




Road To Safety Newsletter



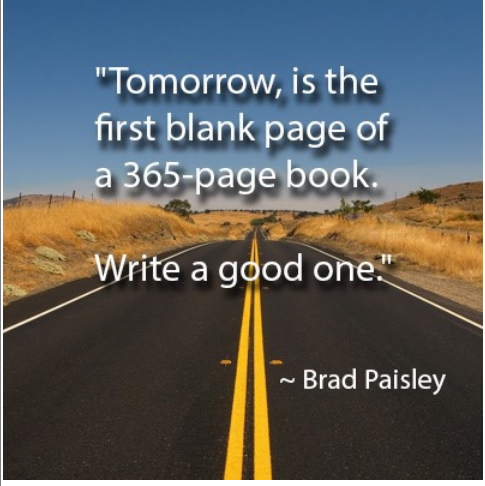
Hello!

This issue of our newsletter is being sent to you courtesy of **Hope4myteen, LLC.**

It is our way of saying that you are important to us and we truly value serving you. Please feel free to pass this newsletter on to friends and family. Enjoy!

January 2016 

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UH OH.....TEEN DRIVER!!!

Obtaining driving privileges is an exciting time for many teens; however it's one of the most terrifying moments in the life of a parent. The age at which states issue beginners' licenses ranges from 14-16. Learning to drive brings with it a sense of independence for teens but also real dangers. Car accidents are the leading cause of death for teenagers in the U.S. The CDC (Center for Disease Control and Prevention) reports that in 2013, 2,163 teens in the United States ages 16-19 were killed, and another 243, 243 ended up in the emergency room from injuries suffered in motor vehicle crashes. This equates to six teens within this age range dying each day from motor vehicle injuries.

Driving is a very complex skill and requires lots of practice. A teen's inexperience, coupled with risky behavior, places them at heightened risk for accidents. Teenage drivers have the highest crash risk per mile traveled, compared with drivers in other age groups. Young drivers tend to overestimate their driving abilities and underestimate the dangers on the road.



Graduated driver licensing (GDL) laws reduce this risk by making sure teens gradually build up driving experience under lower-risk conditions as they mature and develop skills. That means limiting nighttime driving, restricting teen passengers and making sure teens get lots of supervised practice. The Insurance Institute of Highway Safety (IIHS) reports that graduated licensing has reduced teen crashes 10-30 percent on average. Many states began enacting Graduated Driver Licensing (GDL) laws in the 1990's. The program allows young drivers to safely gain driving experience before obtaining full driving privileges. States vary with their minimum driving age, duration of learner's permit, and supervised driving hours. A learner's permit allows you to drive as long as a licensed driver 21 years old is seated beside you (they may be 18 years old if they're your legal guardian, brother, sister, half-brother, half-sister, step-brother or step-sister).

According to Amy Morin, Teens Expert, parents should brush up on their skills before attempting to teach their teen to be a safe driver. Can you identify any bad habits of your own—like speeding, running red lights,

UH OH.....TEEN DRIVER!!!

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rolling through stop signs, failure to use turn signals, texting, or talking on your cell phone while driving? Amy suggests parents should remember to model good driving habits to help their teen learn to be a good driver.



When riding as a passenger with your teen behind the wheel, do not be a distraction, but rather focus on helping your teen learn. Avoid talking on the phone or listening to the radio. Teach your teen by providing plenty of feedback and discussing ways your teen can improve. Turn mistakes into lessons. Learning to drive, just as with any other skill, takes practice and time. Keep in mind that learning includes making mistakes, and it can be frustrating at times. Some people learn quickly, others need more time.

