

Title of Intervention: The Checkpoint Program

Website: <http://www.ct.gov/teendriving/cwp/view.asp?a=3292&q=410892&teendrivingPNavCtr=%7C>

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To increase the number of limits on teens driving under high risk conditions

Population: Parent-teen pairs

Setting: The Connecticut Department of Motor Vehicles, homes and communities of participants; community-based, home-based

Partners: The Connecticut Department of Motor Vehicles

Intervention Description:

- Supportive Relationships: The Checkpoint Program is a program that helps teen drivers and their parents reduce risky driving behaviors. Parents are encouraged to set limits on their newly licensed teens. The families receive persuasive educational material in the form of several newsletters and a video to establish expectations for parental restrictions and highlight the benefits of adopting a parent-teen driving agreement. The parent-teen driving agreement helps parents set driving rules, consequences for violating rules and markers of experience and success. Limits are set on night driving, teen passengers and other factors that may contribute to risky driving. The program aims to help foster communication between parents and children about driving.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Telephone survey staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Videos, newsletters, parent-teen driving agreement
- Evaluation: Telephones, surveys

Evaluation:

- Design: Randomized trial
- Methods and Measures: Telephone surveys completed by parent-teen pairs to evaluate the effectiveness of the parent-imposed limits and assess changes in driving behavior.

Outcomes:

- Short Term Impact: The intervention families reported greater limits on risky driving behavior.
- Long Term Impact: Intervention teens reported less risky driving at each reporting period and were less likely to have traffic violations when compared to the comparison group.

Maintenance: Families received nine follow-up newsletters over a six-month period to encourage parents to maintain limits.

Lessons Learned: Passive persuasion methods are useful in helping to increase and maintain parent-imposed driving limits.

Citation(s):

Simons-Morton, B. G., L. H. J, et al. (2006). "The effect on teen driving outcomes of the Checkpoints Program in a state-wide trial." *Accid Anal Prev*.

Simons-Morton, B. G., J. L. Hartos, et al. (2006). "The effects of the checkpoints program on parent-imposed driving limits and crash outcomes among Connecticut novice teen drivers at 6-months post-licensure." *J Safety Res* 37(1): 9-15.

Simons-Morton, B. G., J. L. Hartos, et al. (2005). "Persistence of effects of the Checkpoints program on parental restrictions of teen driving privileges." *Am J Public Health* 95(3): 447-52.