

## Birmingham Regional Safety Coalition

### Example Strategies & Countermeasures for Reducing Young Driver Related Crashes

- **Publicize and Enforce Laws Pertaining to Underage Drinking and Driving-** Although young drivers are less likely than people over 21 to drive after drinking, those who do are more likely to be involved in a serious crash. Both minimum drinking age laws and “zero tolerance” laws are effective in reducing alcohol-related crashes and fatalities involving young drivers (3).
- **Publicize and Enforce Safety Belt Laws-** Safety belt usage is lower among young drivers than among adult drivers. Well-publicized enforcement programs and primary safety belt laws have increased belt usage for all drivers, including teen drivers. Primary safety belt laws, which allow police officers to stop and cite a motorist solely for an observed safety belt violation, have also proven effective at increasing belt use among teens.
- **Motivational Interviewing-** Motivational Interviewing (MI) is a goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve ambivalence. The operational assumption in MI is that ambivalent attitudes or lack of resolve is the primary obstacle to behavioral change, so that the examination and resolution of ambivalence becomes its key goal.
- **Class Action-** Class Action is the second phase of the Project Northland alcohol-use prevention curriculum series. Class Action (for grades 11-12) and Project Northland (for grades 6-8) are designed to delay the onset of alcohol use, reduce use among youth who have already tried alcohol, and limit the number of alcohol-related problems experienced by young drinkers. Class Action draws upon the social influence theory of behavior change, using interactive, peer-led sessions to explore the real-world legal and social consequences of substance abuse.
- **Graduated Driver License (GDL) -** GDL is a three-phase system for beginning drivers, consisting of a learner’s permit, an intermediate license, and a full license. These usually include limits on driving at night or with teenage passengers. The learner’s permit and the intermediate license each must be held for a specified minimum period of time.

### Sources

1. National Highway Traffic Safety Administration. *Countermeasures That Work: A Highway Safety Countermeasure Guide for State Highway Safety Offices, Seventh Edition*, 2013. Washington, D.C.: U.S. Department of Transportation. 2013.
2. National Cooperative Highway Research Program. *NCHRP Report 622: Effectiveness of Behavioral Highway Safety Countermeasures*. NCHRP, Washington, D.C. 2008

## Alabama Strategic Highway Safety Plan Update

3. National Cooperative Highway Research Program. *NCHRP Report 500: Guidance for Implementation of the AASHTO Strategic Highway Safety Plan. Volume 17: A Guide for Reducing Collisions Involving Young Drivers*, NCHRP, Washington, DC, 2007.
4. Substance Abuse and Mental Health Administration's National Registry of Evidence-Based Programs, <http://www.nrepp.samhsa.gov>