

Parent Learning Event Facilitator Guide: Let Driving Laws Be Your Guide

Module Overview

Learning objectives

- Upon completion of this event, participants will be able to:
- identify recommended Graduated Driver Licensing (GDL) laws
 - recognize the four objectives of GDL laws that contribute to reducing teen crash risks
 - identify research-based tools and resources available on the teendriversource.org website, including the Driving Practice Log
 - access resources available on the teendriversource.org website on their computer at home or work
 - engage their teen in open conversations about the learning to drive process, driving laws and house rules
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Introductory slides

Use the optional introductory slides the first time presenting to a new audience, if time permits.

Audience

This parent learning event is intended for an audience of parents and guardians of teens.

Delivery settings

- Adult learning events can be conducted in a variety of settings:
- worksite wellness and health promotion presentations
 - school or community parenting sessions
 - other opportunities to deliver preventive health education to parents and caretakers
-

Time required

45 minutes - 1 hour

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Module Overview, Continued

U.S. Department of Health and Human Services' Healthy People 2020 objectives

This learning event addresses the following Healthy People 2020 objectives sponsored by the U.S. Department of Health and Human Services (DHHS):

- Maternal, Infant and Child Health – Healthy People 2020 – 2: Reduce deaths of adolescents and young adults
- Early and Middle Childhood – Healthy People 2020 – 5: Increase the percentage of parents that use positive parenting and communicate with their doctors or other health care professionals about positive parenting
- Injury and Violence Prevention – Healthy People 2020 – 16: Increase the number of states with strong Graduated Driver Licensing (GDL) laws
- Injury and Violence Prevention – Healthy People 2020 – 24: Reduce motor vehicle crash-related deaths
- Injury and Violence Prevention – Healthy People 2020 – 25: Reduce nonfatal motor vehicle crash-related injuries

All objectives can be found online at:

www.healthypeople.gov/hp2020.

Before you begin

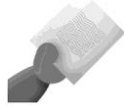
- Review the applicable chapters in the Reference Guide.
 - Review the www.teendriversource.org website, focusing on the resources contained in the “I Educate & Support Parents” section.
 - Review the teen driver licensing information found on your state’s DMV website to become familiar with state-specific provisions and terminology.
 - Review the PowerPoint slides and practice the speaking points.
 - Review parent exercises that encourage participants to interact, reflect on what they have learned, and share their reactions to the learning experience.
 - Exercise options:
 - o To expand your class time with parents, you can review in more detail the resources referenced on slide 17 and are included as handouts for this learning event: all four tools help prepare parents for the supervised driving or Learner Permit phase of GDL laws.
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Materials needed



PPT slides for 'Let Driving Laws Be Your Guide'



Copy of handouts for each participant:

- HO1 – Consensus Best Practices
 - HO2 – My Own Best Practices
 - HO3 – Teen Crash Statistics
 - HO4 – Why Teens Crash
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Parent Learning Event Facilitator Guide: Factors That Influence Teen Crashes

Module Overview

Learning objectives

Upon completion of this event, participants will be able to:

- recognize how the teen brain develops and its impact on decision-making, a teen's emotional state and other psychosocial implications
 - identify ways parents can help their teens understand driving crash risks
 - identify their own parenting attitudes and style and how it influences the quality of communication with their teen
 - apply authoritative parenting style to their relationship with their teen, especially when negotiating house rules about driving, curfews and using the family car
 - recognize ways to elicit teen perceptions about behaviors that could increase driving crash risk
 - navigate the resources available on the teendriversource.org website to retrieve valuable information on teen car crashes
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Introductory slides

Use the optional introductory slides the first time presenting to a new audience, if time permits.

Audience

This parent learning event is intended for an audience of parents and guardians of teens.

Delivery settings

Adult learning events can be conducted in a variety of settings, including:

- worksite wellness and health promotion presentations
 - school or community parenting sessions
 - other opportunities to deliver preventive health education to parents and caretakers
-

Time required

45 minutes - 1 hour

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Module Overview, Continued

U.S. Department of Health and Human Services' Healthy People 2020 objectives

This learning event addresses the following Healthy People 2020 objectives, sponsored by the U.S. Department of Health and Human Services (DHHS):

- Maternal, Infant and Child Health – Healthy People 2020 – 2:
Reduce deaths of adolescents and young adults
- Early and Middle Childhood – Healthy People 2020 – 5:
Increase the percentage of parents that use positive parenting and communicate with their doctors or other health care professionals about positive parenting
- Injury and Violence Prevention – Healthy People 2020 – 16:
Increase the number of states with strong Graduated Driver Licensing (GDL) laws
- Injury and Violence Prevention – Healthy People 2020 – 24:
Reduce motor vehicle crash-related deaths
- Injury and Violence Prevention – Healthy People 2020 – 25:
Reduce nonfatal motor vehicle crash-related injuries

All objectives can be found online at:
www.healthypeople.gov/hp2020 .

