

Welcome to the

From Learner to Licensed: Parental Support for New Drivers

Online Event

Just passing our test ... we will start shortly!

The slides and recording will be available on
www.warksroadsafety.org/from-learner-to-licensed-parental-support-for-new-drivers/

Please put your questions in the chat, this will be monitored throughout

From Learner to Licensed: Parental Support for New Drivers

Welcome you host Ria Francis

Poll Time

How much support do you currently or plan to give your young driver now that they have passed their test?

A lot — I'm still very involved in their driving decisions and habits or will be once passed.

Some — I check in occasionally and offer advice when needed, or plan to once passed.

Not much — I've mostly stepped back since they passed or will once passed.

None — I feel they're fully independent now or will be fully independent once passed.

Not sure

Introducing Dr Elizabeth Box





How Parents Shape Young Driver Safety

Hints and tips for guiding your young driver

From Learner to Licensed: Parental Support For New Drivers Webinar

Wednesday 1st October, 6pm

Dr Elizabeth Box FCIHT

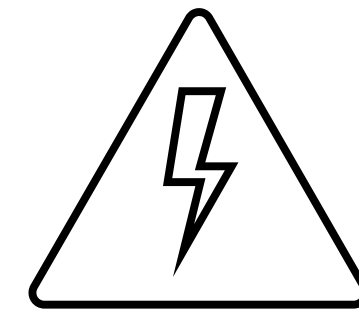
Research Director

RAC Foundation

Mobility • Safety • Economy • Environment

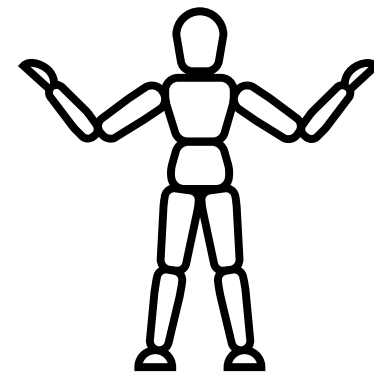


Why parents matter...

