

Driving Practice Plan

University of North Carolina Center for the Study of Young Drivers

Beginning to drive is the most dangerous thing most teens will ever do, but research shows teens often get less practice than they really need. It can be hard to find time to practice, given the busy schedules of most families. Also, it's not unusual for teens to get bored with driving after the initial "thrill" wears off. Even though getting enough practice can be difficult, **making a plan in advance can help**. This is your opportunity to make sure your teen gets lots of experience in a wide variety of situations, so your teen will be a safe driver once you're no longer riding with them.

What is a driving practice plan?

A driving practice plan is a formal agreement between parents and teens that lists things that *both* agree to do. A driving agreement can be helpful because it spells out what you and your teen are going to do to make sure your teen is well-prepared when it comes time to get a license. Keep in mind that an agreement only works when *everyone* agrees to it.

Making your driving practice plan

- 1** The goal is to create a driving plan that best fits your family. Parents and teens should talk and listen to each other's suggestions about what to include in the plan. This is something you should create together as a family. If you need a few ideas to get started, see the sample driving practice plan on the next page.
- 2** When everyone is satisfied with the driving plan, sign it at the bottom. Keep the plan somewhere that you are likely to see it often (such as the refrigerator door).
- 3** As time goes on, you'll probably find there are things you didn't think of that get in the way of practice. If this happens, change the plan to deal with them. For example, some teens are nervous about driving and it may be hard to get them to practice. To handle this, the family might agree that the teen will drive at least one hour per week.

Driving Practice Plan

TIME PERIOD: Starting: _____ Ending: _____ Review on: _____

Teen

Parent

I agree to:

I agree to:

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Teen signature:

Parent signature(s):

Example Driving Practice Plan

TIME PERIOD: Starting: 2/15/21 Ending: 8/15/21 Review on: 4/15/21

Teen

I agree to:

- Drive at least 2 hours per week
- Try to drive every time I'm in the vehicle, as long as we're both comfortable with the time and place
- Tell you if I'm not comfortable driving in a certain situation, like nighttime or rain
- Tell you if I'm feeling too sleepy or upset to drive
- Only drive with a parent in the car
- Make sure everyone in the car is wearing a seat belt

Parent

I agree to:

- Be available to ride with you
- When you're ready, encourage you to drive every time you're in the vehicle
- Try to keep my voice down and not yell
- Share my knowledge and experience to help you become a safe driver
- Pay attention while you're driving (avoid using phone, reading, etc.)
- Make sure you practice in lots of different situations: night, rain, rural roads & heavy traffic by the end of 12 months
- Keep a log, as required, of your driving practice

Teen signature:

Tamara Evans

Parent signature(s):

Bill Evans Monica Evans