


Implementing Effective Parent-Involved Teen Driving Programs

Moderated by:
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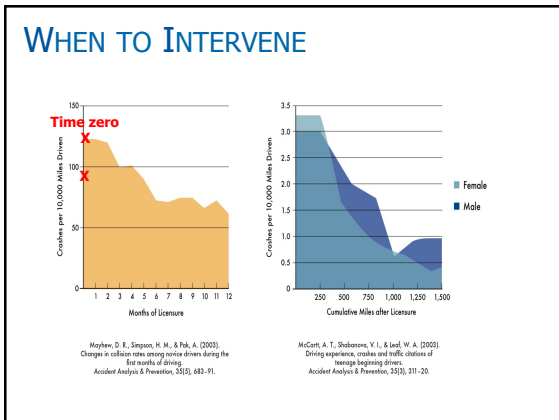
AIMS FOR TODAY'S WORKSHOP

- Learn what program elements are essential to be effective at supporting parents efforts to decrease teen crash risk
 - "Effectiveness of Parent-Focused Interventions to Increase Teen Driver Safety: A Critical Review" (Curry et al. *J of Adolescent Health*, 2015)
- Learn ways to find and engage parents of teens
 - Check Points (Michigan)
 - Trauma Nurses Talk Tough (Oregon)

REASONS TEENS CRASH

- **Lack experience**
95% of teen crashes due to ERROR
- **May take risks**
Healthy experimentation → impulsive choices in MV → severe outcomes





GRADUATED DRIVER LICENSING

Reduces Crash Risk by up to **40%**

Learner Supervised driving	Intermediate Solo driving	Full Stage Unrestricted driving
16 years	17 years	18 years
Pass knowledge test; 12 mos. Holding period	Pass on road test; 12 mos. holding period	Pass enhanced on road test
>50 hours	<u>Restrictions</u> ≤ 1 teen passenger No driving 9/10 pm – 5 am	Clean driving record
Decal	No Technology Decal	

Source: TIRF and National Safety Council, 2014

WHY PARENTS MATTER

- 87% of teens report parents involved in teaching them to drive
 - 40% only have parents teaching them to drive
- Involved parents that set rules and monitor can lower teen crash risk by half
 - 2xs as likely to wear belts
 - 70% less likely to drink & drive
 - Half as likely to speed
 - Less likely to drive with multiple passengers

Source: Ginsburg et al. *Pediatrics*. 2009

EFFECTIVENESS OF PARENT PROGRAMS

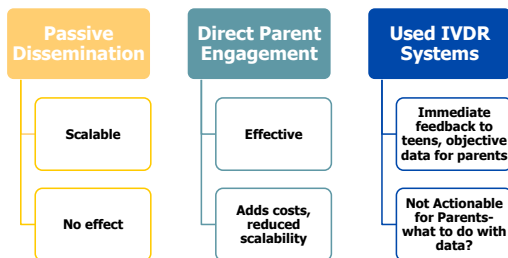
Critical Review Criteria:

- Programs that target parents' cognitions, behaviors and skills
- Impact evaluation published
- 15 programs met criteria
- Categorized:
 - passively disseminated media, no or minimal parent engagement
 - disseminated media & direct parent engagement
 - used an in-vehicle data recorder



Curry et al. J Adol Health. 2015

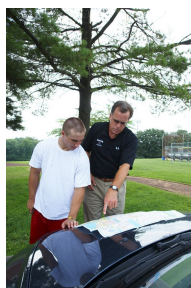
PRACTICAL ADVICE? NEED TO FIND YOUR SWEET SPOT



Curry et al. J Adol Health. 2015

CHALLENGES TO ENGAGING PARENTS

1. Parents don't recognize risks
2. Not familiar with GDL or see it as a maximum guideline
3. Parents don't have time
4. Believe that their teen is good safe driver
5. Parents not best role models/ don't want to be told how to parent
6. Hard to access parents of teenagers



GHSA Report, "Promoting Parent Involvement", 2013

KEY CONCEPTS TO CONVEY TO PARENTS

1. Inexperience & adolescence
2. Key risk factors for crashing
3. GDL as a tool for parents
4. Parenting style matters
5. Supervised driving practice is key



GHSA Report, "Promoting Parent Involvement", 2013

ELEMENTS OF A GOOD PARENT PROGRAM

- Discusses risks for teen drivers
- Explains and encourages
- Employs a theory-based program model & ongoing evaluation
- Delivered by trained, educated facilitators

GHSA Report, "Promoting Parent Involvement", 2013

ELEMENTS OF A GOOD PARENT PROGRAM

- Discusses risks for teen drivers
 - Explains and encourages
 - Employs a theory-based program model & ongoing evaluation
 - Delivered by trained, educated facilitators
- ✓ How and why GDL works
 - ✓ Parents' role in teaching, supporting, managing their novice drivers
 - ✓ Communicating on rules, expectations, consequences
 - ✓ Parent and teens working together for safety

GHSA Report, "Promoting Parent Involvement", 2013

GENERAL CHARACTERISTICS OF EFFECTIVE INTERVENTIONS

- Conceptualized with underlying theory, logic model
 - Intervention targets are related to key behaviors, feasible to change via intervention, have room to change
- Direct and ongoing parent engagement
 - Light human touch, facilitation
- Target parent-teen dyad
 - Support the relationship
- Provides concrete tools
 - e.g., weekly report cards, logging/rating tools, contract

13 | Curry et al. J Adol Health. 2015

TODAY'S PRESENTERS

Trauma Nurses Talk Tough Program
Legacy Emanuel Hospital, Portland OR
Joanne Fairchild, RN
Cathy Bowles, TNNT Family Education Coordinator

CheckPoints Program
Jean T. Shope, BSN, MSPH, P.E.
Research Professor Emerita
University of Michigan Transportation Research Institute and School of Public

14 |
