



# Checkpoints™ Program.

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Involving Parents to  
Reduce Teen Risk  
Driving Behavior



# Learning Objectives for Core SVIPP Showcase

1. Identify teen driving risk factors and explain how parent-teen driving agreements can be developed to reduce teen driving risk factors.
2. Identify parents' roles in reducing teen driving risk factors.
3. Learn techniques to partner with schools to sustain a Checkpoints Parent Teen Driving Agreement education program.

# What is Checkpoints™?



- The Checkpoints™ Program was 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 Checkpoints™ Program was adapted for use in Michigan by the University of Michigan Transportation Research Institute with support from the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention,
- And subsequently adapted for use in Tennessee by the Department of Health, Division of Family Health and Wellness/Injury and Violence Prevention.

# How Does Checkpoints™ Work?

In a one-hour, instructor-led program, parents are provided 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.

# Goal of the Checkpoints™ Program

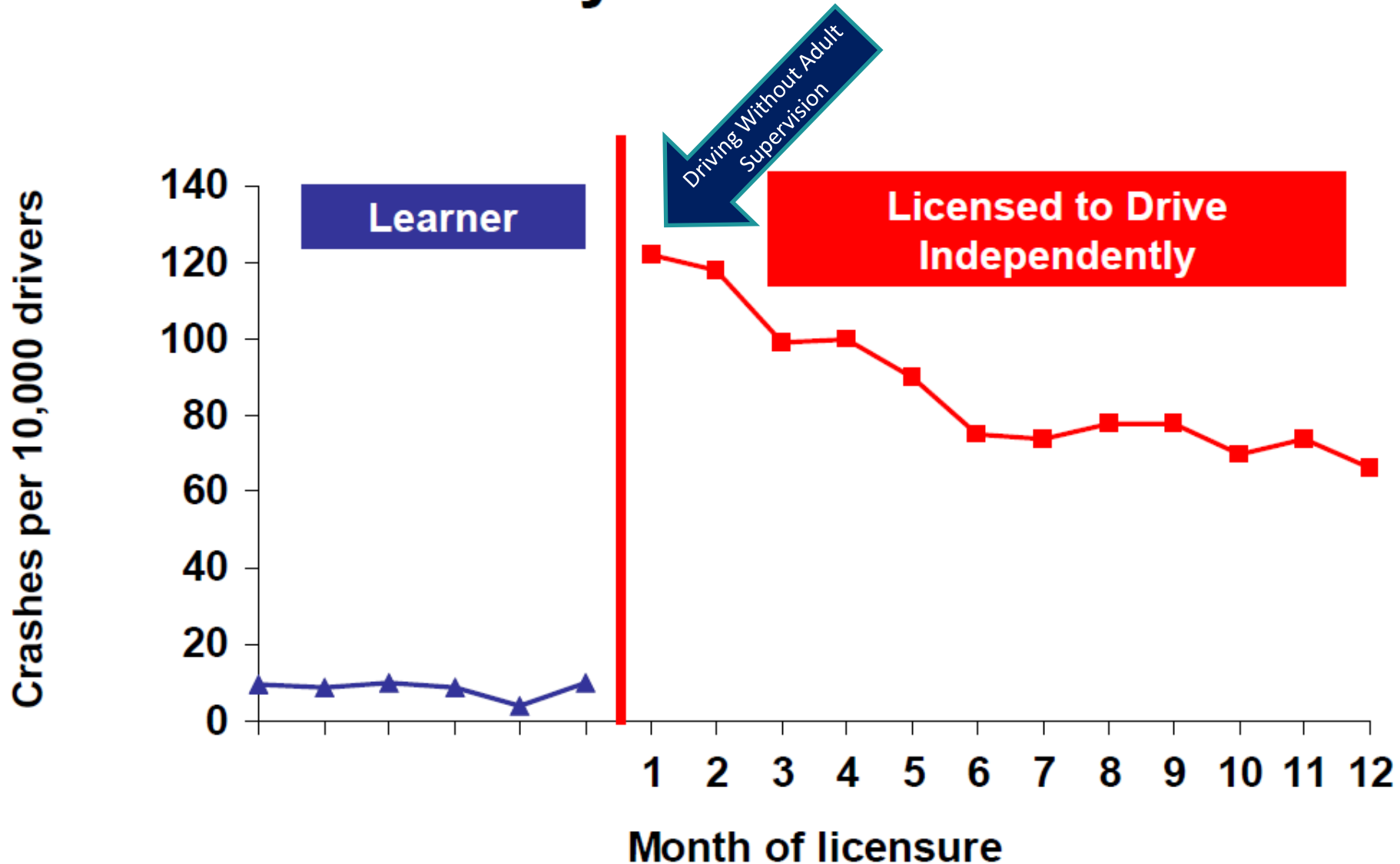


The Checkpoints Program provides parents brief instruction and structure to help parents use effective parenting techniques to:

1. Establish driving rules during the first year of independent driving
2. Establish consequences for non-compliance...
3. and *jointly* reach a parent-teen driving agreement with their teens.

