

	<ol style="list-style-type: none"> 5) Teens who take prescribed stimulant medication should have a letter from the doctor kept in the vehicle's glove box. The letter should state the medication is used for treatment of ADD, may be used while driving and that is treatment is under the doctor's supervision. 6) Use of antidepressants or antihypertensive medications may cause drowsiness especially within a few hours of taking the most recent dose. Driving times should be monitored.
<p>Driving Contract -</p> <ul style="list-style-type: none"> • Should parents make a driving contract with their teen? • How official does the contract need to be? • Should parents ignore or deviate from consequences identified in the contract? • When should the consequences for poor driving behavior be administered? • What items should be considered for inclusion in the teen driving contract? 	<ol style="list-style-type: none"> 1) Yes, it should be a written document with input from the teen. Written contracts are "adult forms" of agreements; they eliminate power struggles and present rules and expectations for both parties that cannot be forgotten or manipulated. 2) Any item likely to be encountered while learning how to drive and while licensed should be addressed in the contents of the contract. 3) Teens can offer input or suggestions for the contract; however, it is the parents who need to determine the consequences for poor driving behaviors. <ol style="list-style-type: none"> 1) It should be written, discussed, signed by parents and teen while seriously recognized as a binding document by all parties involved. 2) Each page should be initialed by all parties to indicate that each item is understood. Complex or confusing language should be replaced with simple, understandable, and agreed to language. <ol style="list-style-type: none"> 1) No, don't be a soft touch. Remember...driving is a privilege not a right. You may be literally saving your teen's life through the administration of appropriate consequences. When writing the contract, be sure that you, the parent, are willing to follow through with the administration of the consequences, even though they may cause stress and inconvenience for the family. If you are not willing or able to follow through with consequences, a teen driving contract is of little value as an effective teaching tool. 2) A teen's later refusal to abide by the contract, or arguing about agreed upon consequences is a sign of immaturity and a breach of contract. Take the keys and suspend driving privileges until the teen is ready to honor the signed contract. <ol style="list-style-type: none"> 1) Calmly and immediately administer consequences without anger. Express concerns for the teen's safety. Refer to the written contract. Agreed upon consequences are non-negotiable - "Act, don't yak!" <ol style="list-style-type: none"> 1) Include a statement that driving is a privilege not a right. 2) Indicate that following given directions and making mistakes is a part of learning. 3) Identify unacceptable behaviors, such as arguing, sassing, temper, etc. that will not be tolerated as these are signs of immaturity and irresponsible behavior. 4) Require your teen to start with a "restricted license" and gradually earn more driving privileges, based upon successful performance, even if graduated licensing is not the law in your state. 5) Require the use of seat belts for teen driver and all occupants. 6) Maintain school work and grades consistent with the time period before driving was initiated. 7) Set curfews for both weekdays and weekends. 8) Practice defensive driving. 9) Limit driving area and driving times. 10) Use a "teen driver monitoring program" once teen is fully licensed. 11) Keep parents informed: where driving to, route being taken, anticipated return. 12) Address use of family car and driving non-family vehicles (prior permission required). 13) Identify distractions such as music, car/cell phones, headphones for tape or CD players, food, other passengers (teens and/or siblings) and spell out your expectations as to how they should handle distractions. (Note: Request cell phone billing to list calls and the duration of calls to monitor usage.)

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	<ol style="list-style-type: none"> 14) Require prescribed medication for ADD/ADHD be taken. 15) Acknowledge serious consequences for the use of any illegal drugs and alcohol. 16) Set rules for attending to chores and car maintenance (also include expectations

