

Lifesavers National Conference on Highway Safety Priorities
April 2016, Long Beach, California

Track: Teen Traffic Safety

Workshop: Improving Parent-Involved Teen Driving Interventions (April 4, 2:15)

Checkpoints Program and Resources

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Background: Developed by Bruce Simons-Morton at NIH, and based on social learning theory and protection motivation theory, the Checkpoints program uses persuasive messages and a parent-teen driving agreement to increase parental restrictions on teens' high risk driving conditions. After the initial agreement is completed, parents/teens revisit and update their agreement at several points in time. The program was evaluated in several controlled studies using passive dissemination of media, with positive, although limited, results on teen driving outcomes. University of Michigan (UM) researchers then collaborated with NIH researchers to adapt the Checkpoints content and material for delivery via several different modes, including more direct parent engagement, in four federally-funded research studies (below). More positive outcomes on parental restrictions, adoption of agreements, and teen driving outcomes were obtained.

- 1) One 30-minute program delivered in driver education settings to parents/teens by UM staff instructors

Publication:

Zakrajsek JS, Shope JT, Ouimet MC, Wang J, Simons-Morton BG. Efficacy of a brief group parent/teen intervention in driver education to reduce teenage driver injury risk: A pilot study. *Family and Community Health* 32(2), 175-188, 2009.

- 2) One 30-minute program delivered in driver education settings to parents/teens by driver education instructors trained by UM

Resources available:

Instructor training video
Curriculum Guide for instructors
Video and posters for classroom use

Publication:

Zakrajsek JS, Shope JT, Greenspan AI, Wang J, Bingham CR, Simons-Morton BG. Effectiveness of a brief parent-directed teen driver safety intervention (Checkpoints) delivered by driver education instructors. *Journal of Adolescent Health* 53:27-33, 2013.

3) A state website containing Checkpoints content and materials that was highly promoted

Resources available:

- Website for parents with interactive agreement: www.saferdrivingforteens.org
- Posters for display
- Bookmarks for parents
- Facebook engagement ad
- Interactive banner ad for promotion on other websites
- Script for two radio ads
- Three 90-second PSA videos

Publication:

- In preparation

4) One 1-2 minute pediatrician intervention and referral to website

Resources available:

- Website for parents with interactive agreement: www.youngdriverparenting.org
- Self-guided training manual for primary care provider
- Script and protocol for primary care provider
- Posters for display
- Bookmarks for parents

Publication:

Shope JT, Zakrajsek JS, Finch S, Bingham CR, O'Neil J, Yano S, Wasserman R, Simons-Morton B. Translation for Primary Care of an Effective Teen Safe Driving Program for Parents. *Clinical Pediatrics*, In press.

CONTACT for assistance with resources, programming, or evaluation:

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Note: Powerpoint slides from the workshop presentation will be made available on the Lifesavers website (www.lifesaversconference.org) following the conference.