As a mother of 3, I am quite familiar with the frustration, headaches, and anxiety that come with having to teach

teens to drive. Mistakes are inevitable leading to excessive honking, tailgating, and getting cut off by other drivers. Additional mistakes were made due to the behaviors of other motorists. It occurred to me one day that other motorists were unaware of my teen's driving experience. I began looking for ways to alert other motorists of my teen's inexperience in effort to reduce stress, accidents, and driver frustration. By displaying our TEEN DRIVER magnetic decals and car window flags parents are provided with a peace of mind as they navigate the roads teaching their teen to drive. Teen motor vehicle crashes are preventable, and proven strategies can improve the safety of young drivers on the road. Alert other motorists today! Visit www.hope4myteen.com to order your training tools.

January 2016 Word Search Challenge

U Z P H G S V Y V F D Q R G F V M C U S I B T I Y R P B W L
K L O V N N Q W G V I B V P Y W T C R F T N R O W E A B B I
O G E D I W B H I D V Z N X K I B O Q K T F S B A Z M J M M
L O F F Z V G N T D L U B I E M P S P I E T B C V S A C M D
S A B X E N O I T U L O S E R O P E C A F S X K C N T Z P Y
K L I E E X W G L O N C I U X U B E L K N D A Z U U N M L J
R S J J R I J U A M C H E E R S P X X T O N X A E E K H X F
O I Y J F R M O F Z C O X W Z N S K I G C R R D W B V Z O A
W I J V T V V Y I Z E M U L L B L R I I J Y N Y C L E J F H
E V M Q S V M R P D L D W N X Z G X M E W H E U W I R A M O
R E Y Q O M S P A F E O D M T G X E M P H A Z Q Z Z P K D Z
I D V N R W X R W I B O U J B D M U V U R W A P P Z V D N C
F R U U F Y A F E E R R I P M O O B Q S N N T Z R A D N N P
Z Z M R T P I B S K A K R S R K Y W D H Y T R A P R X N Z R
U Z Q L S D G O S E T H R I Q O C A N U D M Q U E D M R P A
N C R I C M R G L E I B E D T P Y X G N I D D E L S I P G I
U F P N L Z R O I L O S J M T F J I W A O N U Q S P Z G W C
D X J I O K L O H X N R G N S X B I F L N P A P Z E F Z P S
C K L M C Q Y Q P B P W M X H Z D A M I D N I G H T M Y Y D
K T F N K E Z H I S J T A K Z V Z K J J G N J U Y T Y J Z P

JANUARY
NEWYEARS DAY
RESOLUTION
GOALS
COUNTDOWN
FIREWORKS
BLIZZARD
MEMORIES
FROST
SLEDDING
FREEZING
TOAST
PARADE
ROSEBOWL
CELEBRATION
MIDNIGHT
CONFETTI
PARTY
CHEERS
CLOCK

Follow These Basic Tips for Safe Driving

Whether you drive for your job or just commute to and from work every day, your safety on the road is important professionally and personally. Remember these basic tips to avoid an accident:



- **Drive defensively.** Don't assume other drivers are as cautious as you are. Stay alert to everyone and everything around you on the road.
- **Remain calm.** If you're having a rough day, try to defuse your stress before getting into your vehicle. While driving, focus on proceeding responsibly.
- **Stick to the speed limit.** Give yourself enough time to reach your destination legally. If you're running late, remember that getting a ticket—or getting into an accident—will only make things worse.
- **Limit distractions.** You already know not to text or talk on your phone while driving (right?). Pay attention to your driving, not to passengers, the radio, or anything else that may split your concentration.
- **Watch for pedestrians.** Pedestrians (and bike riders) can appear unexpectedly anywhere on the street. Keep your eyes open and be prepared to stop or swerve when necessary.

Kids' Health Improves Immediately on Sugar-Free Diets

Cutting the great majority of sugar out of a child's diet will immediately improve the state of their health, regardless of whether or not their consumption of carbohydrates and calories remains the same as before, according to a new study.

Forty-three obese youths were put on a diet for nine days by researchers. The diet put severe restrictions on the sugar intake that the youths were allowed to have, replacing extra sugars with starchy foods in order to maintain their carbohydrate and calorie intake. The diet – which still included foods like pizza and hot dogs but reduced food with a high sugar content like cereals and sweetened yogurt – resulted in an immediate reduction of the youngsters' high blood pressure and also caused improvements in their cholesterol and blood sugar levels.

