

# Understand the top three risks for new drivers



## Inexperience

Judgement and hazard perception are still developing; encourage varied supervised practice before and after the test.



## Late-night driving

Darkness and fatigue raise crash risk; plan alternatives for late journeys in the early months post-test.



## Peer distraction

Similar-age passengers increase crash likelihood; keep first months to solo/parent rides only.

# Find more support

The following websites contain resources which are helpful to all motorists, not just young drivers:

- ▶ **The Highway Code**  
highwaycodeuk.co.uk
- ▶ **Brake, the road safety charity**  
brake.org.uk
- ▶ **The AA**  
theaa.com



**Cumbria Fire & Rescue Service**

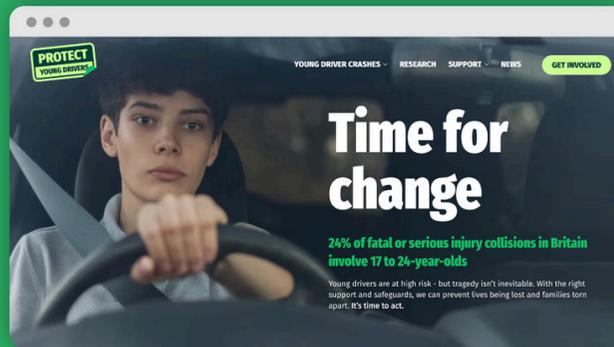


# Proud to support



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[protectyoungdrivers.com](https://protectyoungdrivers.com)



# Help your young driver stay safe

Parents' information pack

[cumbriafire.gov.uk/young-drivers](https://cumbriafire.gov.uk/young-drivers)

# Steps for parents

- **Agree a plan before the test**  
Minimum six months of learning across seasons and conditions
- **Set first-month limits**  
No similar-age passengers, avoid 11pm–6am where possible
- **Choose a safer first car**  
Target strong safety ratings and driver-assist features
- **Telematics/black-box insurance**  
Reward safer choices and monitor night-time exposure
- **Model the behaviour**  
Always belt up, keep to limits, and park to use the phone
- **Review weekly, then monthly**  
Where/when they drove, any close calls, what to practise next



## Checklist: First 3–6 months after test

- Plan routes in daylight – add short night routes later
- Limit passengers – offer lifts instead where needed
- Practice wet roads, rural lanes and motorways with an experienced adult initially
- Keep to limits – no ‘keeping up’ beyond them
- Use Do Not Disturb while driving



## The 'Fatal Four'



### Mobile phone use

Never use your mobile phone while driving – it's a distraction



### Speeding

Do not exceed speed limits – and don't treat limits as a target



### Not wearing a seatbelt

Wear a seatbelt – you're twice as likely to die in a crash without one



### Drink and drug driving

Avoid any alcohol or drugs – they impair judgement and reactions