Before you begin

- Review the applicable chapters in the Reference Guide.
 - Review the www.teendriversource.org website, focusing on the resources contained in the “I Educate & Support Parents” and “I Am A Parent” sections
 - Review the PowerPoint slides and practice the speaking points.
 - A Facilitator Guide Appendix is located at the end of this module containing Educator Prompts for parental involvement exercises. Decide which exercises you will use for the presentation you are planning.
 - Download, read and make copies of the following *USA Today* article:
http://www.teendriversource.org/news/recent_news_article/11/teens_do_better_with_parents_who_set_limits
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Module Overview, Continued

Materials needed



PPT slide deck for 'Factors That Influence Teen Crashes'

- HO1 – My Teen: A Profile
- HO2 – Teen Perceptions on Risk
- HO3 – Parenting Styles Quiz 1
- HO4 – Parenting Styles Quiz 2

Parent Learning Event Facilitator Guide: Techniques For Talking To Your Teen Driver

Module Overview

Learning objectives

- Upon completion of this event, participants will be able to:
- recognize ways to provide positive reinforcement to teens as they gain driving skills and adhere to 'house rules'
 - describe the components of authoritative parenting
 - describe parenting techniques that can reduce crash risk factors, such as:
 - o encouraging their teens to use a 'code word' when they are in a risky driving situation and need a ride
 - o allowing teens to use parents as their 'scapegoat' for the strict rules and curfews they must follow
 - use empathetic listening and reflective feedback skills to communicate with teens about their personal learning to drive process and the first years of gaining driving experience
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Introductory slides

Use the optional introductory slides the first time presenting to a new audience, if time permits.

Audience

This parent learning event is intended for an audience of parents and guardians of teens.

Delivery settings

- Adult learning events can be conducted in a variety of settings:
- worksite wellness and health promotion presentations
 - school or community parenting sessions
 - other opportunities to deliver preventive health education to parents and caretakers
-

Time required

45 minutes - 1 hour

Module Overview, Continued

U.S. Department of Health and Human Services' Healthy People 2020 objectives

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- Early and Middle Childhood – Healthy People 2020 – 5: Increase the percentage of parents that use positive parenting and communicate with their doctors or other health care professionals about positive parenting
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- Injury and Violence Prevention – Healthy People 2020 – 25: Reduce nonfatal motor vehicle crash-related injuries

All objectives can be found online at:
www.healthypeople.gov/hp2020.

Before you begin

- Review the applicable chapters in the Reference Guide.
 - Review the www.teendriversource.org website, focusing on the resources contained in the “I Educate & Support Parents” and “I Am A Parent” sections.
 - Review the PowerPoint slides and practice the speaking points.
 - Decide which activities you will use in the class.
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Materials needed



PPT slide deck for ‘Techniques For Talking To Your Teen Driver’

- HO1 - Communication Checklist
- HO2 - The Parent’s Role
- HO3 - Stay Involved
- HO4 - Parent As Driving Teacher
- Index Cards

Parent Learning Event Facilitator Guide: Encourage Safe Driving Decisions

Module Overview

Learning objectives

Upon completion of this event, participants will be able to:

- recognize how driving is a health behavior
 - recognize how staying involved will keep their teen safer (Health Belief Model)
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Introductory slides

Use the optional introductory slides the first time presenting to a new audience, if time permits.

Audience

This parent learning event is intended for an audience of parents and guardians of teens.

Delivery settings

Adult learning events can be conducted in a variety of settings:

- worksite wellness and health promotion presentations
 - school or community parenting sessions
 - other opportunities to deliver preventive health education to parents and caretakers
-

Time required

45 minutes - 1 hour

U.S. Department of Health and Human Services' Healthy People 2020 objectives

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- Maternal, Infant and Child Health – Healthy People 2020 – 2: Reduce deaths of adolescents and young adults
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Module Overview, Continued

U.S. Department of Health and Human Services' Healthy People 2020 objectives, (cont)

- Injury and Violence Prevention – Healthy People 2020 – 16: Increase the number of states with strong Graduated Driver Licensing (GDL) laws
- Injury and Violence Prevention – Healthy People 2020 – 24: Reduce motor vehicle crash-related deaths
- Injury and Violence Prevention – Healthy People 2020 – 25: Reduce nonfatal motor vehicle crash-related injuries

All objectives can be found online at:
www.healthypeople.gov/hp2020

Before you begin

- Review the applicable chapters in the Reference Guide.
 - Review the www.teendriversource.org website, focusing on the “I Am A Parent” and “I Educate & Support Parents” sections.
 - Review the PowerPoint slides and practice the speaking points.
 - Decide which of the two parent audience exercises you are going to use.
 - Review the group discussion topic and questions for the audience.
 - Place Handouts #1 and #2 face down on each participant’s desk, table or chair.
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Materials needed



PPT slide deck for ‘Encourage Safe Driving Decisions’

- HO1 – ‘Parenting Tips to Keep Teen Drivers Safe’ fact sheet
- HO2 – ‘Set House Rules and Reduce Crash Risks for Your Teen’ fact sheet
- HO3 - Exercise: Reverse Brainstorm
- Index Cards for Pair Exercise: Boundaries and Privileges

Parent Learning Event Facilitator Guide: Navigate The First Years Of Driving

Module Overview

Learning objectives

Upon completion of this event, participants will be able to:

- create a driving lesson timeline and practice driving log
- identify the phases of driving
- recognize the importance of supervised practice driving
- select an appropriate driving school
- implement a 'Nag Free' zone in the car

Introductory slides

Use the optional introductory slides the first time presenting to a new audience, if time permits.

Audience

This parent learning event is intended for an audience of parents and guardians of teens.

Delivery settings

Adult learning events can be conducted in a variety of settings:

- worksite wellness and health promotion presentations
- school or community parenting sessions
- other opportunities to deliver preventive health education to parents and caretakers

Time required

45 minutes - 1 hour

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Module Overview, Continued

**U.S.
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2020 objectives**
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All objectives can be found online at:
www.healthypeople.gov/hp2020.

**Before you
begin**

- Review the applicable chapters in the Reference Guide.
 - Review the www.teendriversource.org website.
 - Review the PowerPoint slides and practice the speaking points.
-

**Materials
needed**



PPT slides for 'Navigate the First Years of Driving'

- HO1 - Choosing a Driving School
- HO2 - Driving Lesson Timeline
- HO3 - Practice Log
- HO4 - Nag-Free Brainstorm