



Parent-Teen Driving Agreement

I, _____, will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times. I agree that ADHD is a disorder that affects driving.

I promise that I will obey all the rules of the road.

- Always wear a seat belt and make all my passengers buckle up.
- Obey all traffic lights, stop signs, other street signs, and road markings.
- Stay within the speed limit.
- Never use the car to race or to try to impress others.

I promise that I will make sure I can stay focused on driving.

- Drive with both hands on the wheel.
- Never eat, drink, check hair/make-up, or use a cell phone to talk/text while I drive.
- Drive only when I am alert and in emotional control.
- Call my parents for a ride home if I am impaired in any way that interferes with my ability to drive safely.
- Have no passengers under the age of 21.
- Never use earphones and only choose preset radio channels.
- Always take my medicine on time (if I am taking medicine for ADHD) and not drive if I am unable to focus my attention completely on driving.

I promise that I will respect laws about drugs and alcohol.

- Drive only when I am alcohol and drug free.
- Never allow any alcohol or illegal drugs in the car.
- Be a passenger only with drivers who are alcohol and drug free.

I promise that I will be a responsible driver.

- Complete my pre-trip and driver's log for every driving event.
- Drive only when I have permission to use the car and I will not let anyone else drive the car unless I have permission.
- Drive someone else's car only if I have parental permission.
- Contribute to the costs of gasoline, maintenance, and insurance as listed here:

I agree to the following restrictions, but understand that these restrictions will be modified by my parents as I get more driving experience and demonstrate that I am a responsible driver.

For the next _____ months, I will not drive after _____ pm.

For the next _____ months, I will not transport more than _____ teen passengers (unless I am supervised by a responsible adult).

For the next _____ months, I won't adjust the stereo or air conditioning/heater while the car is moving.

For the next _____ months, I will not drive in bad weather.

I understand that I am not permitted to drive to off-limit locations or on roads and highways as listed here: _____

I agree to follow all the rules and restrictions in this contract. I understand that my parents will impose penalties (see below), including removal of my driving privileges, if I violate the contract. I also understand that my parents will allow me greater driving privileges as I become more experienced and as I demonstrate that I am always a safe and responsible driver.

Signatures

Driver _____ Date _____

Parent promise: I also agree to drive safely and to be an excellent role model.

Parent (or guardian) _____ Date _____

Parent (or guardian) _____ Date _____