



Learner's Permit Driving Contract: Points to Cover*

A learner's permit driving contract between you and your teenager with AD/HD might include the following points. (Note: Unless otherwise noted, all tips are aimed directly at the teenager.)

Ground Rules:

- **Abide by the rules established for use of the family car.** Set strict penalties for driving the car without permission. A teenager with AD/HD may need to be reminded that the learner's permit requires a licensed adult to be with him at all times. (The adults with whom he is allowed to drive should be listed in the contract).
- **You must comply with your medication schedule** in order to be allowed to drive.
- **No passengers except parents will be allowed for at least the first three to six months.** A study reported in the Journal of the American Medical Association shows that the risk of fatal injury for a 16- or 17-year-old driver increases significantly with the number of passengers who are under age 30.
- **Keep a driving log and check in after each trip.** You should note where you drove, how long it took, and what difficulties and distractions you encountered. (You and he can then discuss the log and come

agencies. Pull over whenever making a call. Studies show that talking on
cell and increases risk of accident equal to that of intoxicated drivers.

while driving. Pull over to a safe place at the side of the road to perform

(non-alcoholic beverages) while driving.

es. Some drivers with AD/HD find music helps them concentrate.
tever the case, choose a music source that limits distraction. Use
if using a tape or CD player, carry only one selection per trip to eliminate
ugh the stack or play with operating controls on the sound system

in the more comprehensive "Learner's Permit Driving Contract"
Driving: A Guide for Parents of Teens with AD/HD by Marlene Snyder,

see our related article:
"Learning to Drive: Parent Strategies"

Ph.D.