

## Teen Pitfalls

Bad judgment as a teen can mess you up for life. Teens are particularly vulnerable because teens are inexperienced and are more easily taken advantage of than adults. Old enough to get into trouble but not old enough to stay out of trouble. Teens are also reckless and do stupid things that can and often do get you killed. Teens think they are invulnerable and haven't learned to take danger seriously. Teens often don't appreciate that bad choices and bad habits formed as teens can hurt you for the rest of your life.

### Driving

All kids want to drive. Driving gives you freedom of movement. You can go anywhere you want without having to get your parents to take you places. But driving is a big killer of teens and if you pay attention here you can greatly reduce your chances of being killed or crippled in a car crash. The goal here is to help educate you so that you don't end up coming home dead. Accidents can happen to anyone. But if you are more careful then it is less likely that accidents can happen to you.

- Driving and Drugs - Driving under the influence of drugs (DUI) is one of the biggest killers of teens. Teens however don't fully appreciate the dangers involved in DUI and unless you personally know someone who was killed in a car crash you don't relate to the danger. So, it really is important that if you do drink or take drugs that you not drive.

The worse drug to drive under is alcohol. It really does affect you more that you realize when you are actually drunk and it really is dangerous. You think you are fine but you aren't. The chances are that you will make it home if you drive drunk but it is extremely risky. For those who drive drunk a lot every time you drive, you are taking a chance and the odds accumulate based on the number of chances you take. So someone who drives drunk a lot is likely to eventually end up in a serious accident.

Although Alcohol is the biggest killer of drivers, other drugs can cause you to wreck your car as well. Some of them are less dangerous but they do impair you and you should carefully evaluate your level of impairment before getting into a vehicle. For example, Meth makes you very alert. Some might think that they are a superior driver when doing Meth and as compared to being drunk, you would be correct. However Meth also makes you want to drive fast and take chances to test your illusion of superior ability and you end up doing insane things that get you killed. Although Pot isn't as likely to make you crash your car, it does affect you and if you're really stoned you shouldn't be driving. In general, if you are really feeling the buzz, let someone else drive the car.

You don't have to be the driver to die in a car crash. If the driver is drunk and the driver crashes and you are in the car, then you crash too. In fact it might be more dangerous for the passengers because cars usually do a better job of protecting the driver than they do of protecting everyone else. So - if you are part of a group and the driver is impaired, replace the driver.

- Self Drinking Test - You've seen the videos of people being pulled over and asked by police to do physical acts to test if they are drunk or not. These include leaning your head back and touching your nose starting with outstretched arms and walking a line heel to toe. If you are feeling a buzz then try those tests before you get in the car. Or if you are a possible passenger and you think the driver is too drunk to drive then get the driver to do those tests. If the driver fails the sobriety test before getting in the car then they shouldn't drive.

- Driving while Angry - Driving while angry can cause you to wreck your car. Teens often get really angry and it is very dangerous to drive while angry. Anger is very distracting. While you are churning what you are angry about and focused on, you often are not paying attention to traffic around you and you end up sailing through a stop sign or a red light and crash into someone. If you are angry then calm down first or make yourself put the anger on hold while you are driving.

When you are behind the wheel you have to pay attention to the road. You might have to dodge another angry driver who just ran a red light.

- Distractions - When you drive you have to pay attention to the road. When you are a new driver you can get overconfident and because you don't have the driving experience, you can get distracted and an event can happen in the path of your car and you won't see it. As you get older and have had near misses or accidents, you know that you can't allow yourself to be distracted and not pay attention to what's going on. For many people it takes an accident or near accident to learn this lesson. But you can skip that step and pretend that you already had your near death experience and pay attention to the road.

- Practicing your Driving Skills - If you live in an area where it snows, it's a good idea to go out on a parking lot where there's a lot of room and spin out and slide on the ice just to get used to what that feels like. There is an art to driving with no traction and you only learn that by experiencing it. So go practice on ice so that when you really are spinning out on ice you know what to do.

Pregnancy

Cults