

Talk to Your Parents

HONESTY IS THE BEST POLICY:

If you want to ensure you have your parents' trust, you need to be honest with them. There are simple ways to keep your parents informed of your whereabouts:

- Tell them where you're going—what route you will be taking, and who, if anyone will be riding with you.
- Let them know when you arrive at your destination (something as simple as a quick text message) and when you plan on returning home.
- Tell your parents if your plans change. The more they know, the less they'll check up on you.

FEEL FREE TO TALK TO YOUR PARENTS:

Open communication with your parents is key to building trust, but also when you're in an uncomfortable situation.

- **Call Your Parents:** You may find yourself in an uncomfortable situation while you're out with friends, such as if you're at a party where alcohol or drug use is taking place. Or bad weather or other poor driving conditions may be causing you concern. Feel free to call or text your parents whenever necessary. They want you safe no matter the circumstance.
- **Code Word with Your Parents¹:** Create a plan with your parents ahead of time to avoid potentially awkward situations with friends. Agree on a code word and text it to them, and they'll know that something's up, but your friends won't. Then your parents will call you and order you to leave—make them the bad guys so it doesn't look like you're calling your parents for help. Your parents can order you to come home or pick you up, whichever offers the safest solution for you. In the end, your parents would rather have you call them than risk the possibility of something terrible happening to you.

The best way for you to stay safe and earn driving privileges is to work with your parents, not against them.

¹Picard, Caroline. *Why Code Words Are Key to Your Family's Safety*. New York, NY: Good Housekeeping, April 10, 2017. <https://www.goodhousekeeping.com/life/parenting/news/a43654/family-code-words/>.