

Title of Intervention: Increased Parent Limits on Teen Driving

Website: <http://www.marylandmva.com/DriverSafety/Young/safety.htm>

Intervention Strategies: Supportive Relationships, Individual Education

Purpose of the Intervention: To decrease risky teen driving

Population: Fathers of teens who successfully tested for the provisional license

Setting: Local motor vehicle administration office, homes of participants; community-based, home-based

Partners: Maryland Motor Vehicle Administration

Intervention Description:

- Supportive Relationships: Each parent and child team was given an agreement to sign. The agreement included information about risky driving behavior, driving limits to be set by parents, a rules and consequences section and information about driving at night and driving with passengers. Parents were encouraged to set limits and relax the limits as the child progressed and gained experience.
- Individual Education: Parents were instructed to watch a video about risky teen driving.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Room in the motor vehicle administration office to view video and sign agreement
- Budget: Not mentioned
- Intervention: Videos, newsletters, Checkpoint agreement
- Evaluation: Interviewers, surveys

Evaluation:

- Design: Randomized evaluation study
- Methods and Measures: The parents were asked to fill out surveys at the time of recruitment. The surveys asked about the teen's driving performance during the first month. The parent-teen team had to complete three 20-minute follow-up interviews. Outcome variables addressed communication, amount and limits related to teen driving, driving discussion, driving consequences, vehicle access, restricted driving, driving agreements, high risk driving and motor vehicle crashes.

Outcomes:

- Short Term Impact: The parents and teens involved in the intervention were more likely to report using the parent-teen agreement. Teens in the intervention group reported more limits with respect to driving and had more communication with parents about driving.
- Long Term Impact: There were no differences between the intervention and control group for high risk driving, crashes or tickets.

Maintenance: Not mentioned

Lessons Learned: The intervention was a model of how parental supervision and management could have an effect on young drivers. Parent-teen agreements may be useful in reducing risky teen driving behavior.

Citation(s):

Simons-Morton, B. G., J. L. Hartos, et al. (2003). "Persistence of effects of a brief intervention on parental restrictions of teen driving privileges." *Inj Prev* 9(2): 142-6.

Simons-Morton, B. G., J. L. Hartos, et al. (2004). "Increased parent limits on teen driving: positive effects from a brief intervention administered at the Motor Vehicle Administration." *Prev Sci* 5(2): 101-11