

# The Dangers of Speeding

## DEAR PARENTS AND CAREGIVERS

Your teen has been learning about speeding and the risks it creates. Ask them to share what they have learned, including:

- Why speeding is dangerous
- How it affects reaction time and perception
- Steps they can take to consistently drive at a safe speed

Speeding is one of the most common causes of crashes, and it's important for teens to understand the risks and how to avoid them. Even a small increase in speed can make a life-changing difference. Use these questions to guide a conversation with your teen:

- Why do people speed?
- How can you avoid the most common reasons people speed?
- What are the benefits of leaving earlier than you need to?
- What is the basic speed law?
- How are speed limits determined?
- What is the definition of a speed limit?
- What happens to our perception and reaction time when we speed?



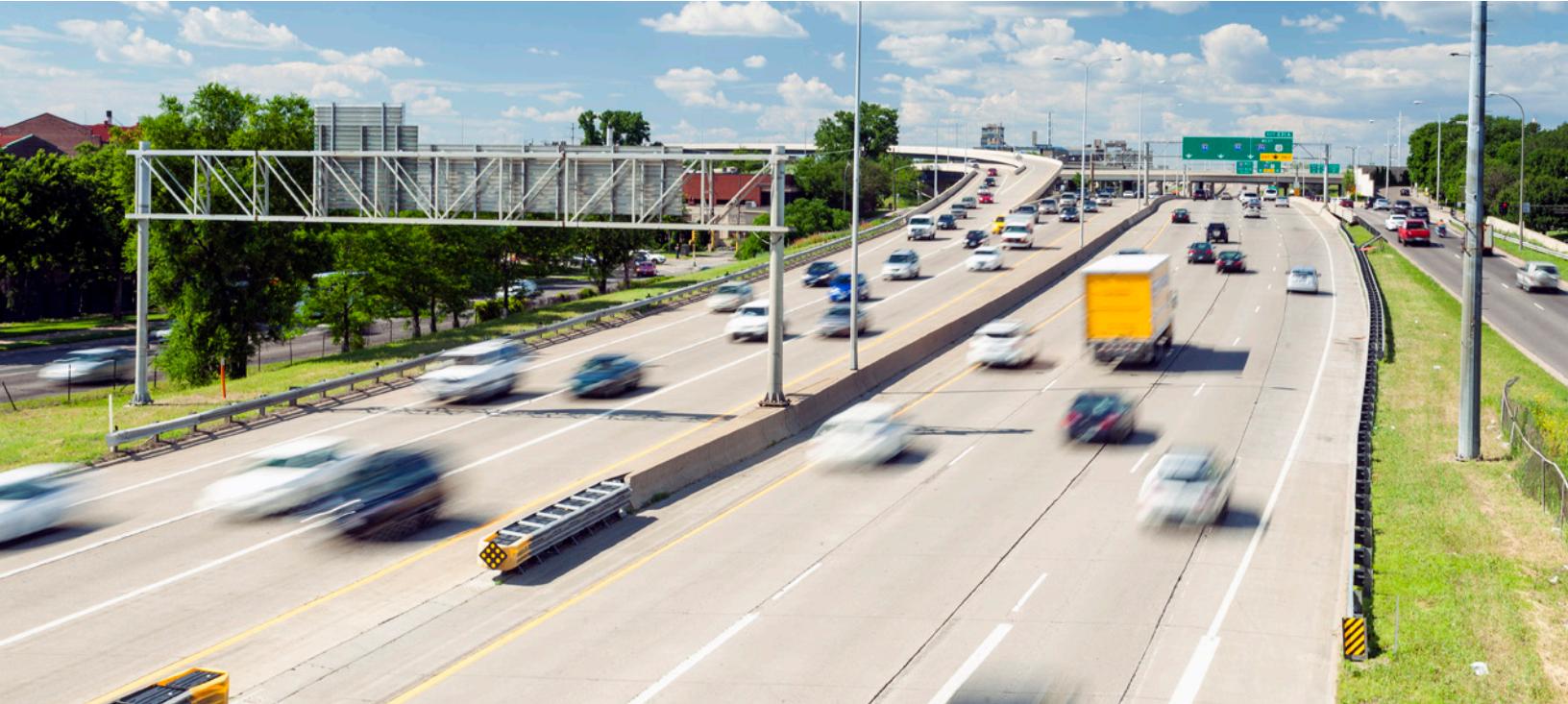
## TALK TO YOUR TEEN ABOUT SPEEDING

We encourage you to talk with your teen about:

- Not speeding, no matter who is in the car or how rushed they feel
- Not riding with other teens who speed, tailgate, or ignore traffic laws
- Speaking up if a driver is going too fast
- Calling or texting you for a ride if they feel unsafe, without fear of punishment

Please remind your teen that:

- Speeding significantly raises the likelihood of severe crashes, injuries, and fatalities
- Speeding does not justify the increased danger
- Choosing safety is a sign of maturity and responsibility
- You will always support them for making a safe decision



**CHOOSING SAFETY IS A SIGN OF Maturity AND RESPONSIBILITY**