



Utah Driver Education News

August 2022

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2023 UDTSEA DRIVER EDUCATION CONFERENCE APRIL 24, 2023

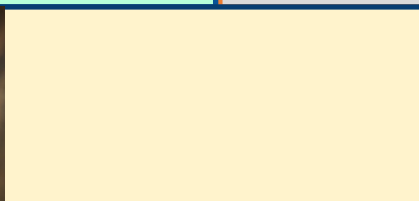
2023 UDTSEA Driver Education Conference is scheduled for Monday April 24th at the Davis Conference Center. This is the first day of the Utah Highway Safety Summit, Monday will be all driver education related. The 2023 conference will be in person only, make sure you have this date saved on their calendars.

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100 Deadliest Days for Teen Drivers

In the 100 days after Memorial Day, teen crashes rise so dramatically in these summer months it has been named: “100 Deadliest Days” for teen drivers. The average number of deadly teen driver crashes climbs 15 percent compared to the rest of the year, according to research. Research found that inexperience paired with greater exposure on the road could create a deadly combination for teen drivers. In addition, teens are likely to be driving with more passengers; they’re more likely to be out later at night in the summer; clear weather conditions often tempt teens to speed, and there are more drivers on the road.

To reverse this alarming trend, we urge parents to lead by example to help reduce the number of deadly crashes on the road. Put safe driving practices into action by not talking on your phone while driving, staying alert, sharing the road, wearing your seat belt and driving the posted speed limit. Parents also need to talk to their teens and educate them about the importance of safe driving as a driver and passenger.

Parents and other supportive adults play a key role in empowering teens to choose to stay safe. Talking to your teen may not be the easiest thing to do, but it is one of the most important.

Road rage can hit even the best drivers. Here's how to keep your cool while driving



Drivers swerve erratically while on their phones or dart dangerously around other cars. The blare of horns keeps you on edge as traffic backs up. It's enough to test anyone's patience. In some cases, these feelings may lead to road rage, aggressive driving that's caused from stress or anger behind the wheel. It often happens when drivers feel slighted, such as another car abruptly cutting them off. Because they're angry, frustrated and irritated, they make worse decisions than they would otherwise make, "and all of those bad decisions can lead to accidental injury, harm or death.

Many drivers feel they are anonymous on the road, which leads them to take actions they would not otherwise do. Often-times people adopt a persona while driving that is more aggressive and ruder than what is socially acceptable because they don't think they're identifiable and they won't see the other drivers again. Drivers can also have a false sense that certain actions, such as slamming on brakes to slow down and then speeding away, are easy and safe to do.

Calming your road rage

When angry, you often have a difficult time looking at a situation from a different perspective. In those moments, start by taking a deep breath and not responding immediately. There is also this notion where you assume the worst in others and blame their personality, versus attributing flaws in yourself to outside factors. This person cut me off because they're a bad person. But if I cut someone off, I made a mistake. Listening to calming music or podcasts while driving can be relaxing. It's difficult to get angry when enthralled in a podcast because you're focused on listening to it. Lastly, if traffic jams on highways create anger and stress, try taking an equivalent route on local roads with fewer cars if possible.

Planning ahead

If you notice a pattern of aggressive driving, you should come up with coping strategies before hitting the road. Driving is one of the worst times to try and deal with your anger because you're not thinking clearly. Drivers can plan out how they're going to react in advance. For example, if another driver cuts them off, they're going to tell themselves they're the kind of person who lets it go. Additionally, leave earlier when driving to a destination to limit the stress that can come from running late. If you find yourself behind schedule, take deep breaths and avoid thoughts such as, "The traffic is going to ruin my day".

"Yes, this is frustrating, but it's actually only going to delay me," tell yourself, "and that's not the worst thing in the world."

EXAMINER TRAINING COURSE IS DUE ANNUALLY

You will receive an email prompt when your Examiner Training Course is due. When you receive the notification, please take the course so your DEMS certification does not expire. DO NOT forward the notification to others on your team, the link is specific to your account. Reminder to everyone using the DEMS system; never alter or falsify student records, enter the actual completion date(s), never enter grades for another instructor, completions are only valid for BTW if the student has a valid learner permit. Always check the date on the learner permit before you let a student drive.