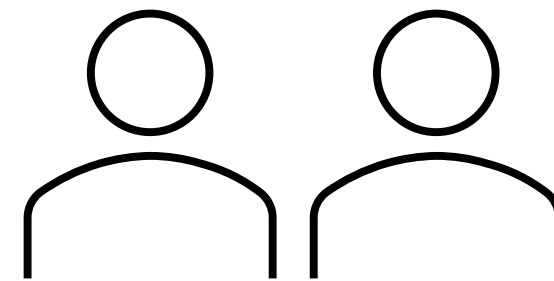


Highest crash risk = first year

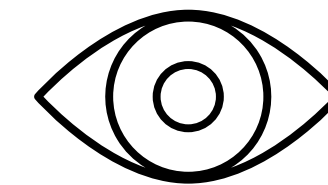
Model



Mentor



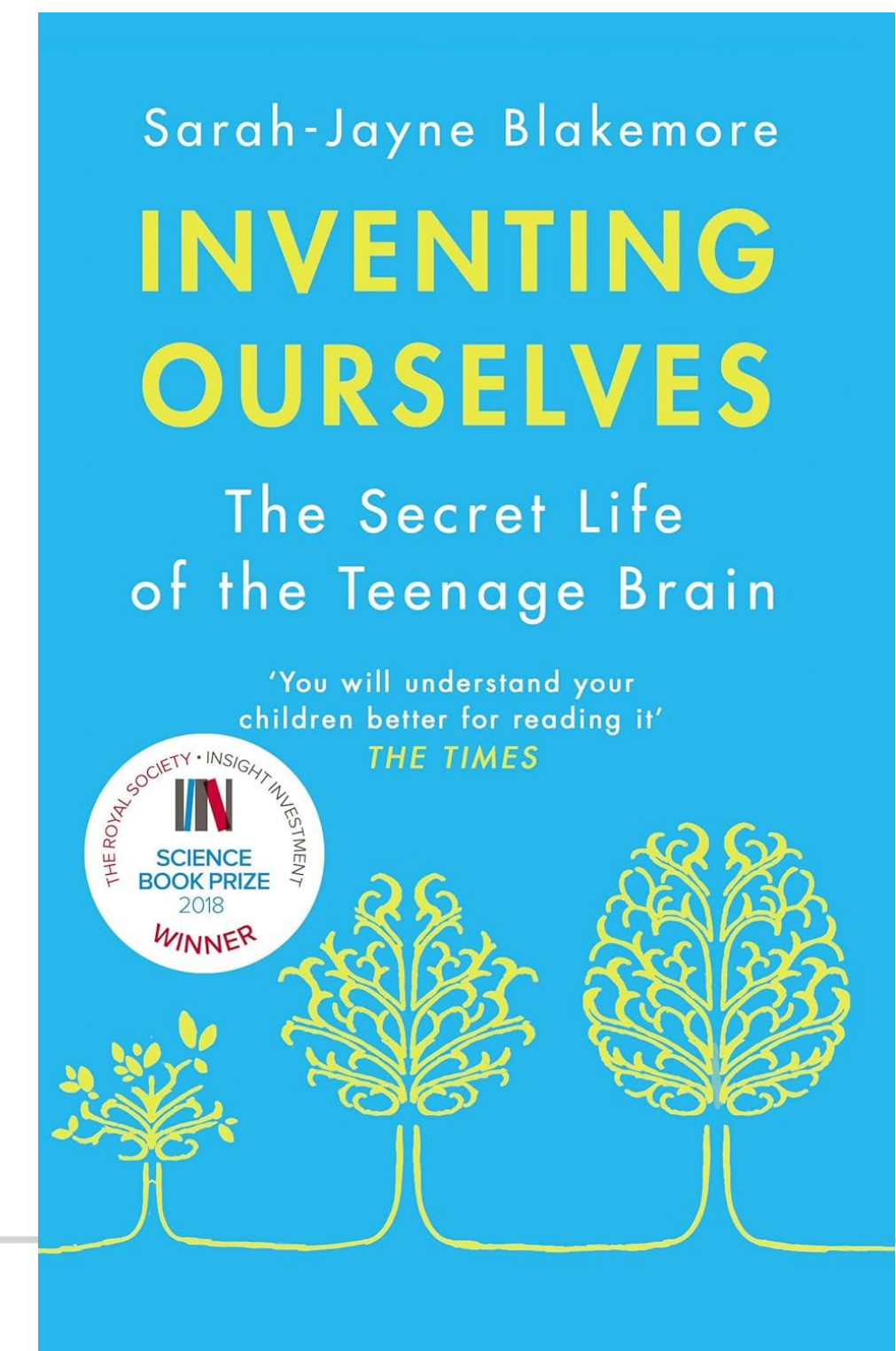
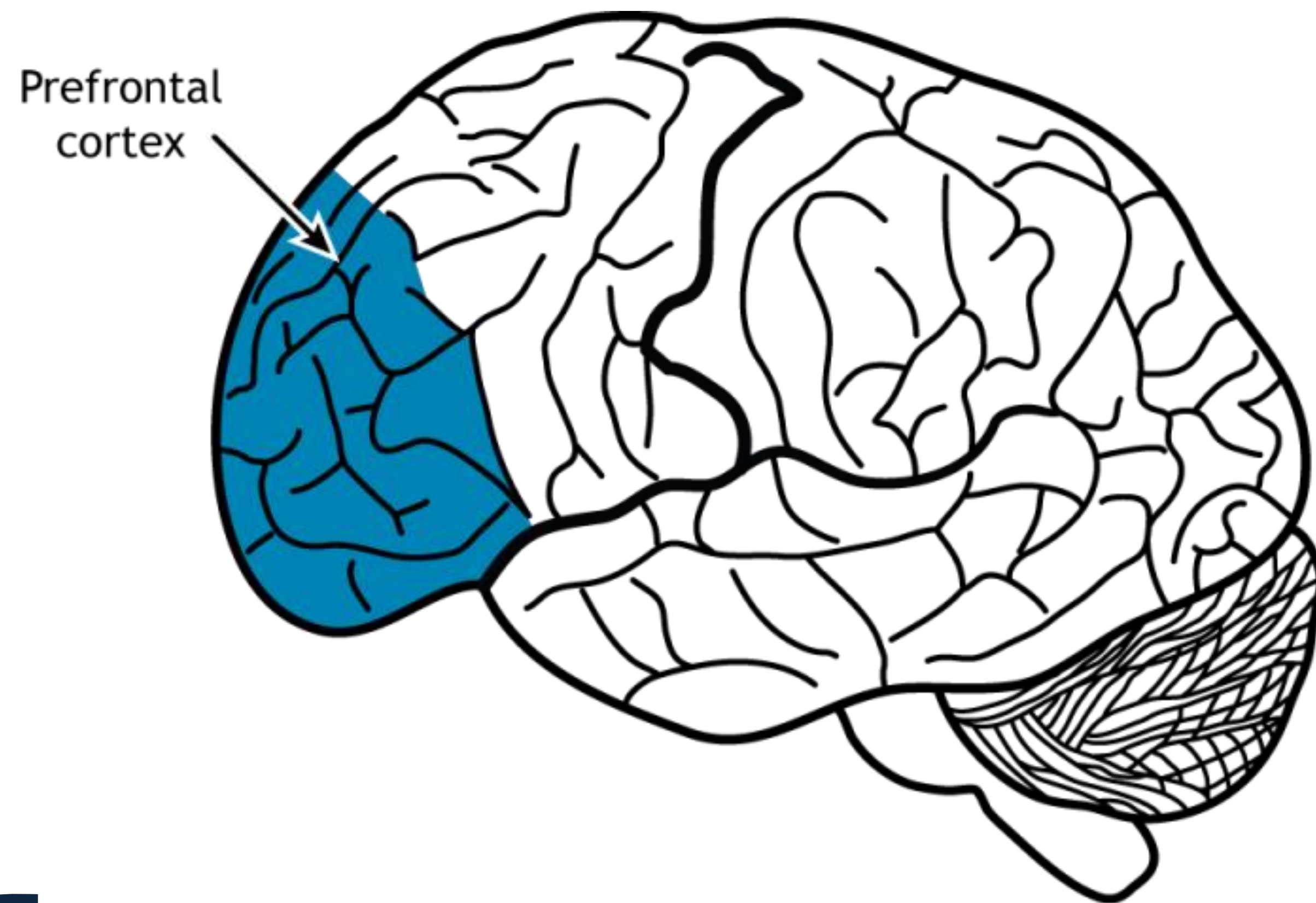
Monitor