<ul style="list-style-type: none"> • Can the identical contract be used for other ADD siblings? 	<p>regarding vehicle malfunctioning and adequate level of fuel).</p> <ol style="list-style-type: none"> 17) Discuss having and using emergency items: money for phone calls, maps, insurance information, listing of steps/actions to take if an accident occurs. 18) Note who pays for gas, insurance premiums, vehicle maintenance, fines for traffic infractions and vehicle repairs. 19) Be sure to include incentives and rewards for compliance to the rules and for safe driving behaviors. <ol style="list-style-type: none"> 1) Better results will be achieved if the contract is customized for the teen. Each teen is likely to have different issues requiring attention.
<p>Driver Education -</p> <ul style="list-style-type: none"> • How can I tell if my teen knows the rules of the road? • How do I know if my teen can apply the rules to the road? • How do I know if my teen has adequate behind-the-wheel experience? • What can be done if the teen cannot satisfactorily operate a car after having behind-the-wheel training? • Should music be allowed while the teen is driving? 	<ol style="list-style-type: none"> 1) Discuss various driving situations with the teen asking them to tell you the appropriate driving response. This can be done before the teen takes drivers education classes and can continue beyond licensing. Encourage the teen to ask questions and talk about observations. 2) Encourage the teen to take (and if necessary, re-take) a driving theory class from a professional driving school. 3) Request private lessons for "behind-the wheel" training, as opposed to group driving lessons. <ol style="list-style-type: none"> 1) Supplement "behind-the-wheel" driver education with additional lessons and more supervised driving with a parent. 2) Ask friends and neighbors to report on your teen's driving. 3) Subscribe to a "teen driver monitoring service". 4) Following teen in another car and observe their driving behaviors. <ol style="list-style-type: none"> 1) Teens develop driving skills from the experience of operating a car. Approximately 100-150 hours (to include the driving hours accumulated during behind-the-wheel driver training) should be spent under varied driving conditions to prepare the teen for operating a vehicle without an accompanying adult. Some amount of time should be spent driving during adverse weather conditions such as ice or snow (whatever occurs where you live). 2) Build into driving contract the number of satisfactorily navigated miles a teen must complete with parent supervision. The number of miles a teen with ADD should complete should be about 3-4 times more than the average teen. (You may wish to require 21 consecutive days of satisfactory driving performance instead of, or in addition to, a specific number of miles.) <ol style="list-style-type: none"> 1) Provide other forms of transportation and provide additional opportunities and time for the teen to learn how to drive safely. 2) Add supplementary behind-the-wheel training from a driving school to reinforce the basics. 3) Obtain a book on how to teach your teen good driving skills and plan to spend significant time with teen to develop these skills and behaviors. <ol style="list-style-type: none"> 1) Music of low volume may be considered after a parent has opportunity to observe the teen's driving while music is playing. There should be no music or radio during driving instruction time. 2) Parents should observe different levels of music volume and compare driving behaviors. 3) Radio or stereo sound levels should be addressed in the driving contract. 4) The teen driver must demonstrate concern for safety by being able to hear warnings in their driving environment; i.e., horn honks, train whistles, etc. or lose privileges. 5) Headphones for tape or CD players are never to be worn while driving.

ISSUE	POSSIBLE REMEDIES OR CONSIDERATIONS
<ul style="list-style-type: none"> • How does a parent's driving behavior affect a teen's driving? 	<ol style="list-style-type: none"> 1) Children begin to observe a parent's driving behaviors very early in life and learn from them (i.e., if a parent speeds while driving, the teen is likely to do the same). 2) If the parent displays a specific behavior, the teen will assume he can do the same without fear of consequences.

