carrying a condom, for example). One thing is sure: if we don't teach our young people how to deal with sex when they are half out of their minds, we are not only fooling them; we're fooling ourselves as well. Whatever lessons we teach them, we need to help them understand that they will react differently when they are calm and cool from when their hormones are raging at fever pitch (and of course the same also applies to our own behavior).

Safe Driving

Similarly, we need to teach teenagers (and everyone else) not to drive when their emotions are at a boil. It's not just inexperience and hormones that make so many teenagers crash their own or their parents' cars. It's also the car full of laughing friends, with the CD player blaring at an adrenaline-pumping decibel level, and the driver's right hand searching for the french fries or his girlfriend's knee. Who's thinking about risk in that situation? Probably no one. A recent study found that a teenager driving alone was 40 percent more likely to get into an accident than an adult. But with one other teenager in the car, the percentage was twice that—and with a third teenager along for the ride, the percentage doubled again.[5]

To react to this, we need an intervention that does not rely on the premise that teenagers will remember how they wanted to behave while in a cold state (or how their parents wanted them to behave) and follow these guidelines even when they are in a hot state. Why not build into cars precautionary devices to foil teenagers' behavior? Such cars might be equipped with a modified OnStar system that the teenager and the parents configure in a cold state. If a car exceeds 65 miles per hour on the highway, or more than 40 miles per hour in a