



Motor Vehicle
Crash (MVC)

Checkpoints™ — Teen Driver Safety Program

Michigan Statistics

Traffic Crash Facts, 2012
Teens/Young Adults,
Aged 16 to 20

60%, or 3 out of 5
unintentional injury
deaths, were due to
MVCs.²



Accounted for 9.6% of
all traffic deaths; 91.2%
of those who died were
drivers.³



9,969 were injured in
MVCs, 14.1% of all
persons injured
in crashes.³



494,752 were licensed
drivers, representing
7% of MI's active driving
population, 8.8% of
drivers in crashes, and
9.9% of drivers in
fatal crashes.³

Data Sources:

- Centers for Disease Control & Prevention.
- Michigan Department of Community Health.
- Office of Highway Safety Planning.

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What Is the Problem?

United States Statistics:

- In 2011, motor vehicle crashes was the leading cause of death for teens.¹
- In 2010, seven teens aged 16 to 19 died every day from motor vehicle-related injuries.¹

Many parents need help knowing when to let their teens start driving unsupervised and how to keep them safe when they drive on their own.

What Is One Solution?

Two Web-based Checkpoints™ programs with interactive parent-teen driving agreements are available free at saferdrivingforteens.org (for Michigan residents), and for all states at youngdriverparenting.org. Checkpoints was originally developed by Dr. Bruce Simons-Morton of the National Institute of Child Health & Human Development, an agency of the U.S. Department of Health & Human Services. The program was adapted for the Web by the faculty of the University of Michigan Injury Center in two projects supported by the Centers for Disease Control and Prevention and the Michigan Department of Community Health (MDCH).

Program Components

Provides parents with information about:

- Risks teens face when first licensed (facts and myths about teen driving safety).
- How they can make their teens' driving safer.
- How to effectively communicate with teens about safe driving (video content).
- Interactive parent-teen driving agreements that set clear guidelines and consequences for their teens' early driving and adapt as their teens progress.
- Additional resources and how to connect with other parents of teens.

Evidence of Effectiveness

Checkpoints helps parents create and use a parent-teen driving agreement during the first months teens drive without supervision. Teens whose parents used the agreement reported fewer risky driving behaviors (such as speeding, tailgating, turning fast, unsafe lane changes, cutting in front of other vehicles, going through yellow-red lights, etc.).^{a,b,c}

References

- 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*. 2013;53(1):27-33.
- 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. *Fam Community Health*. 2009;32(2):175-188.
- Simons-Morton BG, Hartos JL, Leaf WA, Preusser DF. The effect on teen driving outcomes of the checkpoints program in a state-wide trial. *Accident Analysis & Prevention*. 2006;38(5):907-912.