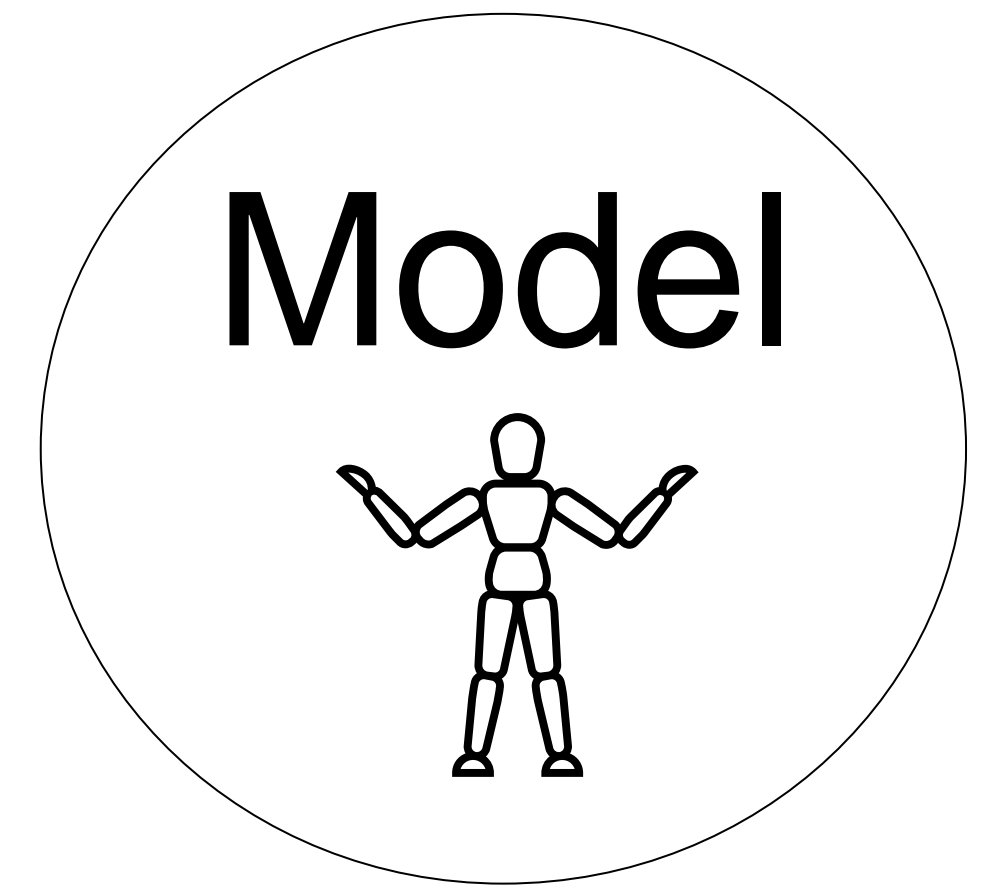
Habits & attitudes *Coaching & guidance* *Boundaries & support*

Parents are the most important driving instructors their teens will ever have

The teenage brain....



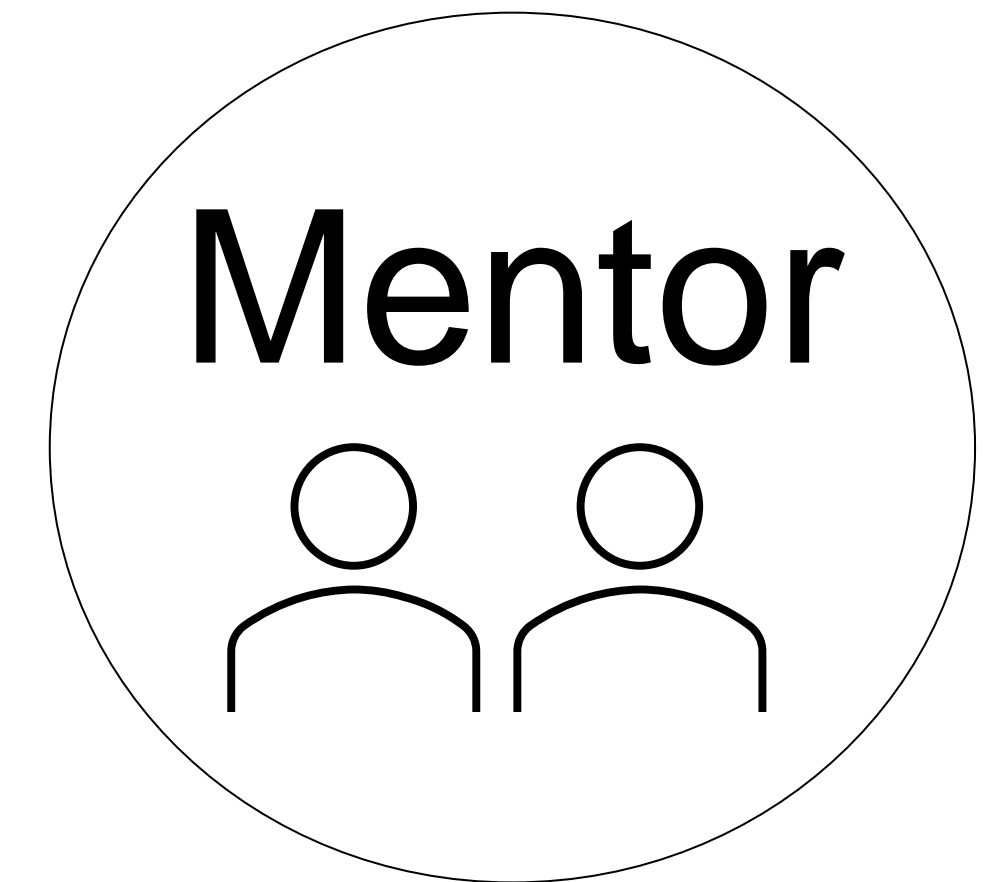
Model – Be the driver they copy...



