

# Maine Parent-Teen Driving Agreement

## What is a Parent-Teen Driving Agreement?

A Parent-Teen driving agreement is a formal agreement between parents and their teen driver that outlines specific guidelines that parents and teens agree to follow. The agreement also establishes consequences and provides discussion points for not following the agreement. The agreement includes elements of Maine's Graduated Driver Licensing Law to ensure that teens follow state law.

## Why Use a Parent-Teen Driving Agreement?

**Did you know that motor vehicle crashes are the leading cause of death for teenagers in the United States?** In Maine, it remains the leading cause of death for ages 1-24. Drivers 16-24 represent only 13% of licensed drivers, yet are involved in 31.7% of all crashes between 2009–2013. This is an average of 43 fatalities annually. Unfortunately, teen drivers put everyone at risk including friends, other drivers, pedestrians and family members. Recent studies show that two-thirds of the people killed in fatal crashes by teen drivers are persons other than the teen driver.

## Why Do Teens Crash?

A number of studies have looked at why teens have such high crash rates. The top reasons teens crash include:

- **Inexperience**—teen drivers are new drivers and lack experience behind the wheel.
- **Poor Visual Search**—teen drivers have difficulty knowing when and where to look to identify potential hazards on the roadway.
- **Inattention or Distraction**—teens are often distracted from the driving task, which can put them at increased risk for crashing.
- **Speed Management**—teens often have difficulty choosing the appropriate speed for driving conditions, including wet weather and other hazardous road conditions.
- **Space Management**—teens have difficulty judging how much time and space is needed to maneuver safely when driving.

Other factors that put teen drivers at risk include: other passengers in the vehicle, speeding, aggressive driving, alcohol or other drugs, nighttime driving, and lack of seat belt use.

## How Should Parents and Teens Use the Parent-Teen Driving Agreement?

The agreement communicates that driving is a privilege that parents and teens should take seriously. It spells out the rules, responsibilities and consequences for both the parent and teen driver. **Parents and teens should talk about the driving agreement and enter into the agreement together.** After all, driving is the most dangerous milestone in a teens' life. **Parental involvement and enforcement are key to reducing teens' risk.**

Parents and teens should dedicate enough time to thoroughly read and discuss the agreement. It is important to talk about each item and make sure that both the parent and teen understand the risk and consequences for breaking the agreement before signing. Be sure that both the parent and teen initial after discussing each area. Parents may want to consider imposing additional restrictions including taking away video games or social privileges for breaking the agreement or consider keeping restrictions in place longer than Maine law requires. After the agreement and consequences have been discussed and initialed, both the parent and teen should date and sign at the bottom of the agreement. The agreement should be kept in a location that is easily accessible for future discussions. It is a good idea to bring out the agreement on a regular basis to review as your teen gains more driving experience.

## What is Graduated Driver Licensing (GDL)?

The Parent-Teen Driving Agreement includes detailed information on Maine Graduated Driver Licensing. The Maine Graduated Driver Licensing Law and its restrictions are designed to ease teen drivers into the driving environment and encourage parent involvement. **All teens under age 18 are subject to a graduated driver licensing system to obtain a license in Maine.** Maine GDL mandates a three-stage approach for young, novice drivers by restricting their exposure to dangerous driving situations, including night-time driving and passenger restrictions.

Most teen crashes happen early in the teen's driving career. Therefore, it is important that all stages of GDL be followed to help minimize crash risk. Restrictions imposed by the law certainly help, but the best combination is a knowledgeable parent working through the learn-to-drive process with the new driver. **Parental involvement is a key part of a teen learning to be a safe driver.**



## Night-Time Driving

**THE RISK:** During the first six months of independent driving, the risk of a fatal crash at night is about three times higher for teens than during the day.

**Teen**

\_\_\_\_\_  
*initial*

✓ I will not violate the Maine law that restricts night-time driving. I will not drive between 12:00 a.m. and 5:00 a.m. This rule will remain in place while I hold my Intermediate License. I understand that my parent can increase the restriction period at any time.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I will pick you up or arrange for safe transportation home, regardless of the situation or time of your call.

## Aggressive & Reckless Driving

**THE RISK:** Speed-related crashes account for 44% of fatalities among 15–20 year olds.

**Teen**

\_\_\_\_\_  
*initial*

✓ I agree to ALWAYS obey the posted speed limit.  
✓ I agree to consider the weather and road conditions and adjust my speed appropriately.  
✓ I will not drive when I am angry, frustrated or emotional.  
✓ I will not tailgate, speed, weave in and out of traffic or participate in any aggressive or reckless driving behavior.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I will pick you up or arrange for safe transportation home if you feel it is not safe for you to drive, or if you are in a car with someone exhibiting these behaviors. I also promise to be a role model, lead by example and demonstrate responsible and safe driving behavior at all times.