<ul style="list-style-type: none"> • How can I minimize my teens risk taking behaviors? • Should I allow my teen to drive along when fully licensed? 	<ol style="list-style-type: none"> 1) Teens with ADD have problems doing what they know! Assess teen's maturity realistically and honestly. If they are not mature enough to handle the responsibilities involved, they are just not ready to drive. 2) Build issues and consequences into the driving contract. 3) Sassiness, backtalk, aggression, and lack of self control are behavior characteristics that must not be present when driving. Delay acquisition of license or remove keys and license from teen until they display responsible behavior. <ol style="list-style-type: none"> 1) Implement "graduated licensing" even if your state does not mandate it. Build the components into the driving contract. 2) Complete a specified number of miles (consider several thousand miles) or number of hours (consider 100-150) of driving with parent or parent designated adult before being allowed to drive alone to build skills, automatic reflex actions, and confidence in ability to control the vehicle. The parent should determine either the mileage or hours depending on their judgment with consideration given to their rural or urban living area (what is practical in one area may be exceptional in another). Include this item in the driving contract so there will be no bargaining or complaining later.
<p>Performance -</p> <ul style="list-style-type: none"> • When and where should a teen be allowed to drive? • Should my teen be allowed to drive with friends in the car after receiving their license? • Should I allow my teen to "taxi" siblings? 	<ol style="list-style-type: none"> 1) Most fatal crashes occur between the hours of 12:00 midnight and 5:00 a.m. Driver's curfew should limit driving during these hours. 2) Driving should occur during acceptable weather conditions. Conduct some supervised practice driving sessions in adverse weather conditions, such as rain or snow. 3) Allow driving to acceptable locations which are considered not to be hazardous. Parents should know where the teen is going, routes they will be taking, time they will be driving, and when to expect their return. <ol style="list-style-type: none"> 1) Initially, no. Driving expertise needs to develop before adding potential distraction. 2) When you deem it appropriate, allow a friend (that you approve of) to accompany your teen on short errands. 3) Teens should be required to ask permission to have friends with them each time they want to take them. Parents should know who the friends are, where they are going, estimated time of arrival, and when they will return. Permission needs to be granted on a case by case basis - considering all the circumstances. Remember that additional passengers increase distractions and the possibility of accidents. Accidents have a different effect on insurance premiums - assess the liability issues. What happens if a passenger is hurt when riding with your child? <ol style="list-style-type: none"> 1) Observe how your teen handles siblings while you are a passenger. 2) Teen must be able to control siblings and ignore distracting or teasing comments they make.
<p>Emergencies -</p> <ul style="list-style-type: none"> • Can my teen find their way home if they get lost? 	<ol style="list-style-type: none"> 1) Teach the teen how to read a map. 2) Place a local map in the car the teen drives. 3) Install a car phone or have the teen carry a cell phone (only to be used when the vehicle is legally stopped and not on the road) to call you.

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<ul style="list-style-type: none"> • How can I prepare my teen for emergency situations? 	<ol style="list-style-type: none"> 1) Role play various situations: stopped by police officer for violation, observed auto accident, involved in accident, etc. Be sure to stress the importance of rendering aid and the consequences of a "hit and run." Remind them to call home to report problems. 2) Discuss and practice what to do if they run out of gas, have a flat tire, encounter a hitchiker, or face another common driving situations. 3) Enroll the teen in a motorist assistance program.

<ul style="list-style-type: none"> • What preparations should be made to deal with an accident? 	<ol style="list-style-type: none"> 1) Place insurance information, car registration, health care information, doctor's letter and motorist assistance program information in the glove box of the car and make sure teen is aware of its location and importance. 2) Place money for emergency telephone calls in the car along with a list of emergency phone numbers and a list of steps identifying what should be done when involved in a car accident.
<p>Controls and Consequences -</p> <ul style="list-style-type: none"> • What are some good methods to help teach the teen about the consequences of poor driving? • Should student grades play a role in the driving privilege? • Should parents control the keys to the vehicle? • Should parent's rules be written? • What can be done when defiance or aggression is displayed? 	<ol style="list-style-type: none"> 1) Establish a teen driver's contract. Be sure the teen experiences the consequences to which you have agreed. Don't relent, give in, or try to protect the teen from unpleasantness. 2) Have your teen participate in a "ride along" program run by the local police department. Observing first hand what can happen is more effective than listening to parents. <ol style="list-style-type: none"> 1) Yes, to the extent that grades do not drop but are maintained from pre-driving periods. 2) Maintain at least a pre-determined level, i.e., "C" average or no driving. 3) Good student discounts may be available from the insurance company as an incentive. <ol style="list-style-type: none"> 1) It is the parents' responsibility to remove and/or restore driving privileges. 2) Parental control of the "keys" underscores the fact that driving is a privilege - not a right. <ol style="list-style-type: none"> 1) Yes, a driving contract spells out the rules, consequences, and rewards for driving behavior. Contact your insurance company for assistance and materials they may have available to help you determine your own set of rules. <ol style="list-style-type: none"> 1) Take away the "keys" and license until self-control has returned or for the pre-determined and agreed upon length of time addressed in the driving contract. 2) Remember, legally, the license and the keys belong to the parent while the teen is a minor. Parents need to take control of these situations and seek professional help if necessary.
<p>Insurance and Vehicles -</p> <ul style="list-style-type: none"> • Do insurance companies have different ways of covering teens? 	<p><i>Issues of insurance coverage are extremely important and should be discussed thoroughly and considered very carefully. Every family has to find their own insurance solutions depending upon their teen, the teen's driving behaviors, and their insurance circumstances. Teens should never be allowed to drive without adequate insurance coverage. Select a reputable company and discuss all the possibilities for adequate coverage with your agent. When you have selected the appropriate insurance program, schedule a separate meeting for your teen with the agent. Ask the agent to explain the term "deductible" and the consequences of speeding tickets, accidents and irresponsible driving behavior to your teen.</i></p> <ol style="list-style-type: none"> 1) Insurance company policies differ from company to company. Some may have plans for occasional drivers (one who drives 2-3 times a week without parent accompanying).