- Teens copy what they **think** you do, not just what you do
- Positive modelling: seatbelts, no phones, speed limits
- Avoid “everyone speeds a bit” comments




Mentor – Coach, Don't just correct...



- The number of hours matters – aim for 100hrs plus
- It's not just practice hours, but quality and diversity
- Use conversations:
 - Instead of “slow down” – “What might that pedestrians do next”
- Encourage hazard perception and decision-making development

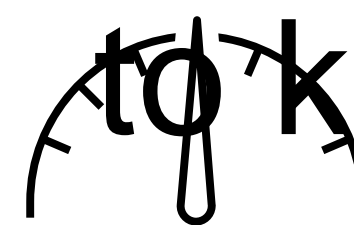




at the moment, wants to keep
her eyes peeled and just




IF I am tempted to speed in order

 to keep up with surrounding traffic... THEN I will remember that there

are people in my life who are

IF I am tempted to use my mobile phone whilst driving to stay supportive of me complying with speed limits I will pull over at a safe location and check my phone

IF I am tempted to drive for longer

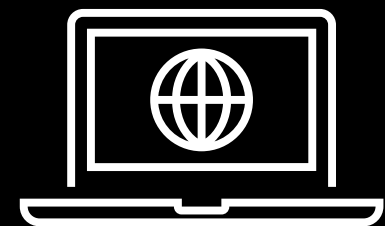
 than 2 hours without a break... THEN I will remind myself of the

importance of taking a 20 minute

IF I am tempted to drink or drug break every 2 hrs of driving

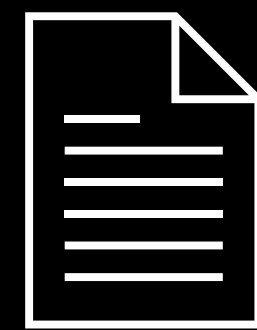
drive after a night out... another way to

get home



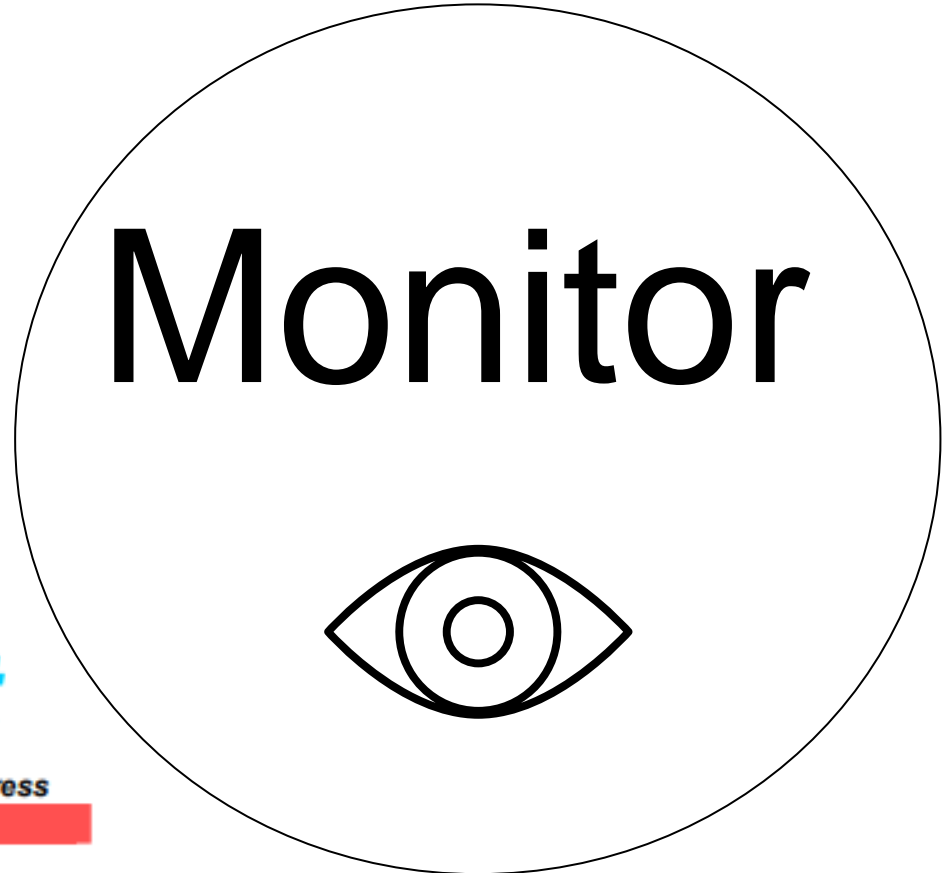
**DRIVE
FIT**

Guide for developing
Safe Driving Plans




November 2021

Monitor – Guide beyond the test...