The research raises serious concerns about the impact that sugar has on health, although the study has been criticized by the sugar industry, which points out that the subjects did not actually maintain their body weight, as was the initial intention, but lost weight, making it difficult to determine whether the improvement in health was caused by the absence of sugar or simply the loss of weight.

Make Rules that Work for Your Family

Children need limits and boundaries. Although they might complain, rules can provide a sense of security that helps them learn what to expect from others and how to behave. Follow these guidelines for setting effective rules with your family:

OUR FAMILY RULES

Say Please and Thank You **Always Tell the Truth**
USE KIND WORDS Pay with hugs and kisses
Listen to your parents *Love Each Other*
SHARE Laugh at Yourself Dream Big
Think of others before yourself **Keep your promises**
TRY NEW THINGS DO YOUR BEST **BE HAPPY**
Know you are loved

- Keep rules clear and simple. Don't overwhelm kids with long lists of prohibited behavior. Keep just a few reasonable ones, and state them in clear language. For example, "We turn the TV off at 8 p.m."
- Set a routine. Create a written daily schedule that sets times for homework, TV, school, playtime, baths, and meals. A definite schedule decreases the potential for arguments and the need to nag.
- Praise often. Don't wait for a child to violate a rule or misbehave before you give him or her your attention. When you see children doing something right, make sure you praise them promptly to reinforce positive behavior.
- State directions clearly. If the time comes for homework, don't hint: "Don't you have homework to do?" Instead, say what you mean: "It's time for you to do your homework."
- Concentrate on priorities. Focus on one or two specific behaviors at a time, not a lengthy list that no one can remember. You'll be more consistent, and your child will learn more quickly and readily.
- Pick your battles. Learn when a fight is likely to be counterproductive. Don't give an order unless you're really prepared to enforce it.
- Be a role model. Children are watching you. You'll get positive results if show them you're willing to live up the rules yourself.



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Good news and information for the friends and customers of Hope4myteen, LLC

January 2016

Include Family in Your New Year's Resolutions

Making New Year's resolutions with your family is a great way to nurture everyone's growth throughout the year. Consider these goals for the next 12 months:

- Cut down on activities. If your family is busier than ever, make room for consistent togetherness time. Suggest cutting back on work and extracurricular activities, so everyone can eat dinner together most nights.
- Strengthen your children's confidence. Some parents spend a lot of time pointing out their kids' weaknesses. Remember that successful people focus on their strengths, and do the same for your kids. You'll give them the confidence to tackle their weaknesses.
- Make personal resolutions a family affair. If you've decided that you need to do more charitable work, consider making your personal goal a family goal. Volunteering as a family is a powerful way to build self-esteem and establish a sense of community in yourself and your children.

From Hope's Desk



I was I am so excited and thankful to see another year! I learned so many lessons in 2015. Some lessons were extremely painful, yet were the most valuable to my personal and professional growth. Too often people focus on the pain and fail to seek the lesson behind it. The pain we experience has the ability to make us bitter or better. The choice is ours!

Sometimes painful things can teach us lessons we did not think we needed to know. >Amy Poehler

As you face this New Year, I encourage you STAY POSITIVE and dare to DREAM BIG! Look past what you currently lack or are in need of. Push through your feelings of inadequacies and the false beliefs that you are not good enough. Stop telling yourself you do not have what it takes to achieve your dreams. God has given you everything you need to accomplish what is in your heart! NO...it is not too late! NO...you are not too old! NO...your time has not past! Let the journey BEGIN!

The year 2016 will be GREAT!

Our Mission: To increase safety and awareness, reduce accidents, driver frustration and stress, and to provide parents with a peace of mind while their teen is behind the wheel. We are committed to making the roads a safer place for everyone.

