

# Ambler Pediatrics

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## Tips for New Drivers

Motor vehicle collisions are the leading cause of death in adolescents. Read these important guidelines before hitting the road.

- **Always wear a seatbelt—(that includes your passengers!)  
You can now be pulled over and cited solely for violating new seatbelt laws!**
- No driving or riding with others under the influence of alcohol/drugs.
- Never drive while sleepy or upset.
- No cell phone, no texting, or using I-Pod while driving.
- No eating, drinking, or smoking while driving.
- Select a radio station or CD before driving (**keep volume low-medium**).
- Know directions to your destination before driving.
- No speeding, tailgating, running stop signs or red lights.
- No nighttime driving. **Collisions are four times more likely to occur at night.**
- Inform parents of your destination and return time.
- Do not use “cruise control” if it takes your focus off driving.
- Be familiar with the vehicle you are driving (how to turn on the wipers, hazards, defroster).
- If you take ADHD medications, they should be taken every day.
- Supervised driving is 65 hours, of which, 10 for nighttime and 5 for driving in poor weather conditions.
- **For the first six (6) months of a junior license, no more than one (1) passenger under the age of 18 unless:**
  - **They are in your immediate family and live with you or**
  - **Your parent or guardian is in the vehicle**
- **After six (6) months, you may have up to three (3) passengers who are under the age of 18; however, if you are involved in a crash or convicted of a driving violation, the passenger restriction of only one (1) passenger will be reinstated until you have a Regular Driver’s License.**