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:

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:
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:

CONTACT for assistance with resources, programming, or evaluation:
   Jean T. Shope (jshope@umich.edu; 734-764-6328), or
   Jennifer S. Zakrajsek (jzak@umich.edu; 734-615-4740)

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