
➤ Manage independent driving	Set limits on driving privileges

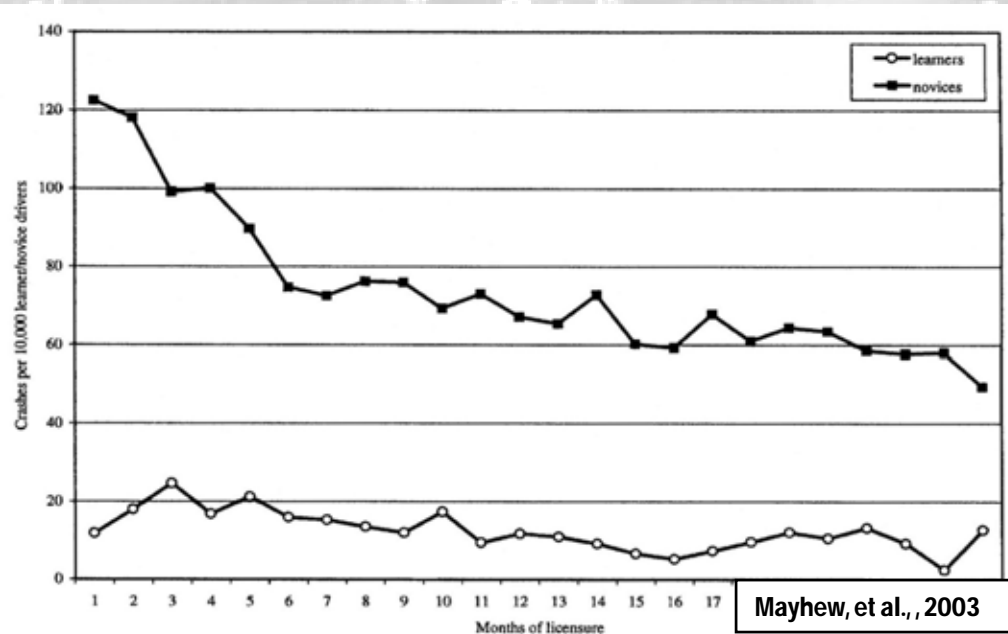


Fig. 1 Crash rates by license status and months of licensure.

