

Take A Stand

▶ **Make the choice.**

To never consume alcohol or other drugs under the age of 21.

▶ **Make a pact.**

With your friends to not use substances under 21. You don't have to go it alone.

▶ **Have a plan.**

For when you are in a situation where there is alcohol or other drugs. Look out for your friends and peers, especially if you think they may be using substances.

▶ **Respect the road.**

Practice safe driving and be a considerate passenger.

▶ **Never let a friend drive impaired and never ride with an impaired driver.**

Call a trusted adult for a safe ride home or call 911 in an emergency.

Safe Driving Practices

▶ Always wear your seatbelt.

No matter where you sit in the car. Did you know that seat belt use is lowest among teen drivers? (CDC) The majority of teenagers involved in fatal crashes are unbuckled. (NHTSA)

▶ Eyes on the road, hands on the wheel.

That means no electronic devices, no eating while driving, doing your makeup, or messing with the radio too much. Keep your focus when driving, and never consume alcohol or other drugs under the age of 21.

▶ Limit the number of passengers.

Research shows that the risk of a fatal crash goes up in direct relation to the number of teenagers in the car. (CDC) It's your responsibility when your friend is driving to not distract them by being loud or rambunctious.

▶ Follow the speed limit.

In 2020, speeding was a factor in 31% of the fatal crashes that involved passenger vehicle teenage drivers. (NHTSA)

▶ Never, ever ride with an impaired driver.