

I, \_\_\_\_\_\_, will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times.

Quaboag Hills Substance Use Allian

Prevention. Treatment. Recovery.

www.QHSUA.org/teen-prevention/ www.QHSUA.org/parent-prevention/

# I PROMISE.

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- Always wear a seat belt and make all my passengers buckle up
- Obey all traffic lights, stop signs, other street signs, and road markings
- ☐ Will always drive at safe speeds for the conditions at or below the speed limit
- ☐ Will NOT engage in thrill-seeking, stunts, or any form of racing
- Never give rides to hitchhikers

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

- Never text while driving (writing, reading or sending messages)
- Never talk on the cell phone including handsfree devices or speakerphone while driving
- Drive with both hands on the wheel
- Never eat or drink while driving
- 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, or if my driver is impaired in any way
- Never use headphones or earbuds to listen to music while I drive

#### 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.

- 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
- ☐ I will not conceal any tickets, warnings, or collisions from parents/guardians and will pay for all traffic citations or parking tickets
- Complete my family responsibilities and maintain good grades at school as listed here: \_\_\_\_
- Contribute to the costs of gasoline, maintenance, and insurance as listed here:

## **RESTRICTIONS:** 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 ☐ 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, electronic devices, 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: \_\_\_\_\_ Additional restrictions: \_\_\_\_\_\_

## **PENALTIES FOR AGREEMENT VIOLATIONS:**

0	Drove while texting (composed, read or sent message or email with phone).  NO DRIVING FOR MONTHS	
0	Drove while talking on the cell phone (including handsfree or speakerphone).  NO DRIVING FOR MONTHS	
0	Drove after drinking alcohol or using drugs.  NO DRIVING FOR MONTHS	
0	Got ticket for speeding or moving violation.  NO DRIVING FOR MONTHS	
0	Drove after night driving curfew.  NO DRIVING FOR WEEKS/MONTHS	
0	Drove too many passengers.  NO DRIVING FOR WEEKS/MONTHS	
0	Broke promise about seat belts (self and others).  NO DRIVING FOR WEEKS/MONTHS	
0	Drove on a road or to an area that is off limits.	

I agree to follow all the rules and restrictions in this agreement. I understand that my parents will impose penalties, including removal of my driving privileges, if I violate the agreement. 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 s	safely and to be an excellent role model.			
Parent (or quardian):	Date:			

Parent (or quardian): \_\_\_\_\_\_ Date: \_\_\_\_\_



Safer Teen Driving in the Quaboag Hills

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American Academy of Pediatrics



