

Teen Driving 101 Class

Presented by the Arkansas Department of Health

Free for Parents & Teens

Date:	Monday, December 8th – 6-8 pm
Location:	Cabot Freshman Academy (18 Spirit Drive)
Target Audience:	Teens and Parents of Teen Drivers
Cost:	<u>FREE! Dinner will be provided</u>
Presenters:	Becky Lamb, Community Health Nurse Specialist (Arkansas Dept. of Health) Laura Taylor, Community Health Educator (Arkansas Dept. of Health)
Registration Deadline:	Wednesday, December 3rd

Overview

This is a 2-hour class. The first hour covers the scope of the problem, risks and safety behaviors.

The second hour: Parents and teens will work on skills separately.

By making parents aware of the driving risks and laws that affect their teen driver, this program will empower parents to set driving rules within their household which will, in turn, make their teens safer drivers and decrease the chance of a car crash. The program will provide parents with facts and tools to create driving contracts with their teens. Presenters will familiarize both parents and teens with the laws of the Graduated Drivers License (GDL), such as seatbelt use and distracted driving. Parents will be provided the knowledge to identify teen behaviors that increase the risk of a car crash, and will be able to change those behaviors.

The aim of the program is to make the journey from knowledge to action an easy one. The information presented contains evidence-based practices proven to be effective in the promotion of motor vehicle safety.

After completing this training participants will be able to:

1. Establish limits for their teen's driving privileges and assess their readiness to accept driving responsibilities.
2. Teens will better understand their parent's concerns about driving risks and be better equipped to communicate objectively with their parents about driving.
3. Understand the laws regarding the Graduated Drivers License (GDL).
4. As a result of creating a teen driving contract, families will be able to apply the Graduated Driver Licensing law and other Graduated Driving Licensing principles within the family.

To Register Contact: Kelly Spencer, District Health & Wellness Coordinator

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Registration is required. Deadline to register is Wednesday, December 3rd