

DRIVE
AWAKE.
BUCKLE UP.
ARRIVE
ALIVE.



One choice
can change
everything.

REST PARENT + TEEN PLEDGE

TOGETHER, WE COMMIT TO DRIVING ALERT — AND ARRIVING ALIVE.

We understand that fatigue can impair attention, judgment, and reaction time—and that drowsy driving puts every road user at risk.

As a family, we choose responsibility over rushing and safety over convenience.



THE TEEN DRIVER PLEDGE

I pledge that:



I will not drive if I am overly tired, drowsy, or struggling to stay awake.



I will tell my parent/guardian if I am too tired to drive—without fear of punishment.



I will plan ahead to get enough sleep before school, work, practices, or long trips.



I will speak up if a friend is driving while drowsy.



I will **always wear my seatbelt** and make sure my passengers do too.



I will pull over in a safe place and call for help if I become too tired to continue driving.



**I UNDERSTAND THAT
ONE DECISION CAN CHANGE
A LIFE FOREVER.**



THE PARENT/GUARDIAN PLEDGE

I pledge that:



I will create an environment where my teen can call me for a ride at any time — no questions asked.



I will model responsible, alert driving behavior.



I will talk openly about the risks of drowsy driving.



I will support healthy sleep habits and reasonable schedules.



I will make sure everyone in the vehicle **wears a seatbelt**—every trip, every time.



I will prioritize safety over convenience.



**I UNDERSTAND THAT
MY EXAMPLE SHAPES
MY TEEN'S CHOICES.**

★ OUR FAMILY COMMITMENT ★



**SAFETY BEFORE
SCHEDULES**



**REST IS
RESPONSIBILITY**



**BUCKLE UP.
EVERY TRIP.
EVERY TIME.**



**LOOK OUT
FOR EACH
OTHER**



**NO DESTINATION
IS WORTH
A LIFE.**

WE COMMIT TO REST — RECOGNIZING EXHAUSTION FOR SAFER TRAVEL.



Teen Signature: _____ Date: _____



Parent/Guardian Signature: _____ Date: _____



RECOGNIZE THE SIGNS. • SPEAK UP. • MAKE THE SAFE CHOICE. • ARRIVE ALIVE.