- Crash risk peaks in the first 6 months
- Set agreements: Seatbelts, phones, night driving, friends as passengers
- Consider a family car
- Keep talking – ongoing support makes a difference



Parent-Teen Driving Agreement

Part 1...PRIVILEGES FOR UNSUPERVISED DRIVING *These need to be tailored to your teen's driving progress*

DIRECTIONS

- 1 Review risks, discuss, and fill in Checkpoint privileges for each driving condition.
- 2 Decide how long these privileges should remain in effect, and fill in length and date for next review.
- 3 Initial and date agreed-upon privileges.
- 4 At review date, discuss staying in Checkpoint longer, or increasing privileges and filling in next Checkpoint.
- 5 Repeat process for all Checkpoints.

DRIVING CONDITIONS		CHECKPOINT 1	CHECKPOINT 2	CHECKPOINT 3	CHECKPOINT 4
NIGHTTIME					
TEEN PASSENGERS	Daytime				
	Nighttime				
WEATHER	Daytime				
	Nighttime				
ROADS	Daytime				
	Nighttime				
Length of time in effect					
Next date to review if teen: <i>Followed privileges? Improved skills? Had enough practice? Obeyed rules?</i>					
Parent and teen initial: understand and agree to accept driving privileges		Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____



More powerful than you think...

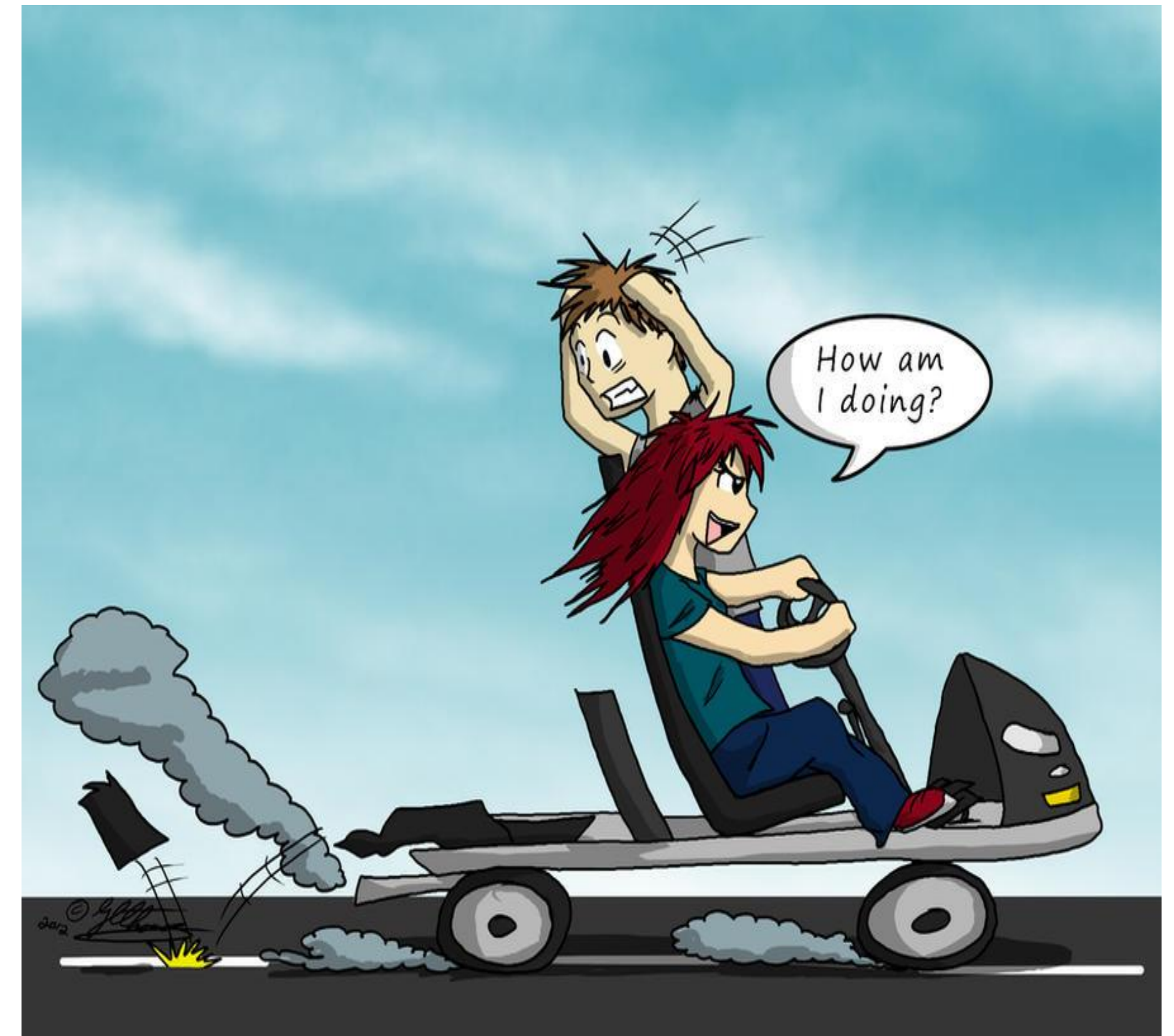
- Parents = co-pilot, mentor and role model
- Your influence lasts far beyond the lesson

The way you drive, teach and talk today can shape your child's safety for years to come



Little things, big difference...