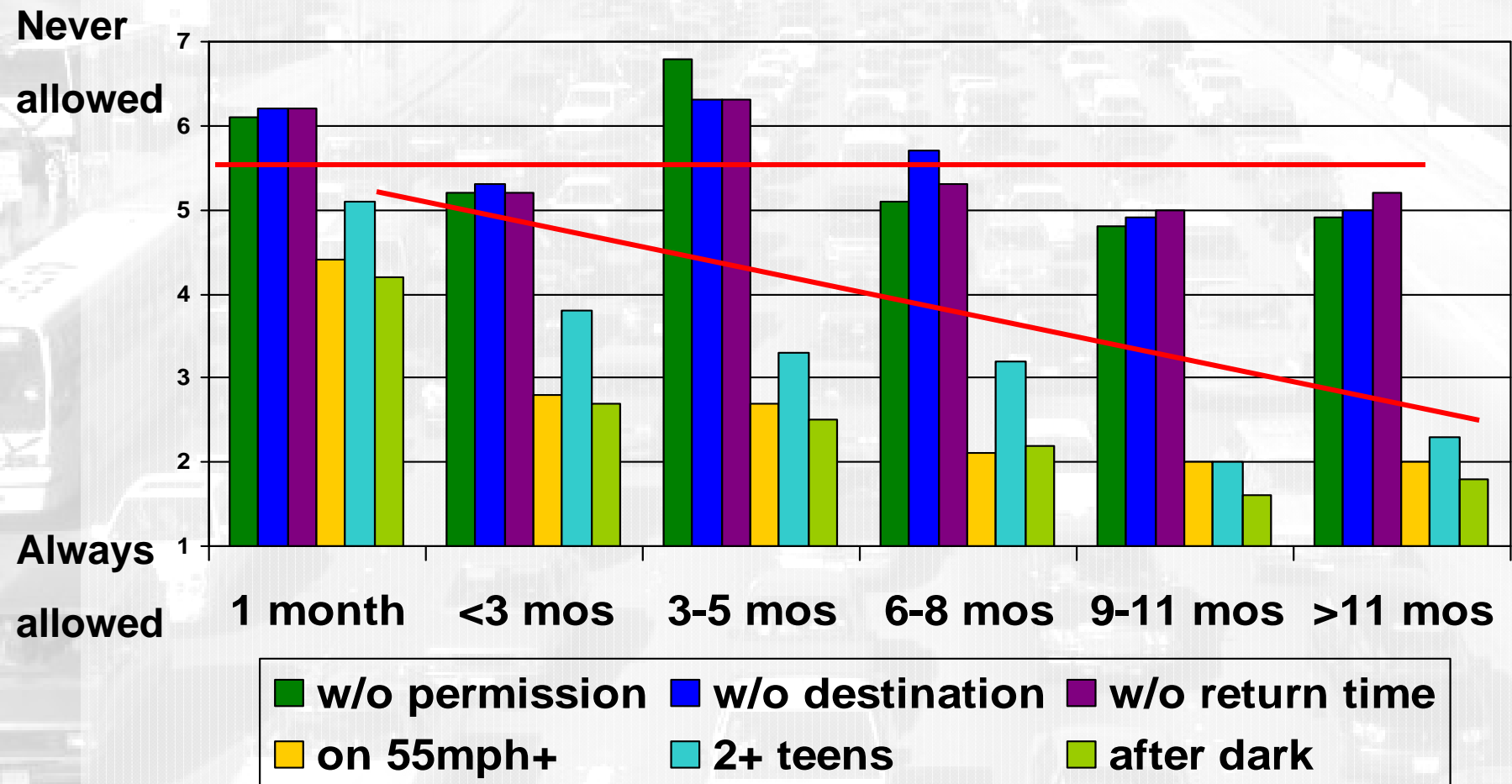


# Research on Parent Management of Novice Teen Driving

Parents set limits on novice teens

- Near all set limits; not strict; rapid decline (*PS*, 2001; *IP*, 2004; *AJPH*, 2005)
- More in GDL vs non-GDL state (*AAP*, 2005)
  - Greater parent limits associated with better driving outcomes:
- Limits reduce risky driving, violations, crashes (*JAR*, 2000; *PS*, 2001; *HEB*, 2002; *TIP*, 2006)

# Parental Restrictions on Trip and Risk Conditions



Hartos, Simons-Morton. 2001



# Authoritative Parents are Demanding and Responsive





# The Checkpoints Program

## Persuasive Communications

- video
- newsletters
- driving agreement



## Parent Management of Teen Driving

- increase limits on teen driving



## Mediators<sup>1</sup>

- risk perceptions
- restriction norms, expectations, efficacy



<sup>1</sup>Protection motivation theory





# The Checkpoints Parent-Teen Driving Agreement

**PART I: DRIVING RULES:** These are absolutes — ones that apply to every trip, every time

Teen driver will:	Parent will:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Always obey all traffic laws</li> <li><input type="checkbox"/> Never speed, tailgate, or cut others off</li> <li><input type="checkbox"/> Always wear a seat belt and require all passengers to wear seat belts</li> <li><input type="checkbox"/> Never drive after taking any drugs or alcohol or ride with a driver who has taken any drugs or alcohol</li> <li><input type="checkbox"/> Always tell parent/guardian where going and with whom</li> <li><input type="checkbox"/> Always call home if going to be late</li> <li><input type="checkbox"/> Always call home if for any reason it is not safe to drive or ride</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be a good role model behind the wheel</li> <li><input type="checkbox"/> Point out and discuss safe and dangerous driving situations and practices</li> <li><input type="checkbox"/> Apply rules fairly and consistently</li> <li><input type="checkbox"/> Consider <b>necessary</b> exceptions to driving limits</li> <li><input type="checkbox"/> Provide a safe ride home (no questions asked at that time)</li> </ul>

