



Teenage Driver's License Contract: Points to Cover*

Once your teenager with AD/HD has earned his driver's license, parental monitoring becomes even more critical! A driving contract between you and your teen can help maintain your control and authority over his driving activities. The contract should address your individual family's concerns and might include the following points. (Note: Unless otherwise noted, all points are aimed at the teenage driver.)

Ground Rules:

- **Abide by the rules established for use of the family car.**
- **Do not drive any vehicles you or your parents do not own.**
- **You must comply with your medication schedule** if your parents determine you are a safer driver when your medication is in effect.
- **Honor the curfews your parents have set** for both weekday and weekend driving. (Parents: Agree on positive incentives for compliance as well as negative consequences for curfew violations.)
- **If your academic performance or responsibilities at home suffer because of excessive driving time,** your parents can reduce — or suspend — your driving privileges.
- **Do your part to pay** for gas and vehicle maintenance. As a young adult, you will be expected to pay for all (or a fair share) of the repairs and related expenses (e.g., increased insurance costs) when your poor driving behavior becomes a liability.
- **If you receive any traffic or parking tickets,** you are expected to handle them appropriately. This may include appearing in court. You will work to earn the money needed to cover any fines. Your parents will not "cover" for you.

While You are Behind the Wheel:

- **Follow rules set by your parents regarding the places and the times of day you are allowed to drive.**
- **Keep your parents informed of your driving activities** at all times.
- **Always wear a seatbelt.** Lap/shoulder safety belts have been proven effective in reducing serious injury and saving lives. Know and follow your state's seat belt laws.
- **No cellular phone use while driving.** If you carry a cell phone, keep it turned off while driving. Pull over to the side of the road when calling your parents, friends, or reporting an emergency.
- **Do not drink alcohol and drive!** If your parents learn that you have violated this rule, you will be required to surrender your driver's license to them.
- **Do not carry teenage passengers** (unless your parents have given you permission). And do not ride with another teen driver without your parents' permission. Teens riding with other teenagers — without adult supervision — increases the risk of accidents and delinquent behavior dramatically.
- **Notify your parents immediately if you are involved in a car accident.**

*These suggestions are based on the more comprehensive "Driver's License Contract" (pp. 126-129) in the book *AD/HD & Driving: A Guide for Parents of Teens with AD/HD* by Marlene Snyder, Ph.D.

For more information on this topic, see our related article:

"Keeping Licensed Teenage Drivers With AD/HD Safe: Parent Strategies "
<http://www.schwablearning.org/articles.asp?r=857>