

Fact Sheet for Teens - Not One More

by Healthcare Heroes Against Impaired Driving



🚫 Impaired Driving: What Kids & Teens Should Know

? What Is Impaired Driving?

Impaired driving means driving a car, motorcycle, or any vehicle when you've had alcohol, drugs, or anything else that affects your ability to think clearly and react quickly.

⚠️ Why It Matters to Kids and Teens

- In the U.S., motor vehicle crashes are among the leading causes of death for teens ages 16–19.
- 1 in 4 teen car crash deaths involves alcohol.
- Most teens killed in drunk driving crashes are passengers, not drivers – often riding with someone who had been drinking.
- Teen drivers are 3x more likely to be in a fatal crash when any alcohol is involved.
- Connecticut has a Zero Tolerance Law for underage drinking and driving, setting the legal blood alcohol concentration (BAC) limit for drivers under 21 at 0.02%.

🧠 Your Brain + Alcohol/Drugs = Dangerous

- Alcohol and drugs mess with your judgment, reaction time, and focus – all things you need to drive safely.
- Even one drink or a single hit of marijuana can affect your ability to drive safely and make responsible decisions behind the wheel.

👁️ Real-World Impact

- Teens who start drinking early are 7 times more likely to be in an alcohol-related crash later in life.
- Driving high or drunk is illegal, no matter your age.
- Being caught driving under the influence as a teen can lead to:
 - Losing your driver's license
 - Expulsion or suspension from school
 - Serious fines or even jail time

🚫 Peer Pressure & Risky Situations

- Never get in a car with someone who's been drinking or using drugs.
- Speak up – it's okay to say "No thanks – I'll find another way" or call for help.
- Know your exit plan: Text a parent, call a trusted adult, or use a rideshare if you're ever stuck in a bad situation.
- Real courage is standing up for yourself and others.

✅ What You Can Do

- **Be a leader:** Say no to riding with a driver who's been drinking or using drugs.
- **Always wear your seat belt** – it's your first line of defense in a crash.
- **Talk with friends and family** about making smart, safe choices behind the wheel.

💪 You Have the Power to Say:

"Not One More. I won't let impaired driving take another life"

- The teen years are a critical time for brain and body development.
- Alcohol can cause lasting damage during this stage, impacting memory, decision-making, and physical health.
- That's why the legal drinking age is 21 – to help protect young people's health, safety, and future.



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BECAUSE ONE PREVENTABLE DEATH IS ONE TOO MANY