

# I Care

*a pocket guide to survive your drive*



A program of the Humanity Project

[www.thehumanityproject.com](http://www.thehumanityproject.com)

Welcome to I Care, a program of the Humanity Project.



We're teenagers helping other teenagers to survive the drive. This booklet helps you understand the dangers of driving and how to navigate the road. It's easy to carry around and you can leave it in your glove box. With important tips that make you a mindful driver, you can maneuver your way through the roads safely and effectively.

## Reality Check ✓

Driving a car often seems very easy.

Until it doesn't – and the unexpected suddenly happens.

Tip 1: Expect the unexpected.



A simple approach to cope with the unexpected when driving:  
Remember our **“AIL System”** to stay safe.

“ If you **AIL** when driving, you’ll **FAIL.**”

Try to avoid

**A**ssuming

**I**mpatience

**L**ost focus



**Assuming** what other drivers will do or road conditions ahead.

*(Expect the unexpected.)*

**Impatience** with annoying drivers, heavy traffic, stop lights.

*(Leave early and stay relaxed.)*

**Lost focus** through distractions like passengers, phones, eating or music.

*(Enjoy, but with eyes always on the road.)*



If you avoid assuming, impatience and lost focus when driving, you're very likely to get home safely. Those three problems cause many crashes.

\*The AIL System™ was created by the Humanity Project

## Reality Check ✓

Teens ages 16 – 19 have the highest risk of motor vehicle crashes among all age groups.

**Tip 2: Remember you're new at driving. Take it easy.**



### A True Story

“When I was 16, I was in a huge hurry to drive to my girlfriend’s house. An older couple on the road in front of me stopped at a busy intersection just as the traffic light turned yellow. But I was super impatient. I pulled around their car, stomped the gas pedal, raced into the intersection – and smashed into a big car turning left. The crash blew the back window out of their car and totaled my dad’s new automobile. I hadn’t expected another car to be there. A very unpleasant surprise.”

## Quick tips from a 16-year-old pro race driver *(He's a driving expert!)*



- Look far down the road, not just barely ahead of your car  
*(Gives you more time to react to the unexpected)*
- Keep your emotions under control  
*(Staying cool-headed avoids irrational reactions)*
- Don't let things distract your attention  
*(You can respond to bad drivers much faster)*
- Always buckle up before driving (or riding)  
*(Always! A must whenever you're in any car!)*



Remember you're controlling a very large and dangerous machine when you drive. Dangerous to others, dangerous to you.

Please respect those dangers... and show respect for your life and the lives of everyone else on the road. The Humanity Project calls this #respectontheroads.

Because... think about it. And ask yourself: When are respect and cooperation among people more urgent than when we're driving?





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[www.statefarm.com](http://www.statefarm.com)

The views and recommendations in this booklet do  
not necessarily reflect those of State Farm.

Learn more at the Humanity Project

[www.thehumanityproject.com](http://www.thehumanityproject.com)

And visit our I Care website for parents of teen drivers

[www.thp4parents.com](http://www.thp4parents.com)