

Read and Sign this agreement together to reinforce safe driving/ riding behavior during the teen years.

Teen

- **I will always wear my seat belt.** A seat belt is the easiest way to protect yourself in a crash.
- **I will take care never to distract the driver or use distractions while I am driving.** *Driver distraction is a top reason for crashes. It's not just cell phones - passenger behavior can also be very distracting to the driver.*
- **I will never drive after drinking or taking drugs, neither will I ride with those who have.** *Using alcohol and other drugs changes the way drivers make decisions and respond to emergencies.*
- **I will not ride with drivers who has less than 6 months driving experience or exhibits bad choices when driving.**
- **I will not drive with too many passengers.** *Passengers increase the risk of a crash, two males in a car can increase a risk of speeding behavior by five fold.*
- **I will use my cell phone to call or text my parents for a ride if one is necessary for my continued safety.** *If you do not have a safe ride home with someone (including yourself). Parents you can offer to call back to the party site and say you need your teen to "let" them off the hook as the person asking to leave!*
- **I promise to follow the speed limit and rules of the road to get to and from my destination safely.** *Going over a speed appropriate for the driving situation at hand is one of the top three causes of crashes.*

Parent Commitments:

- **I am committed to your safety.** If you feel unsafe accepting a ride or driving home, I expect you to call me. In return, I will get you or find a safe ride for you - no questions asked that evening.
- **I will be a good role model by not speeding, wearing a seat belt, not driving distracted and never driving impaired.**
- **I will help you learn to be a safe driver.** When we are in the car, I will take the time to talk through driving situations of various types to give you the most experience I can.

Parent _____ Teen _____ Date: _____

Information brought to you by the Carolinas Center for Injury Prevention with funding from the North Carolina Governor's Highway Safety Program., Making this agreement does not guarantee prevention of death or injury from a motor vehicle crash. Please use additional resources and guidance when considering your situation