## Driving Under the Influence

**THE RISK:** Driving under the influence is a factor in one of every four fatal teen crashes.

**Teen**

\_\_\_\_\_  
*initial*

✓ I agree that I will never drink or use drugs and drive.  
✓ I understand that Maine has a ZERO TOLERANCE law that says it's illegal for drivers under 21 to have *any* measurable alcohol in their blood.  
✓ I agree that I will never ride in a car with someone who has been drinking or using drugs.  
✓ I agree to call you if I am ever in a situation where I feel it is unsafe for me to drive, or unsafe for me to ride with someone else.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I agree to come and get you wherever you are whatever the time of day or night if you are not able to get home because you are following our rules AND the law regarding driving under the influence. I also promise to be a role model and lead by example, never getting behind the wheel after having even one drink.

## Safety Belts

**THE RISK:** Teens have the lowest safety belt use of all drivers and are more likely to forget or decide not to buckle up when there are other teens in the car.

**Teen**

\_\_\_\_\_  
*initial*

- ✓ I agree to wear my safety belt at all times.
- ✓ I agree that I will not start the car until all passengers are buckled up. No exceptions.
- ✓ I agree that I will not ride in a car as a passenger without buckling up.
- ✓ I agree that I will not ride in a car where the driver and other passengers are not buckled up.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I will pick you up or arrange for safe transportation home, regardless of the situation or time of your call.

## Passengers

**THE RISK:** The number of passengers in a teen's vehicle is a major risk factor in teen crashes. The risk of a fatal crash increases by 100% for each additional teen passenger when a teen is driving. Per mile driven, the crash rate for teens driving at night with passengers is 4 to 5 times higher than teens driving alone during the day.

**Teen**

\_\_\_\_\_  
*initial*

- ✓ I will follow Maine law about carrying passengers and, while I hold my Intermediate License, I agree not to carry passengers with the exception of immediate family members or a foreign exchange student who is living with my immediate family, unless accompanied by a licensed driver who is at least 20 years of age, has held a valid license for 2 years and is sitting beside me.
- ✓ I will follow the law and will not be a passenger in a vehicle with a friend who is still subject to GDL laws and has another passenger under the age of 21 who is not a family member.
- ✓ I agree not to be a passenger in any vehicle where I do not feel comfortable or safe.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I will pick you up or arrange for safe transportation home, regardless of the situation or time of your call. As your passenger, I will share observations and coaching in a calm, respectful manner.

## Cell Phones

**THE RISK:** Teen drivers are vulnerable to driving distractions such as talking or texting on cell phones, which increase the chance of getting involved in serious vehicle crashes.

**Teen**

\_\_\_\_\_  
*initial*

- ✓ I agree that if I need to use my cell phone, I will pull over to a safe location away from traffic before I use my phone.
- ✓ I understand that Maine law prohibits drivers under the age of 18 from using a cell phone, a hands-free device or other electronic communication while operating a motor vehicle.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

**Parent**

\_\_\_\_\_  
*initial*

I understand that cell phones present a distraction to all drivers. I also agree that if I need to use my cell phone, I will pull over to a safe location away from traffic before I use my phone.

## Distractions

**THE RISK:** Teen drivers are especially susceptible to distractions. Distractions impair judgment and decision-making abilities. Talking to passengers, changing a CD, eating, and personal grooming are all distractions that divide attention and take the focus off driving.

### Teen

\_\_\_\_\_  
*initial*

- ✓ I will not participate in any behavior that makes me look away from the road or distracts me from driving.
- ✓ I agree to check myself for readiness to drive before driving.
- ✓ If I am not able to focus on the driving task due to lack of sleep or if I am emotional, I will not drive.
- ✓ I agree to set rules for my passengers so they don't distract me, and will pull over to a safe location until they have stopped distracting me and I am able to drive again.

I understand these rules are for my safety. If I violate any of these rules, I endanger myself, my passengers and other drivers and I may break Maine law. If I violate our rules, I agree to lose my driving privileges for \_\_\_\_\_ (time period). Additional penalties: \_\_\_\_\_

### Parent

\_\_\_\_\_  
*initial*

Your safety is my #1 priority and I will be there when you need me. I will pick you up or arrange for safe transportation home, regardless of the situation or time of your call.

**I, the Teen Driver Agree:** I promise to abide by the rules outlined above. I understand that driving is a privilege, not a right and that I will only drive the car with permission. I understand that I am responsible for my driving actions and there are many consequences for my behavior. If I break any rules we have agreed to, I will accept the consequences that we have discussed. I also understand that the terms of this agreement may be changed based on how I handle the responsibility of driving.

\_\_\_\_\_  
*teen signature*

\_\_\_\_\_  
*date*

### I, the Parent Agree:

I will approach the process of teaching you to drive with patience and support. I promise to be a positive role model by demonstrating safe driving, following all the traffic safety laws and regulations that I have asked you to follow. I agree to establish a schedule of training and to honor that schedule by providing you with 70 hours of supervised driving practice, including 10 hours at night. I also agree to make myself available to discuss progress on a regular basis. I will also consider your requests for changes to our agreement with respect and careful consideration. **I will be involved in your driving!**

\_\_\_\_\_  
*parent signature*

\_\_\_\_\_  
*date*

**For more information on Maine's Driver License Law and other driving tips,  
please visit [TeenDriving.AAA.com](http://TeenDriving.AAA.com)**