



7 STEPS TO STAYIN' ALIVE

The **NO. 1 KILLER OF TEENS** isn't drugs, alcohol, violence or suicide...
IT'S CAR CRASHES.

Follow these easy steps to help you stay alive.

1. **BUCKLE UP!** Most teens who died or were injured in car crashes were not wearing their seat belts.
2. **SEE THAT SPEED LIMIT SIGN? STICK TO IT** – avoid a ticket and a crash. (About 40 percent of teen guys who died in car crashes were speeding.)
3. **TELL YOUR FRIENDS TO CHILL!** Face it, rowdy friends get in the way. Better yet, don't pack your friends in your car. The stats show the more friends you add to your car, the greater the risk of a wreck.
4. **TURN OFF YOUR CELL PHONE!** Call and text when you reach your destination.
5. **DON'T MULTITASK IN THE CAR.** Putting on your makeup, messing around with your MP3 player and eating can all wait until you get out of your car.
6. **WHY GET ON THE ROAD DURING DIFFICULT DRIVING TIMES?** The stats aren't on your side when driving late at night or when the weather is bad. So stay clear of the roads – whatever you need will still be there tomorrow.
7. **DRIVING DRUNK IS STUPID,** and riding with someone who's been drinking is no different. Just don't do it!

For more steps to stay alive, visit WWW.KEEPTHEDRIVE.COM.