

# Teen Driver Tips for Parents



## Optional: Lesson 10 *Heavy Traffic and Crowded Roads*

**Purpose:** To learn and master the differences posed by congestion

**Predicted Practice Time:** 30 minutes per repeat

**Learning Space:** A variety of roads during evening rush hour.

### Key Concepts

- Rush hour presents an increased set of hazards due to crowding and driver frustration.
- Morning rush hour is dangerous because many more sleepy people are driving. Afternoon rush hour is also dangerous because everyone who was frustrated at work in is the mix and they are often in a hurry to get home.
- The basic hazard types remain the same—path of travel intrusions by people, animals and other cars, particularly at intersections.
- Blind spot lane-change intrusions increase dramatically during rush hour.
- Rush hour on highways increases the chances of stop-and-go crashes (rear-enders.) Modest speeds and careful attention are especially important when the safest following distances are impossible to maintain. Plowing into a stopped or slowed vehicle is a major cause of serious highway injuries and fatalities.

### Advice for Parents

*Remind your driver of these things...*

- Your job is to alter your driving to properly drive on congested roads.
- You must drive more slowly, patiently and carefully during rush hour.
- You must assume that not everyone does.
- Watch out for intersections. Any time other cars are crossing where you are going, they present a hazard.
- Watch out for lane change intrusions. They are much more common when roads are crowded.
- Morning rush hour is more dangerous because some people are sleepy.
- During afternoon rush, you're more likely to come across someone who is angry.
- It is better to plan trips at times other than rush hour, whenever you can.
- If you become anxious or overwhelmed, signal and then pull over at the next safe place. These feelings are a normal part of leaning to drive during rush hour.



I will stop the learning activity if I believe you become distracted, angry or agitated.

## Teaching Tips

The best rush hour route to choose is one with which you are very familiar; say your drive to or from work. Afternoon rush is better, to avoid the less predictable behavior of sleepy people.

You'll guide your young driver on the route. Be sure to give all directions early, giving plenty of time to do what you ask. If you forget, make a change in the route rather than asking your driver to make a quick adjustment.

Your goal is to expose the driver to this potentially tense situation, to help them be less intimidated and more focused.

This is probably the scariest lesson plan. Stick to the basics and take deep breaths often.

## Driving Checklist

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### Learning Summary

Tasks can be considered accomplished when they are explained properly or done routinely (a minimum of three times without reminder.)

Task	Accomplished	Needs More Practice
• Alters driving to account for congestions and unpredictability	<input type="checkbox"/>	<input type="checkbox"/>
• Is patient and cooperative with other traffic, particularly when merging	<input type="checkbox"/>	<input type="checkbox"/>
• Uses signals early and consistently	<input type="checkbox"/>	<input type="checkbox"/>
• Avoids distractions and understands why	<input type="checkbox"/>	<input type="checkbox"/>
• Is aware of lane changers and blind spots	<input type="checkbox"/>	<input type="checkbox"/>
• Recognize most hazards, particularly at intersections.	<input type="checkbox"/>	<input type="checkbox"/>
• Maintains focus when congestion reduces following Distances.	<input type="checkbox"/>	<input type="checkbox"/>
• Picks an appropriate speed for each kind of road at all times.	<input type="checkbox"/>	<input type="checkbox"/>
• Remained calm without distraction, anger or agitation.	<input type="checkbox"/>	<input type="checkbox"/>

Time spent on activity in minutes: