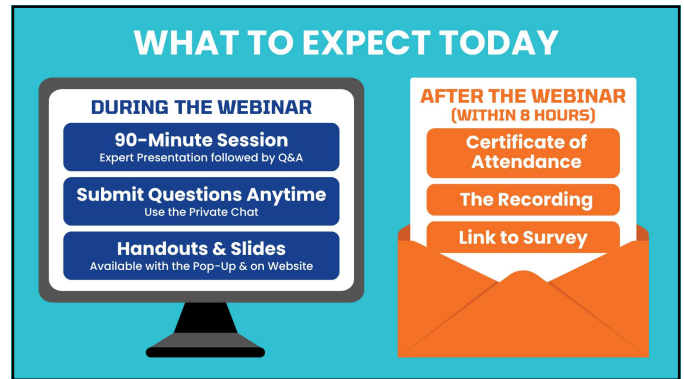
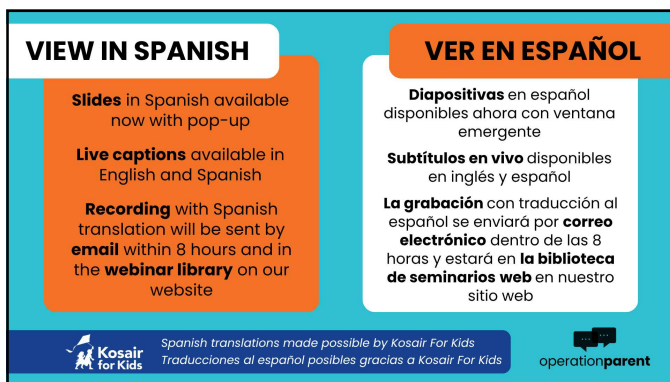




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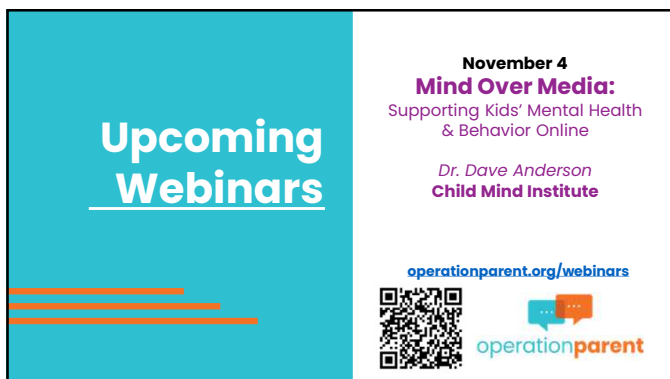
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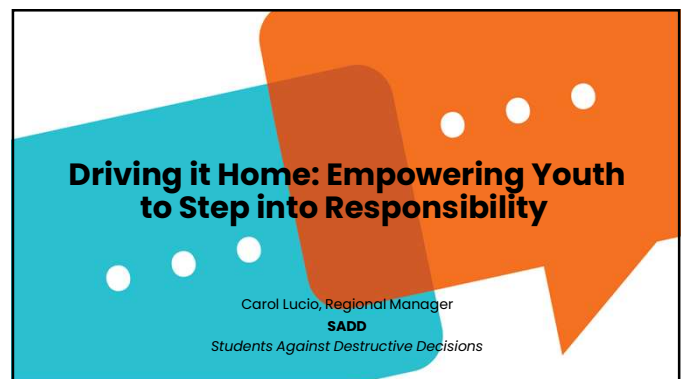
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5



6

Carol Lucio SADD Regional Manager



- Expert on peer-led traffic safety and substance misuse programs
- Designed youth engagement, mentorship, and behavior change scalable toolkits
- Passionate about creating trauma-informed bilingual resources.
- She is most inspired when youth voices are elevated, and positive community impact happens.
- Traveling, tennis, and spending time with my dog



7

Key Takeaways

- 1 A better understanding of why responsibility is an essential life skill and how your own role as a caregiver shapes it from the start.
- 2 Practical ways to be a positive role model while building trust and encouraging independence in a way that grows with your child.
- 3 Clear guidance on how responsibility — and your support — evolves from early childhood through the teen years, with examples of healthy freedoms at every stage.

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SADD

Students Against Destructive Decisions

Empowers and mobilizes students and adult allies to engage in positive change through leadership and smart decision-making

Leadership, Mobility Safety, Substance Prevention,
Personal Health

8,000+ Youth Driven School Chapters



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Your Role

You are their parent/caregiver NOT their friend

- Unlike a friend, **YOU** are the only one who loves them enough to do whatever it takes to keep them healthy
– *physically, mentally, emotionally, spiritually*
- They are counting on you to **protect** them



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You Are Responsible For

- Providing basic necessities of life (food clothing, education, etc.)
- Being a positive role model
- Teaching them morals and values
- Helping them to grow into an accountable, dependable, and responsible adult

You Are NOT Responsible For

- Making sure they are always happy
- Winning a parenting popularity contest



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Why Teaching Responsibility Matters



Makes them feel capable and valued



Reduces power struggles at home



Promotes self-control and accountability for their actions



Builds confidence (stronger refusal skills later)



Gives them to tools to handle freedom safely and wisely



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Special Guest Kaleb Hunter



- Advocate for Youth Wellness and Prevention
- National SADD Leadership Council Member
- Georgia SADD State Representative
- RT Major
- Hobbies- Meditation, pet rabbit



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Want to be the Superhero or Villain in your Teen's story?

Trust is a two-way street

Modeling matters more than words

Independence protects against risky choices



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Be a Role Model

Young people learn more from what adults **do** than what they **say**

Keep commitments

- Be present at their events (games, performances, etc.)
- Follow through with consequences

Acknowledge mistakes

- Talk about what you should have done differently

Use safe behaviors

- Buckling your seat belt
- Walking away when tensions are high

Promote healthy habits

- Putting the phone down
- Actively taking care of your physical and mental health
- Eating together as a family



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When They Earn Independence

- Set clear rules, expectations, and consequences along with the "why" behind it
 - Sometimes the "why" is because of the law
 - For example: Graduated Drivers Licensing (GDL)



Passenger Restrictions



Curfew



Stronger Penalties



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Kentucky

Graduated Driver Licensing (GDL) Laws

Distance Restriction	Seat Belts	Required Supervision	Passengers	Nighttime Driving	Cell Phones
No Restrictions	All Drivers: All occupants must wear seat belts	Learner's Permit: May only drive with a licensed driver age 21 or older supervising and sitting in the front seat	Intermediate License: Prohibited from driving with more than one non-family member passenger under age 20, unless accompanied by a licensed adult sitting in the front seat	Intermediate License: May not drive between midnight and 6 a.m.	Under 18: Prohibited from using a cell phone in any manner (talking, texting, playing games, etc.) while driving

Learner's Permit: Age 16, have had a learner's permit for at least 90 days and have completed 50 hours of practice driving

Full License: Age 17 or have held an intermediate license for at least six months and have taken a certified driver education course

Disclaimer: This list of categories is not exhaustive and there are other Kentucky Law provisions that can affect driving privileges and driving privileges were subject to the specific location, license or any restriction can result in a suspended or revoked license.

To see the specific laws for your state

<https://youngdriverparenting.org/parent-resources/state-gdl-laws/>

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When They Make a Mistake

- It's inevitable, their prefrontal cortex is not fully developed
- Give consequences and be prepared to follow through
- "The time should match the crime"
- Use it as a learning opportunity
 - Does not have to be a punishment



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Responsibility Through the Ages

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Elementary School (Grades K–5)

"They See Everything" — Start Early with Modeling

- **Caregiver Role:** Model & talk about safe behavior
 - Narrate your choices with age-appropriate language: "we always wear our seat belts because safety comes first."
- **Independence Opportunity:** Let them be the safety helper

Chores

Put toys away
Feed pets
Set the table
Water plants



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APPROPRIATE RECOMMENDATIONS: ELEMENTARY SCHOOL (GRADES K-5)



1 MODEL SEAT BELT USE EVERY TIME.

Always buckle up and have your child do the same — even on short rides. Narrate your choices: "We always wear our seat belts because safety comes first."