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<ul style="list-style-type: none"> • What can parents do to minimize rate penalties to all family vehicles? 	<ol style="list-style-type: none"> 1) Parents should educate themselves on options by discussing possibilities with their insurance representative before the teen learns to drive. 2) If a teen drives a separate car and receives more than one moving violation in a short time, consequences outlined in the driving contract should be followed. If it is necessary that the teen continue to drive, parents should check with their insurance company and request options on addressing the issue. If insurance premiums become too high for the teen to pay, one natural consequence is that the teen will no longer be able to drive. It is not a parent's responsibility to financially support "high risk" driving, thereby endangering their child's and others' lives.

<ul style="list-style-type: none"> • When the teen is placed on the parent's policy, what coverage is beneficial? • If a family car is damaged in an accident, what actions should parents initiate? • If the teen is involved in an accident, how can parents be assured they have a car to use for work? • What should parents consider about the car the teen will drive. • Should a parent buy the teen a car? • Should a teen be involved in routine car maintenance? • What responsibility should my teen have for repairs or deductibles due to their driving behavior? 	<ol style="list-style-type: none"> 1) Collision and rental car reimbursement should be considered if not already included. 2) Consider the addition of an umbrella policy for additional liability insurance to protect family assets in case your teen causes an accident resulting in enormous property or bodily damages. Check the adequacy of your health insurance policy as well. <ol style="list-style-type: none"> 1) If fault belongs to your teen, remove keys and license as agreed in the contract. Return them when appropriate. This can be accomplished by establishing a new contract allowing the teen to earn back the privilege of driving. 2) The teen should share in the repair costs and/or payment of the deductible. <ol style="list-style-type: none"> 1) Make sure that rental reimbursement insurance coverage is included in your policy. This way you will have a vehicle to drive while repairs are being made. <ol style="list-style-type: none"> 1) Consider a car that is not particularly "flashy" or of high performance. The main concern should be safety. Is the car easy to steer, have seat belts, a dependable engine, good brakes, and lights? How will the car withstand an accident? Will it tip over easily? Experienced parents indicate that older well-built cars, station wagons, or other "tank" type vehicles are good choices. 2) Older cars typically cost less to insure; experienced parents sometimes choose to insure for liability only. <ol style="list-style-type: none"> 1) This is a parent's choice. Buying a car specifically for a teen to drive may give the message that privileges do not have to be earned and they can drive the car whenever they choose. 2) If the parents retain ownership of the car, they have more control over teen driving. <ol style="list-style-type: none"> 1) Yes, it helps to develop responsibility and understanding of the car and its operation. 2) Parents will need to demonstrate the "how to's" to teen. <ol style="list-style-type: none"> 1) Teens should share in paying for repairs and/or deductible. It is a good idea to have it spelled out in a written contract so there will not be a question about who pays for what when an incident occurs.
<p>Driving Offenses -</p> <ul style="list-style-type: none"> • What type of action(s) should parents take before infractions occur? 	<ol style="list-style-type: none"> 1) Ask friends and neighbors to report your teen's driving behaviors to you. 2) Role play how to behave when being stopped for a traffic violation. Teens must understand how showing disrespect toward a law officer will work against them. 3) Use a "teen driver monitoring service" to minimize poor driving behaviors. 4) Remind the teen of the driving contract and specific consequences for violations. 5) Read traffic court news and visit a traffic court with your teen. Talk about the possibility of having their names appear in the newspaper and/or having to appear in court.