- Start conversations early – support development of coping mechanisms and strategies – model the way
- Support high volume (100+ hours) and diverse practice (rain, motorways at night)
- Encourage development of all important hazard perception skills
- Support post-test phase with boundaries (Passenger and night-time agreements, family cars)





More than a Passenger: How parents shape young driver outcomes

Dr Elizabeth Box
RAC Foundation
September 2025



The hidden influence behind the wheel

**Dr Elizabeth Box explains why parents hold the
key to young driver safety**

IMAGINE THIS: you're sitting in the passenger seat as your teenager takes the wheel. You're calm (mostly), offering gentle reminders about checking mirrors and sticking to the speed limit. But guess what - your most powerful influence on their driving happened before they even touched the steering wheel.

Surprised? Research shows that the way parents drive, talk about driving, and supervise practice sessions has a lasting impact on young drivers. In fact, your influence can mean the difference between your teen becoming a cautious, competent driver - or picking up risky habits.

As someone who has spent years researching road safety, I've recently explored the role of parents and guardians in shaping how young people drive. And the evidence is clear: you're not just along for the ride - you're the co-pilot, engineer, and role model all rolled into one.

The power of perception

One of the most surprising findings? It's not just what you do - it's what your teen thinks you do. Teenagers are incredibly perceptive. If they think you text while driving, even if you don't, they're more likely to believe it's acceptable - and follow suit. This means that your own behaviour behind the wheel (and how they perceive it) is one of the strongest predictors of their future driving style. Every time you glance at your phone or comment that "everyone speeds a little on this road," you're unintentionally teaching a lesson. The flip side is just as powerful. When teens believe their parents are careful, law-abiding drivers, they're more likely to adopt the same habits.

Beyond the basics

Most parents provide some level of supervised practice before the driving test. But here's where it gets interesting: how you supervise matters just as much as how much supervision you provide. In reviewing research in this area, I've found that many parents

focus solely on getting their teens comfortable with basic car control - steering, braking, parking. Important, yes - but safety comes from helping young drivers learn to anticipate risks, read the road environment, and make smart decisions under pressure.

One study found that parents often missed opportunities to talk about hazards or explain why certain choices matter. For example, instead of saying "slow down," a more powerful prompt might be: "What do you think the pedestrian might do next?" These kinds of conversations develop the hazard perception and situational awareness that novice drivers need.

Action beats information

It's tempting to think that giving your teen a copy of the Highway Code or signing them up for a course is enough. But here's a hard truth: information alone doesn't change behaviour.

The most effective interventions get parents actively involved. That might mean setting goals together, having structured discussions about driving, or creating a parent-teen driving agreement - a written plan that sets out clear expectations, responsibilities and boundaries for independent driving beyond the test. This might include rules about seatbelt use, when driving takes place, at what point friends can become passengers in the car, mobile phone use, or what happens if they get a speeding ticket.

These agreements aren't about laying down the law - they're about building mutual expectations and opening up conversation. And they work. Studies show that teens whose parents are actively engaged are significantly less likely to engage in risky behaviours, like speeding or driving distracted.

Little things, big difference

Want to make a real impact on your teen's driving? Try these small but powerful actions:

- Be a role model - always wear your seatbelt, stick to speed limits, and never use your phone while driving.

- Start conversations early - talk about driving decisions during everyday journeys, even before your child starts learning to drive.

- Create a learning plan - don't leave practice to chance. The more time they spend behind the wheel, the better. In some countries, learner drivers are required to complete more than 100 hours of supervised practice before taking their test. Aim for plenty of driving experience across a wide range of conditions - including night-time, rain, motorways, and busy town centres.

- Focus on decision-making - use real-life driving situations to talk through the "why" behind safe choices.
- Support the first six months after the driving test - this is the highest-risk period for young drivers, when crash rates are at their peak.

Although we don't have a formal graduated licensing system in the UK, you can still help by setting some sensible boundaries. One of the most effective steps is to avoid letting them carry friends of a similar age in the first few months - peer passengers can be distracting and increase risky behaviour. Keep the conversation going, check in regularly, and continue to guide their decisions as they build confidence behind the wheel.

More powerful than you think

If you're the parent, guardian, grandparent or mentor of a young driver, you may feel nervous about letting them loose on the road - and rightly so. Young drivers are at the highest risk of crashes in their first year on the road. But that risk isn't set in stone. The choices you make - how you drive, how you teach, and how you talk - can bend the curve toward safety.

So the next time you find yourself in the passenger seat - or even driving them to school - remember: your influence lasts far beyond the lesson. You might just be the most important driving instructor they'll ever have. ■
Dr Elizabeth Box is research director at the RAC Foundation.

Thank you!



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Poll Time

How familiar are you with the concept of Graduated Driving Licences (GDL) and how they aim to support young drivers?

Very familiar – I understand how GDL works and its benefits.

Somewhat familiar – I've heard of it, but I don't know the details.

Not familiar – This is new to me.

Not sure – I'm unsure what GDL refers to.

Introducing Sharron Huddleston



2017





Caitlin's Campaign

"It's sadly too late for my daughter, but through her name, and sadly her sudden and tragic death, I hope to stop this heart-breaking tragedy from happening to any other innocent family. "Let it not be too late for our younger generation, to help them stay safe on our roads, with simple safety precautions put in place after passing their driving test."