2 TALK ABOUT SAFE BEHAVIOR IN CARS.

Use age-appropriate language to explain why you don't use your phone, speed, or yell while driving.



3 LET THEM BE THE SAFETY HELPER.

Encourage kids to remind family members to buckle up and be quiet in the car so the driver can concentrate



FOR MORE INFORMATION, PLEASE VISIT WWW.SADD.ORG.

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Middle School (Grades 6–8)

"Learning by Watching" — Begin the Conversations

- **Caregiver Role:** Have ongoing conversations about responsibility
- **Independence Opportunity:** Include them in conversations about family rules and provide choices

Chores

Take out trash
Load dishwasher
Prepare simple meals
Vacuum
Fold laundry



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APPROPRIATE RECOMMENDATIONS: MIDDLE SCHOOL (GRADES 6-8)



1 HAVE ONGOING CONVERSATIONS ABOUT RESPONSIBILITY.

Begin discussing why driving is a privilege and the rules that come with it — long before they get behind the wheel.



2 USE REAL-LIFE EXAMPLES.

Talk about things you see while driving (e.g., someone texting or speeding) and explain why it's unsafe.



3 INCLUDE THEM IN FAMILY RULES.

Start previewing a family driving contract or safe behavior checklist so they know expectations will be clear and consistent.



FOR MORE INFORMATION, PLEASE VISIT WWW.SADD.ORG.

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High School (Grades 9–12)

"Practice What You Preach" — Actively Coach and Set Standards

- **Caregiver Role:** Guide with trust and boundaries
 - Use family contracts with clear expectations and consequences
- **Independence Opportunity:** Give them more control over money (allowance budgeting, or managing debit card)

Chores

Do their own laundry
Mow lawn
Grocery shop with a list
Care for younger siblings for short time



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**APPROPRIATE RECOMMENDATIONS:
HIGH SCHOOL (GRADES 9-12)**

1 BE THE DRIVER YOU WANT THEM TO BE.
Teens will copy your behavior — drive distraction-free, obey traffic laws, and stay calm behind the wheel.

2 CREATE AND USE A PARENT-TEEN DRIVING CONTRACT
Set clear expectations about curfews, passengers, phone use, and consequences — then stick to them

3 DEBRIEF AFTER RIDES.
Use driving time to teach — ask your teen what they would do in tricky situations and offer guidance, not lectures.

FOR MORE INFORMATION, PLEASE VISIT WWW.SADD.ORG.







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High School Safety Programs

- Homecoming
- National Teen Driver Safety Week (NTDSW) October 20th-26th
- Please Return on Monday (PROM)
- 100 Safest Days
- Mental Health and Safe Driving Module
- Shifting Gears

NATIONAL TEEN DRIVER SAFETY WEEK
OCTOBER 19 - 25, 2025

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SPEED LIMITS
Among various crashes where teen driver error was the cause, 21% occurred from going too fast for road conditions. (teendriversource.org)

TEEN TIPS

- Pay attention to your speedometer.
- Practice patience while driving.
- Leave early so you are not in a rush.
- Use the 3-second rule for following distance.
- In safe conditions, use the Advanced Driver Assistance System (ADAS) technology safety system called Adaptive Cruise Control.

ADULT TALKING POINTS

- Drive how you want your teen to drive.
- Make sure your teen is aware of the dangers of speeding and the consequences of unsafe speed, including fines and penalties.
- Talk to your teen about the importance of going the speed limit (taking into consideration the weather, road conditions, traffic density, etc.), and leaving an amount of space between their car and the one in front of them.
- Share your driving experiences with your teen.