ISSUE	POSSIBLE REMEDIES OR CONSIDERATIONS
<ul style="list-style-type: none"> • When should parents initiate consequences after a moving violation has occurred? • Should teen participate in a court sponsored driving program, just pay the fine, or go to court? 	<ol style="list-style-type: none"> 1) Court dates for moving violations usually occur a month or more after the driving offense. Delayed consequences do not work well in teaching teens with ADD. To protect the teen and community, initiate consequences immediately. Parents need to maintain control over their teen's driving and continue to invest time and energy in education to improve the teen's driving behaviors. <ol style="list-style-type: none"> 1) If a course is available to the teen, in lieu of paying the fine and saving license points, the teen should be required to take the course. 2) The teen should be responsible for paying associated fees, fines, and court costs. If absolutely necessary, parents should loan the money to the teen, but driving privileges should be suspended until the loan is repaid. 3) It is beneficial for a teen to go to court and experience first hand how the court system

<ul style="list-style-type: none"> • Should the ADD be used as a defense for a moving violation? 	<p>works. This is a consequence that should be stated in the driving contract. Parents should not try to soften this experience for the teen. The experience, inconvenience, and uncomfortable feeling involved in a court appearance is a consequence in itself.</p> <ol style="list-style-type: none"> 1) The diagnosis of ADD does not excuse the inappropriate driving behavior. 2) If ADD contributed to the driving behavior, this information may be offered to the Court to provide an understanding of the teen. This information can then be used by the court to develop a more meaningful sentencing or treatment program. 3) You can inform an attorney and judge of the ADD diagnosis and under the Americans with Disabilities Act to receive accommodations in the courtroom such a special seating to better hear and understand the proceedings. Some teens with ADD have difficulty with language processing and need to have all communication offered in simple terms they can comprehend. Legalese should not be used with explanation. 4) The teen must suffer the consequences of poor driving behaviors. Parents should not withdraw their love and emotional support through the court process. Parents should monitor all court and insurance involvement to their conclusion. Use the experience as an opportunity to discuss responsibility and appropriate behaviors to improve driving skills.
<ul style="list-style-type: none"> • What guidelines can assist in locating and selecting an attorney? 	<ol style="list-style-type: none"> 1) The use of an attorney is appropriate to consider what's in the best interest of the teen. When selecting an attorney, include these items in your interview: <ul style="list-style-type: none"> • attorney's knowledge of ADD • outcomes of similar situations, especially those involving ADD • court's view of cases involving teens with ADD • whether or not penalties are more harsh if ADD is involved • discuss possible consequences and look for fairness and reasonableness 2) Do not exclude a defense attorney on the lack of ADD knowledge. They may be the best person to represent your teen. You can provide the attorney with ADD information to explain ADD and how it may affect a teen in the justice system. 3) Places to check for a referral for an appropriate attorney are: <ul style="list-style-type: none"> • local CH.A.D.D. chapter • local probation office of the court system • local library should have a list of defense attorneys practicing in that area
<ul style="list-style-type: none"> • What will be expected of the teen when going to court? 	<ol style="list-style-type: none"> 1) The teen should be able to articulate the events in their own words when asked. Always be respectful in court. The teen's appearance should be neat and clean. 2) Role play a court situation with the teen before a court appearance. Eye contact, neat appearance, and body language are important to discuss and demonstrate.