Sharron Huddleston

CAITLIN'S MESSAGE:

RURAL ROADS, REAL DANGER

Caitlin Huddleston was a passenger in a car driven by her friend Skye on the A595 in Cumbria. With another friend, they were driving to a local Italian restaurant for dinner when Skye lost control of the car on a bend and collided with a van. Neither driver was speeding, but the road was wet, and the coroner said Skye was inexperienced and driving too fast for the conditions. The third person in the car and the van driver were both severely injured in the crash.

Caitlin was just 18. Her mother, Sharon, has imagined what warning Caitlin would now give to newly qualified drivers and their parents if she could...



Hi. Congratulations on passing your test, I didn't quite get around to mine... When I was 18 I was applying for my provisional licence when one evening I accepted a lift from my 18-year-old friend. She was a novice driver... like you are now! All the research on novice drivers and rural roads was proven right on that evening. If I had known this life-saving information, I wonder

my parents or I had known this life-saving information, I wonder what I would be doing now! My parents often wonder this. Unfortunately we will never know. I was tragically killed as a passenger in a fatal car crash on a rural just 15 minutes after being picked up from my family home. So now I am forever 18.

I was looking forward that summer to going to my first music festival. I had everything ready to go... but I was buried in my local churchyard on that day instead.

Don't ever think it won't happen to you! My parents didn't think it would happen to me. How wrong we were.

Please share the advice on these pages with your family and friends to raise awareness among young newly qualified drivers and their parents and carers to help save young lives on our roads.

Please take care driving so you have a future.
Mine was taken from me.

Love X Caitlin.

CAITLIN'S TIPS: HOW TO STAY SAFE ON RURAL ROADS

DID YOU KNOW THAT:

Some 71% of fatal crashes involving young drivers happen on rural roads. Yet eight in ten drivers (86%) underestimate the risk driving poses to their safety. Road crashes are a bigger threat to young people than drugs, gun, and knife crime. Young drivers who follow Caitlin's tips will be safer driving on country roads.

• Gain experience with

your driving instructor or parents on rural roads in different weather conditions even after passing your test.

• With every extra same-age passenger, you are four times more likely to have a crash, potentially killing yourself and your friends, compared to driving alone.

• Consider not giving friends a lift until you have gained experience.

• As a passenger only travel with drivers with experience that you trust.

• Remember fatal crashes are more likely late at night or early in the morning.

• Take it easy, and slow

down before bends.

• Drive more slowly in bad weather - the speed limit isn't a target.

• Expect the unexpected - there could be a walker, cyclist, tractor, or animal around every corner.

• Always be ready to stop in the distance you can see to be safe.

• Value your life as youth and inexperience puts you more at risk behind the wheel.

• Look at the AA's interactive map to understand dangerous roads near you. Avoid them or take extra care. <https://bit.ly/3BNBEAP>

ADVERTISEMENT FEATURE
IN ASSOCIATION WITH

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CAITLIN'S HOUR

The Caitlin's Hour radio show celebrated her life, and warned young people of the dangers of driving on rural roads.

You can listen by going to TheAA.com and searching 'AA Trust'.



To learn more about Caitlin's Message and the vital campaign highlighting the dangers of rural roads and the importance of support, please scan the QR code:



Introducing Kate Monk



What are you going to do to protect your new driver?

KATE MONK • FOUNDER



Learner Driver®

Hello, I'm Kate

- Very rural driving instructor for 10 years
- NDORS licensed for police referred on the road courses
- Background in agriculture, project management and finance

More importantly, I am a Mum to two children (9 & 6) who make sure my days are never boring!



We are all aware of the problem

**1 PERSON DIES
EVERY 17 MINS
ON UK ROADS**

**16% OF YOUNGER
CAR DRIVERS INVOLVED
IN KSI COLLISIONS
DID NOT WEAR
SEATBELTS**

**65% OF KSI
CASUALTIES FROM
A COLLISION INVOLVING
AT LEAST ONE
YOUNGER CAR DRIVER
WERE MALE
AND 35%
WERE FEMALE.**

**YOUNG MALE
CAR DRIVERS
AGED 17 TO 24 ARE
4 TIMES AS LIKELY
TO BE KILLED
OR SERIOUSLY
INJURED**

**48% OF KSI
CASUALTIES
IN YOUNGER
CAR DRIVER COLLISIONS
OCCURRED ON
RURAL
ROADS**

**1500+
YOUNG DRIVERS
ARE KILLED
OR SERIOUSLY INJURED
ON UK ROADS
EVERY
YEAR**

They need you now more than ever

- **First 6 months post test are the most dangerous**
- **Talk about the risks together and explore solutions that work for you**
- **Be the positive driving role model they need starting now**



Get involved in the learning process

- **Make sure your new driver has practiced in different weather conditions, traffic types, road types and all times of day with your support**
- **Talk through what you are doing and why on every drive**
- **Help build stamina, focus, respect for rules and key skills such as navigating with or without a sat nav and hazard prediction**
- **Invest in your driving lessons and follow instructors guidance on test readiness**



