

# Young drivers



Each year we hear about many young people who have been injured or killed in a road crash.

These crashes are caused by many different factors. Some are simply due to the young driver being inexperienced and overconfident.

- Young drivers can reduce their crash risk by about 30% if they practise for 100 hours with a supervisor before driving solo on P plates.
- The main factors causing P plate drivers to crash are overconfidence and inexperience. Every novice driver needs to be reminded of this.
- P plate drivers are more likely to be involved in a fatal crash at night due to their inexperience and reduced visibility. Limiting night time driving when drivers first start on their P plates is an effective way to reduce their crash risk.
- Limiting the number of passengers is another safety strategy, because as the number of peer passengers increases, so does the risk of serious crashes.
- Occasionally having a parent as a passenger with a new P plate driver is a good way to gain more experience and can ensure good driving habits.
- Teenagers watch their parents drive for many years. Parents are powerful role models and can influence the way their teenager follows the road rules and drives.



## What can you do to help your teenager become a safer driver?

Our licensing system is designed to give young drivers more time behind the wheel practising with a driving supervisor. In fact, learner drivers are required to log at least 50 hours of driving practice.

If your teenager is learning to drive:

- Set a target for supervised driving hours – remember research says 100 - 120 hours reduces their risk
- Plan lessons at different times of the day and night and when they feel ready, in busy traffic
- Talk about the skills they need to practise
- Give them lots of encouragement and talk about things that they need to work on
- Talk about being a responsible driver
- Make sure there are no distractions in the car. Turn off all mobile phones.

***Remember learner drivers very rarely have a crash, so enjoy the experience.***