Checkpoints™ Teen Driver Safety Program

What Is the Problem?
In the U.S., motor vehicle crashes are the leading cause of death for teens aged 16-19. In 2010, seven U.S teens died every day from motor vehicle-related injuries.

Source: Centers for Disease Control and Prevention

Many parents need help knowing when to let their teens start driving unsupervised and how to keep them safe when they drive on their own.

What Works?
Two Web-based Checkpoints™ programs with interactive parent-teen driving agreements are available free at saferdrivingteens.org (for Michigan residents), and for all states at youngdriverparenting.org. Checkpoints was originally developed by Dr. Bruce Simons-Morton of the National Institute of Child Health & Human Development, an agency of the U.S. Department of Health & Human Services. The program was adapted for the Web by the faculty of the University of Michigan Injury Center in two projects supported by the Centers for Disease Control and Prevention and the Michigan Department of Community Health (MDCH).

Program Components
Provides parents with information about:
- Risks teens face when first licensed (facts and myths about teen driving safety).
- How they can make their teens’ driving safer.
- How to effectively communicate with teens about safe driving (video content).
- Interactive parent-teen driving agreements that set clear guidelines and consequences for their teens’ early driving and adapt as their teens progress.

Evidence of Effectiveness
Checkpoints helps parents create and use a parent-teen driving agreement during the first months teens drive without supervision. Teens whose parents used the agreement reported fewer risky driving behaviors (such as speeding, tailgating, turning fast, unsafe lane changes, cutting in front of other vehicles, going through yellow-red lights, etc.).

Citations