A new approach to the learning process

**Aimed at the Parents
AND their New Drivers**



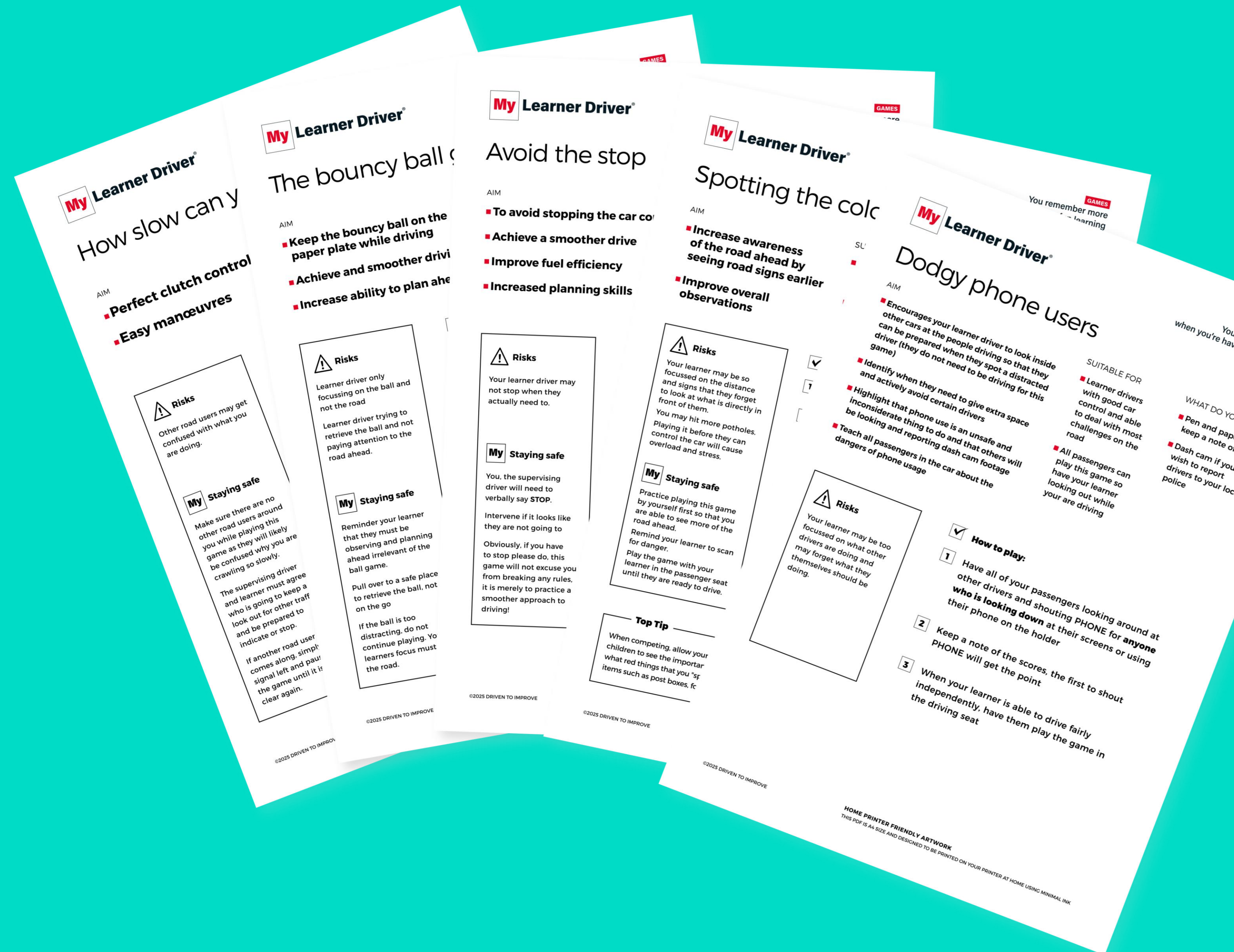
- ✓ **Improve your own and your new drivers' skills**
- ✓ **Explore how to take responsibility for post test driving**
- ✓ **Not just for learner drivers**
- ✓ **Step by step guide to effective private practice**
- ✓ **Be the change we all want to see**



Learn Together

ON YOUR EVERYDAY DRIVES

No extra time is needed



Create your own Graduated Driving Licence

- What elements of GDL could work for your family?
- Write down your commitments to each other and keep them as a visible reminder
- Use My Learner Driver as a template



Learn to be a better passenger

- **Avoid distracting the driver**
- **Learn to navigate properly**
- **Practice how to give directions**
- **Change the conversation away from showing off to reading the road ahead, feedback on cornering**



Who is your young person getting in the car with?

- **Write a list of who your young driver would trust to drive safely and who they would not**
- **Have a back up plan for getting around**
- **Explore how to get out of dangerous and difficult situations eg fake travel sickness**
- **Agreements with their friends to not carry passengers for a set period of time after passing**



Best Young Driver Safety Programme 2025



mylearnerdriver.co.uk

Scan now to purchase

**For any questions or general
enquiries, please contact:**

info@mylearnerdriver.co.uk



Roundtable discussion

Introducing Owen Messenger,
Alastair Casemore and
Kate Monk



Write your questions in the chat

Final Poll

Following the information heard this evening,
what are your next steps or what actions will you
take?

Have a conversation with my young driver about safe driving

Offer more guidance and support during their early driving months

Look for additional resources or training opportunities

Share what I've learned with other parents

I don't plan to take any action at this time

Something else ...

Thanks for watching

The slides and recording will be available on

www.warksroadsafety.org/from-learner-to-licensed-parental-support-for-new-drivers/

Please complete out short feedback form now
available in the chat