The National Highway Traffic Safety Administration’s "5 to Drive" campaign highlights the five necessary rules that teen drivers need to follow to stay safe behind the wheel. These rules address the greatest dangers for teen drivers: alcohol, texting, seat belts, speeding, and extra passengers.

1. **No Drinking and Driving.** Set a good example by not driving after drinking. Remind teens that drinking before the age of 21 is illegal, and alcohol and driving should never mix no matter your age.

2. **Buckle Up. Every Trip. Every Time.** Front Seat and Back. Lead by example. If you wear your seat belt every time you’re in the car, teens are more likely to follow suit. Remind teens that it's important to buckle up on every trip, no matter how far or how fast.

3. **Put It Down. One Text or Call Could Wreck It All.** Remind teens about the dangers of texting or dialing while driving, and that the phone is off limits when they are on the road. It’s equally important to model safe driving habits for your teen — you shouldn’t text and drive either.

4. **Stop Speeding Before It Stops You.** Drive the speed limit and require teens to do the same. Explain that every time your speed doubles, stopping distance quadruples.

5. **No More Than One Passenger at Any Time.** With each passenger in the vehicle, a teen’s risk of a fatal crash goes up.