

# Safe Driving Teen Monthly Bulletin

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## Even One Drink Is Too Much

A study by the University of California, San Diego looked at crash data from 1994 to 2011 involving over 570,000 collisions and found that drivers who had a Blood Alcohol Content as low as 0.01 percent were 46 times more likely to be blamed in a crash.

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For Teens and their Parents



## INSIDE THIS ISSUE

1	Even Just One Drink Is Too Much
2	Students Who Wouldn't Drive Drunk Don't Mind Driving Stoned
3	Parental Involvement Key To Safe Driving
4	Can I legally drive in other states on my learner's permit?
5	Energy Drink Related Emergency Room Visits Double
6	Ask the Driving School Instructor: Parallel Parking



## Students Who Wouldn't Drive Drunk Don't Mind Driving Stoned

A recent survey conducted by two Washington State universities and published in JAMA Pediatrics reveals some disturbing information on teens when it comes to marijuana use and driving. While far fewer would drive drunk or ride in a car with a drunk driver, the survey shows that at least 44% of males and 9% of females reported driving after using marijuana and over 51% of males and nearly 35% of females reported getting in a car with a driver who was high on marijuana.



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## Teen Drivers Face Many Dangers; Parental Involvement Key To Safe Driving

The statistics don't look good for teen drivers. Teens are involved in more crashes per mile driven than any other age group and are involved in seven times as many crashes per mile driven than drivers in their 40's, 50's, or 60's. With prom and graduation season approaching, New Canaan CT Police Chief, Leon Krolikowski, writes about the dangers faced by teen drivers and the need for parental involvement to keep teen drivers safe behind the wheel.

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## Can I legally drive in other states on my learner's permit?

Most states have what are known as "reciprocal agreements" meaning that a driver's license in one state

will be honored in other states. The one exception when it comes to learner's permits is the state of New York. Under New York law, you cannot qualify for a learner's permit unless you are 16 years of age. That means, even if you hold a valid learner's permit from another state, if you're under the age of 16, you're not allowed to drive in New York.

Even if your learner's permit is honored by other states, you must still follow the driving laws of that state and many states have learner's permit laws that may be stricter than those of your home state. Before traveling to another state, you should look up the driving handbook for that state and see what type of restrictions that state may have for drivers on a learner's permit. Almost every state has a requirement that you be accompanied by a licensed driver over the age of 21 who sits in the passenger seat next to you.



## Energy Drink Related Emergency Room Visits Double

**Ready to get your Learners Permit?**



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According to a report released in January 2013 by the Substance Abuse & Mental Health Services Administration, ER visits related to the use of so called energy drinks doubled from 10,068 visits in 2007 to 20,783 visits in 2011.

We were among the first to write about the issue of energy drinks and their effect on health and driving back in 2009 and have published several articles since but the warning bears repeating.

Energy drinks contain large amounts of caffeine and sugar and are marketed mostly toward young people as a way to gain energy, stay awake, or lose weight. Energy drinks are unregulated and there are really no limits on how much caffeine can be added to a drink.

The problem comes when young people, with their busy schedules, try to use the energy drink as a substitute for sleep. Once the effect of the caffeine wears off, a sleep deprived person will not be able to remain awake.

Another problem is “caffeine intoxication” which comes from overdosing on caffeine, leading to anxiety, excitability, restlessness, and an inability to concentrate. Caffeine in large amounts can lead to even greater health issues, including cardiovascular problems, seizures, and hallucinations.

Some health experts have called for the FDA to regulate energy drinks and to place warnings on the labels. Canadian health officials enacted regulations beginning in January 2013 that limit the amount of caffeine in one drink to 180 mg or roughly the same amount as that contained in an eight ounce cup of coffee.

**Read More:**

<http://www.lowestpricetrafficschool.com/teens/> ♦

## Ask The Driving School Instructor: Parking During The Driving Exam



**Question: Will I have to parallel park during my driving test?**

Answer: As far as Florida driving tests go, parallel parking is rarely tested; however, you will be required to pull into a parking space marked by traffic cones on either side. If you hit one of the cones either when pulling into the space or backing out, it will be considered as an automatic failure. Remember to use your turn signal to indicate which way you will be turning when entering or backing out of a parking space. You will also be tested on where to turn your wheels when parking on a hill, with or without a curb. Since Florida doesn't have too many hills to perform this maneuver on, you may just have to explain to the driving examiner how you would turn your wheels when parking on a hill.

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