PASSPORT TO SAFE DRIVING

HELPFUL DRIVING TIPS FOR TEENS + ADULTS

CANNABIS IMPAIRMENT
While laboratory studies of people with THC in their blood do not support significant impairment on single tasks, the impact on multitasking and handling unexpected events (e.g., are critical components of safe driving).

TEEN TIPS

- Cannabis use impairs cognitive abilities necessary for safe driving, including reaction time, road lane-keeping ability, and attention maintenance.
- Cannabis can impair coordination, distort perception, and lead to memory loss and difficulty with problem-solving.
- In 2017, 48% of drivers ages 18-24 who consistently use cannabis engaged in driving after using.

ADULT TALKING POINTS

- Too many teens and their parents don't know the facts about cannabis and driving.
- In a 2017 SADD/Liberty Mutual Survey, 33% of teens to drive under the influence thought it was legal where marijuana is legal to use.
- Neurodevelopment continues until at least the early or mid-20s, and cannabis use impacts how connections are formed within the brain.
- Discuss these long-term effects with your teen.

Scan the QR code to watch a PSA on this topic, then complete this step by signing the Passport Stamp together!






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College (Post-Secondary/Young Adult)

"Still Watching" — Stay Connected & Trust-Based Support

- **Caregiver Role:** Don't check out
 - Just because your teen has moved out or has more independence doesn't mean your influence stops. Ask about their driving routines and concerns
 - Encourage peer accountability
- **Independence Opportunity:** Manage personal life tasks

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**APPROPRIATE RECOMMENDATIONS:
COLLEGE/YOUNG ADULT**

1 DON'T CHECKOUT.
Just because your teen has moved out or has more independence doesn't mean your influence stops. Ask about their driving routines and concerns.

2 DISCUSS RISK FACTORS.
Talk openly about driving when stressed, tired, or after using substances — and share your own boundaries or lessons learned.

3 ENCOURAGE PEER ACCOUNTABILITY.
Help them recognize red flags in others' driving and empower them to speak up or find a safer ride.

FOR MORE INFORMATION, PLEASE VISIT WWW.SADD.ORG.






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Everyone: Reduce Distracted Driving

Grounding techniques help you stay calm and focused

- Reduce distractions
- Manage anxiety
- Improve reaction time
- Enhance safety

1 TOUCH + FEEL: The Keys and Seat

2 SIGHT: Adjust Mirrors

3 HEAR: Listen to the engine

4 TASTE: Take a sip of water before driving

5 SCENT + SMELL: Fresh Air

INFO @ SADD.ORG
WWW.SADD.ORG




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So, what can parents do?

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Parents

- **Model Consistent, Safe Habits:**
Put the phone away, take care of your physical and mental health, follow through on commitments, etc.
- **Engage in Two-Way Conversations:**
Move beyond rules and lectures — ask open-ended questions, listen without judgment, and revisit expectations
- **Use Tools and Agreements:**
Implement written contracts and revisit them regularly



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So, what can schools do?

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Schools

- **Model a Culture of Safety and Responsibility:**
Keep expectations clear and fair, praise students who make thoughtful choices, and celebrate safe, respectful behavior at school gatherings
- **Amplify Student Voice:**
Empower students to lead peer-to-peer education, PSA contests, or prevention campaigns that reflect real experiences and solutions.
- **Opportunities to Build Skills & Confidence:**
Offer leadership training, public speaking opportunities, and project-planning workshops for students involved in prevention activities.



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Schools

- **Strengthen School-Home-Community Links:**
Invite parents, local coalitions, and law enforcement to partner on prevention events or student campaigns.
- **Integrate Prevention into Everyday Learning:**
Use health or advisory classes to discuss real life scenarios such as online safety, substance use, friendships, or transportation so students can practice responsible decision making.



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ON-CAMPUS STUDENT PARKING PASS REQUIREMENTS

BEST

- 1 **pass application • family info session • speaker presentation • continued education**
+ require students to complete an application to park, with a caring adult signature.
+ host a family info session with at least one caring adult • student required to attend, discuss rules & expectations for parking on campus, cover GDL laws, & invite a free survivor advocate presenter to bring the message full circle.
+ hold additional safety sessions with all drivers when policy violations arise.