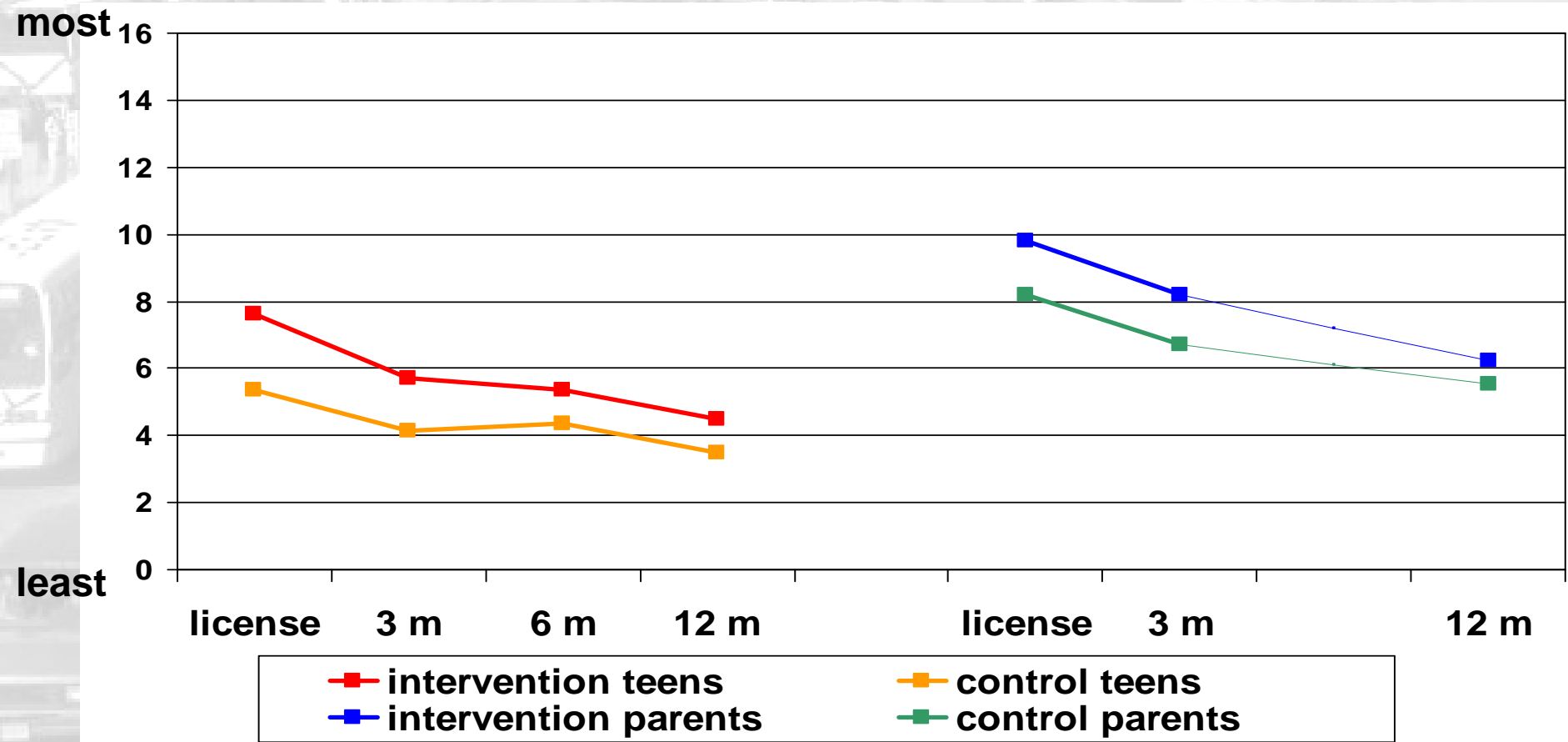
**PART II: DRIVING PRIVILEGES:** These need to be tailored to your teen's driving progress

DRIVING PRIVILEGES	<i>Nighttime</i>	<i>Teen passengers</i>	<i>Weather</i>	<i>Road types</i>	<i>Review date</i>	<i>We agree Initials</i>
Checkpoint 1 Month 1	<i>8 pm</i>	<i>None</i>	<i>Dry</i>	<i>Local</i>		____
Checkpoint 2 Months 2-6	<i>9 pm</i>	<i>None</i>	<i>Moderate</i>	<i>No high speed</i>		____
Checkpoint 3 Months 7-12	<i>11 pm</i>	<i>1</i>	<i>Most</i>	<i>Most</i>		____

**WE AGREE (sign)** \_\_\_\_\_  
PARENT
TEEN

# RCT: Checkpoints at 1 MVA office at time of permit

n = 469 MD families; mailed video, agreement, newsletters

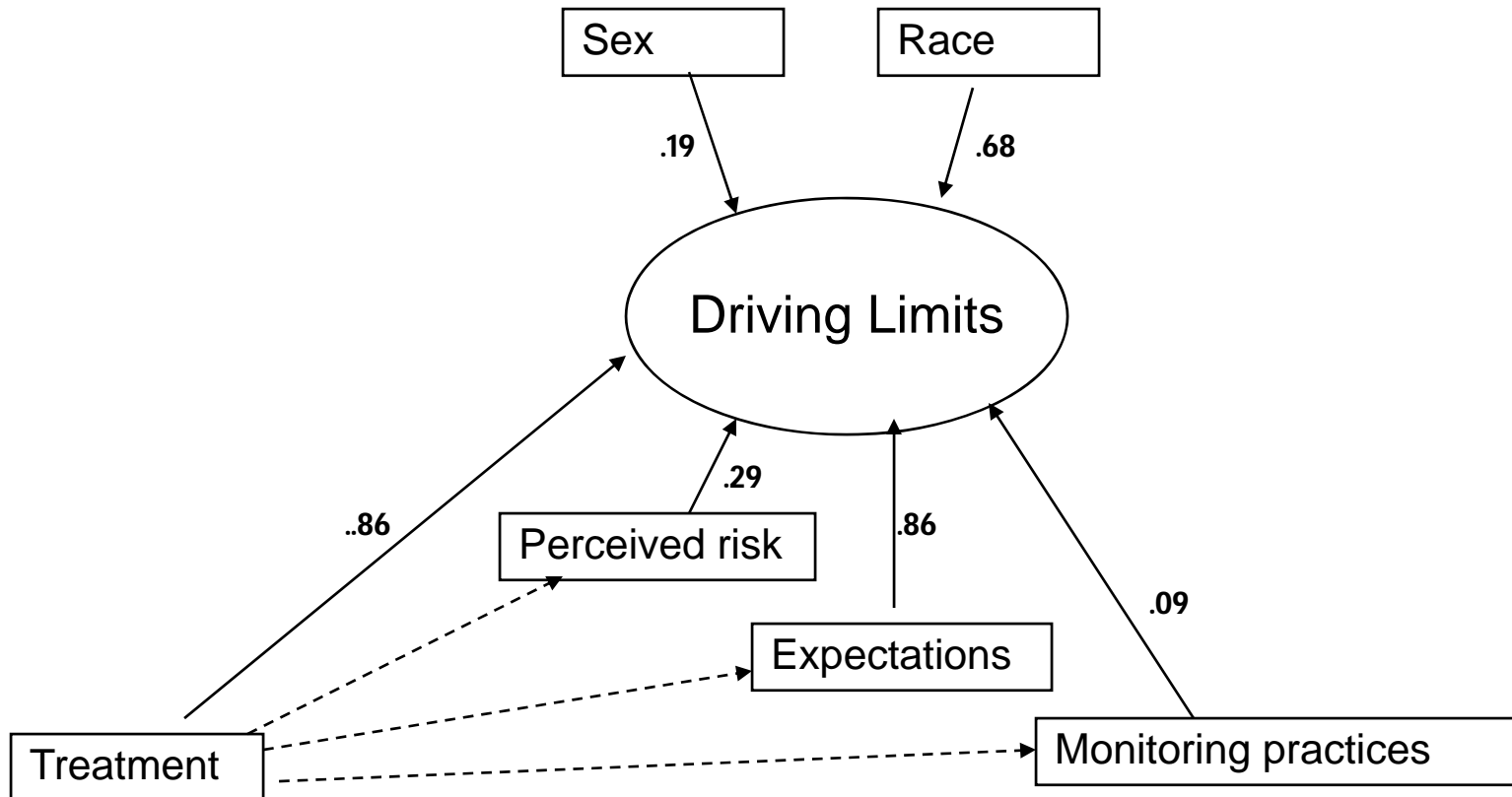


*Simons-Morton et al., AJPH, 2005*



# RCT: CT Statewide Trial (n=2250)

## Mediating Effects of Perceptions on Driving Limits At Licensure



N=2635

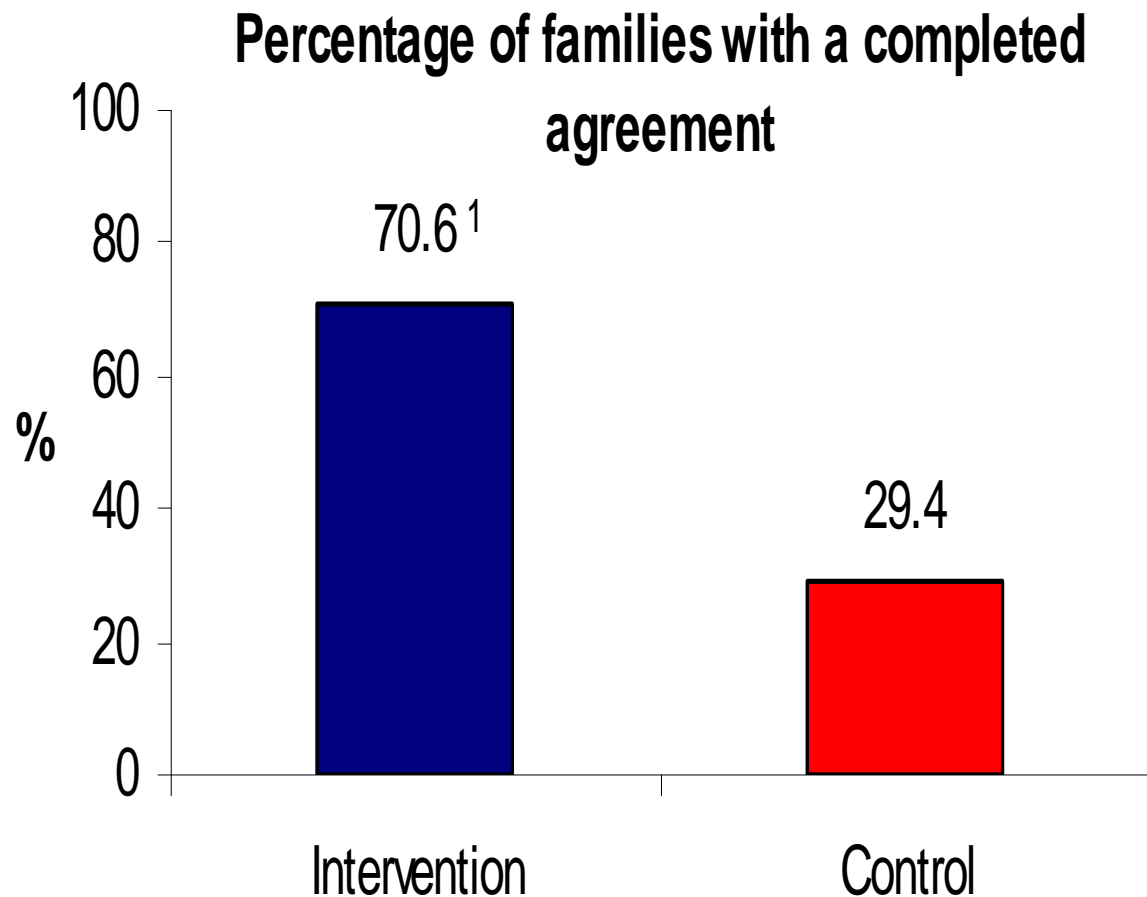
Simons-Morton et al, JAR,  
2006

# RCT: Tx Effects on Driving Outcomes

Variables	Range	Checkpoints (n=1280)		Comparison (n=1355)		t
		<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	
Risky driving						
3-months	0-12	2.38	2.09	2.52	2.1	<b>-1.8*</b>
6-months	0-12	2.62	2.11	2.81	2.2	<b>-2.3*</b>
12-months	0-12	2.76	2.37	2.95	2.5	<b>-1.9*</b>
Traffic violations						
12-months	0-7	.40	.80	.46	.84	<b>-2.1*</b>
Crashes						
12-months	0-8	.47	.71	.48	.72	NS

**\*P<.05**

# Checkpoints in Driver Education



<sup>1</sup> Intervention greater than control ( $x = 42.54$ ;  $p < .0001$ )

# Many Challenges to Improving Parental Management

1. Parent ambivalence
  - 1) Tedium of chauffeuring teen
  - 2) Tenuous parent-teen relations
  - 3) Normative expectations
2. Changing social norms
  - 1) Teen driving as a privilege vs right
  - 2) Parent responsibility to set limits
  - 3) Policy + programs
3. Disseminate parent management concepts and programs
  - A. Integrate into GDL
  - B. Diffuse broadly
    - 1) Driver education
    - 2) MVA
    - 3) Insurance companies
  - C. Combine with technology?



## Young Driver Collaborators

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**UMTRI: Jean Shope; Ray Bingham**

**PRG, Inc.: David Preusser; Bill Leaf**

**WESTAT: Neil Lerner**

*Thank you*



# Discussion Topics

- Driver education and supervised practice driving are useful programs, but provide safety effects. Why?
- More strict GDL policies have proven most effective, but many states adopt only the minimum GDL provisions. Why?
- What can you do in your state or community to foster adoption of the most effective GDL and enhance GDL effects?
- In what ways might could good parent management improve the effectiveness of GDL?
- Why don't most parents set and maintain reasonable limits on their newly licensed teenage drivers?
- What is the purpose of the Checkpoints Program?
- What is the potential for diffusing parent management programs?