

The Performance & Prestige Audit: A Conversation Starter for E-Bike Parents[©]

The Goal: To move the conversation from "You're grounded" to "How do we get you to a higher level of skill and prestige?"



Rolling Toward Prestige

Part 1: The “Why” (For the Parent)

Your teen isn't trying to be "dangerous"; they are looking for a "stage" where they can demonstrate competence and earn respect (prestige) from their peers. If we simply take the stage away, they will find a new, often riskier one. To keep them safe, we must help them find an allowed stage.



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Part 2: The The Opening (What to say to your teen)

"I saw how hard that crash was, and I'm glad you're okay. I realize that e-biking isn't just a way to get around for you — it's something you're passionate about and a way you show what you can do. Because I love you, I want to help you get better at it, not just stop you from doing it. Let's look at how we can make you a 'pro' at this."



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Part 3: The Three-Point Skill Check (The "Audit")

Sit down with your teen and ask them to "rate" their current performance in these three areas. Use a scale of 1–10.

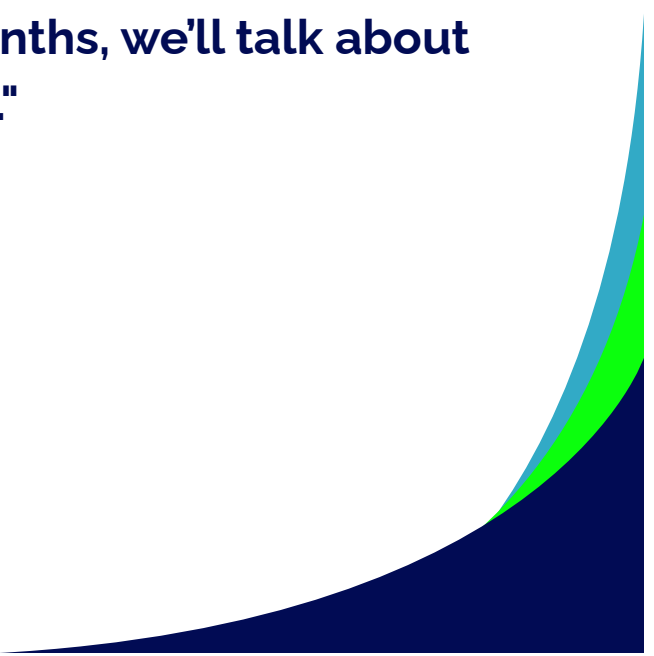
- **Technical Mastery:** "On a scale of 1–10, how well do you understand how your bike's 'instant torque' and 'kinetic energy' (the Invisible Giant) work in a tight turn?"
- **Environmental Awareness:** "How would you rate your ability to predict what a distracted driver in a car is going to do before they do it?"
- **The Respect Factor:** "How much respect do you think you're earning from the community (neighbors, walkers, police) when you ride the way you do now? How can we get that score higher?"



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Part 4: The Pivot to Coaching)

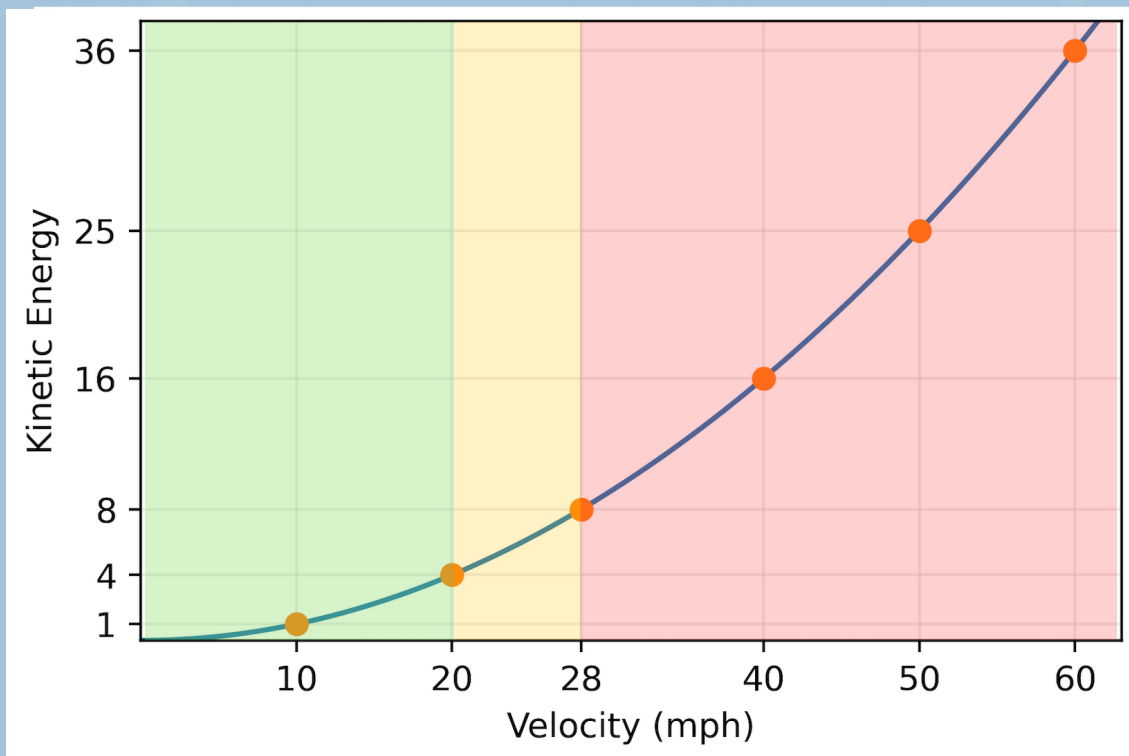
Once you've done the audit, offer a path forward:

- "I want to help you move from a 'Level 3' to a 'Level 10' in Technical Mastery. Let's find a program or a sanctioned space where you can actually push your cycling skills safely."
 - If there are no safe spaces to practice your sport, let's work together to advocate for them. I'm here to help you speak up for what you need.
 - "If you can show me 'Level 10' awareness and safety ownership for the next two months, we'll talk about that gear upgrade you wanted."
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The Science of Speed

Imagine an invisible giant running behind you when you ride, and he's pushing on your back, a force shoving you with the energy of movement – Kinetic Energy!

The Invisible Giant's Push



Look at the jump from 10 to 20 MPH. You've only doubled the speed, but you've quadrupled the energy. By the time a teen hits the 40 MPH limit, they are wrestling an invisible force 16 times their size. This explains why e-bike injuries often mirror motorcycle trauma more than bicycle falls.