BETTER

- 2 **pass application • family info session • speaker presentation**
+ require students to complete an application to park, with a caring adult signature.
+ host a family info session with at least one caring adult • student required to attend, discuss rules & expectations for parking on campus, cover GDL laws, & invite a free survivor advocate presenter to bring the message full circle.



GOOD

- 3 **pass application • family info session**
+ require students to complete an application to park, with a caring adult signature.
+ host a family info session with at least one caring adult • student required to attend, discuss rules & expectations for parking on campus, cover GDL laws.



Questions? Need help? Contact Carol Church@kidd.org | kidd.org

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So, what can communities do?

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Communities

- **Support Youth-Led Prevention Work:**

Fund, celebrate, and give a platform to SADD chapters, youth coalitions, and student safety councils.

- **Maintain Consistent Messaging Across Agencies:**

Coordinate public health, law enforcement, and schools so young people hear clear, aligned messages about making safe and healthy choices.

- **Create a Culture of Safety and Responsibility:**

Promote fair enforcement of community safety laws, advocate for parent education, and highlight prevention strategies at local events and in the media



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Driving Safety Organizations

Traffic Safety Education Foundation: <https://www.tsef.org/>

Ford Driving Skills: <https://www.drivingskillsforlife.com/training/games>

DriveItHome App & Info: <https://www.nsc.org/road/resources/dih/driveithome>

National Highway Traffic Safety Administration: <https://www.nhtsa.gov/>



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National Organizations

PTA Family Resources: <https://www.pta.org/home/family-resources/safety>

Healthy Children | Family Dynamics:
<https://www.healthychildren.org/english/family-life/family-dynamics/pages/default.aspx>

Erika's Lighthouse: <https://erikaslighthouse.org/>



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SADD Opportunities

Contests

Leadership Opportunities

Scholarships

Careers



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SADD Solutions

- Parent & Community Engagement Toolkit
- Teen Safe Driving resources including conversation starters, contracts for life, and social media campaigns
- Mental Health + Driving Toolkit
- Prom and Graduation Parent Engagement Presentations



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Let's Get Social!
Follow @SADDNation to keep up with our latest news, events, & initiatives!

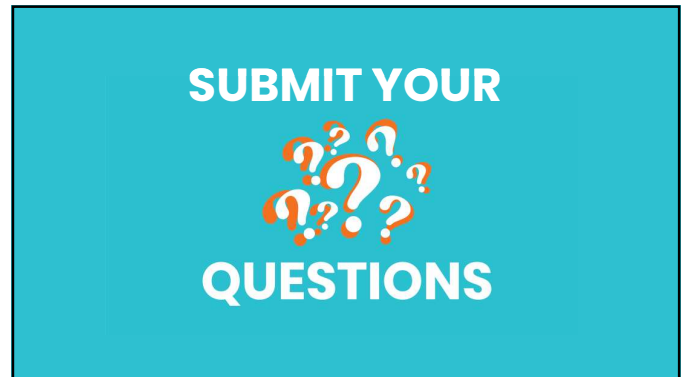
Join us on MySADD (totally free):

Carol Lucio:
clucio@sadd.org
Mobile/WA: 515.630.3070

CONNECT

Kaleb Hunter LinkedIn:
<https://www.linkedin.com/in/kalebhunter70707/>

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**SUBMIT YOUR
QUESTIONS**

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PARENT HANDBOOKS:
YOUR GUIDE TO MEANINGFUL CONVERSATIONS!

"They are chock-full of information and so user-friendly. They should be in every household!"
-Carol Lucio

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Drug Prevention Event

This toolkit contains everything you need to host and promote a successful drug prevention event.

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Upcoming Webinars

November 4
Mind Over Media:
 Supporting Kids' Mental Health
 & Behavior Online

Dr. Dave Anderson
Child Mind Institute

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QUESTIONS

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