***The goal of the Checkpoints program is...to ultimately reduce teen crashes and violations received by teen drivers.***

# Crash Rate by Licensure Month



# Checkpoints is Designed to Address Specific High Risk Driving for New Teen Drivers

- Driving With Teen Passengers
- Driving at Night
- Driving in Poor Weather Conditions
- Driving on High Speed Roads

## Also Covers

- Distracted Driving
- Driving After Using Alcohol
- Driving While Not Using Seatbelts
- TN Graduated Driver License Law





# PART 1

## Parent-Teen Driving Agreement

Part 1...PRIVILEGES FOR UNSUPERVISED DRIVING *These need to be tailored to your teen's driving progress*

### DIRECTIONS

- 1 Review risks, discuss, and fill in Checkpoint privileges for each driving condition.
- 2 Decide how long these privileges should remain in effect, and fill in length and date for next review.
- 3 Initial and date agreed-upon privileges.
- 4 At review date, discuss staying in Checkpoint longer, or increasing privileges and filling in next Checkpoint.
- 5 Repeat process for all Checkpoints.

DRIVING CONDITIONS	CHECKPOINT 1	CHECKPOINT 2	CHECKPOINT 3	CHECKPOINT 4
<b>NIGHTTIME</b>				
<b>TEEN PASSENGERS</b> Daytime				
Nighttime				
<b>WEATHER</b> Daytime				
Nighttime				
<b>ROADS</b> Daytime				
Nighttime				
Length of time in effect				
<b>Next date to review if teen:</b> <i>Followed privileges? Improved skills? Had enough practice? Obeyed rules?</i>				
Parent and teen initial: understand and agree to accept driving privileges	Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____

# PART 2

Part 2...DRIVING RULES *These are absolutes – ones that apply to every trip every time*

MARK EACH WITH A CHECK TO INDICATE AGREEMENT

## TEEN DRIVER WILL:

- Never drive after taking any drugs or alcohol or ride with a driver who has taken any drugs or alcohol
- Never speed, tailgate, or cut off others
- Always obey all traffic laws
- Always wear a safety belt and require all passengers to wear safety belts
- Always tell parent/guardian where going and with whom
- Always call home if going to be late
- Always call home if for any reason it is not safe to drive or ride with someone else
- Never play around with passengers, talk on a cell phone, mess with the radio or do anything else distracting.

## CONSEQUENCES IF TEEN VIOLATES DRIVING PRIVILEGES OR RULES:

- Lose driving privileges for \_\_\_\_\_
- Other \_\_\_\_\_

## PARENT WILL:

- Be a good role model behind the wheel
- Point out and discuss safe and dangerous driving situations and practices
- Apply rules fairly and consistently
- Consider **necessary** exceptions to the driving privileges
- Provide safe ride home when asked (no questions at that time)

**AGREE:** *We understand and agree to these driving privileges and rules/consequences.*

Teen Initials: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Initials: \_\_\_\_\_

Date: \_\_\_\_\_

# Developing Partnerships to Establish and Sustain Checkpoints

- Contacted Jennifer S. Zakrajsek at MTRI, brought her to TN Teen Institute
- Partnered with Department of Education (Coordinated School Health) & School Resource Officers
- Recruited a pilot school in Rutherford County (high teen crash county)
- Contacted Williamson County School (4 teen crash deaths in two months)
- Presented to Williamson County Safe Teen Driving Task Force
- Williamson County adopted the program county-wide

# Smyrna, TN Checkpoints Program

- Pretest/Posttest data indicate
  - Increase in knowledge about TN GDL Law among teens
  - Increase in willingness to follow GDL Law among teens
  - Increase in understanding of the TN GDL Law (teen passengers, curfew, cell phone restrictions, seat belt use)
  - Increase in parents' reporting that their teen will likely to follow GDL Law
- 100% of parents and teens completed a PDTA
- Parents, teens, and district report positive experience with program.

# Questions?



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