



Parent-Teen Driving Agreement Worksheet

A family worksheet for setting driving rules, building trust, and growing independence

1. Start With Your Family Driving Plan

Check the Rules First

Record the licensing details you checked. Family rules may be stricter, but they cannot replace or override a legal restriction.

State / Territory or Licensing Jurisdiction

Current License Stage

Official Rules Checked On

Teen

U.S. families: Find your state's official motor vehicle or driver licensing agency at [usa.gov/state-motor-vehicle-services](https://www.usa.gov/state-motor-vehicle-services).

Our Safety Baseline

These are shared safety commitments, not privileges to earn.

- | | |
|--|--|
| ☐ Everyone in the vehicle wears a seat belt. | ☐ No driving while impaired. |
| ☐ Do not ride with an impaired driver. | ☐ No distracting phone use while driving. |
| ☐ Follow traffic laws and posted speed limits, adjusting to conditions. | ☐ Other family safety baseline:
_____ |

Safe Ride & Emergency Plan

Safe Ride - Primary Person / Phone

Safe Ride - Backup Person / Phone

Family Emergency Contact / Phone

Roadside Assistance / Insurer Contact

Where to find roadside / insurance information

Safety now. Debrief later. Avoid unsafe driving or riding first, then follow local emergency, roadside, insurance, and crash-reporting instructions.

2. Set Driving Privileges

Agree on the privileges that fit the teen's current license stage, experience, routes, and demonstrated judgment. Write the rule the family will use for now.

Current Driving Privileges

Parent and teen can think about each decision separately first, then write the rule the family will use for now.

Decision	Our Rule for Now
Night driving	
Teen passengers	
Roads / destinations	
Bad-weather driving	
Permission to use the car	

Optional Vehicle Responsibilities

Safety rules and household costs are different decisions. Use this section only if your family wants these responsibilities in the same agreement.

Fuel / Charging

Routine Maintenance

Tickets / Fines

Insurance / Damage / Other Costs

Family Notes or Conditions

Use this space for route limits, vehicle-specific rules, permission routines, or other details.

Privileges are settings for the current stage, not permanent labels. Revisit them as experience, law, routes, and demonstrated responsibility change.

3. Define Communication & Monitoring Boundaries

Agree on what information your family actually needs before deciding how much technology to use.

Communication Before Monitoring

Before a routine solo trip, the teen will normally share:

- | | |
|---|--|
| ☐ Destination | ☐ Expected arrival / return time |
| ☐ Unusual route or trip type | ☐ No routine update for familiar approved trips |

If plans change, the teen will update the family when:

Our normal arrival check-in:

- | | |
|--------------------------------------|---|
| ☐ Text / call | ☐ Automatic arrival notification |
| ☐ Either | ☐ No routine arrival check-in |

Arrival confirmation is different from watching the whole trip. A simple check-in may solve the family's need without adding more monitoring.

Location Sharing - If Used

Which approach fits your family right now?

- | | |
|---|--|
| ☐ No routine location sharing | ☐ Location available, checked only for agreed reasons |
| ☐ More active checking for early, unfamiliar, or unusual trips | ☐ Another agreed approach:
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Parents may normally check location when:

- | | |
|--|---|
| ☐ The teen is significantly late | ☐ The teen asks for help |
| ☐ There is a specific safety concern | ☐ Plans change unexpectedly |
| ☐ An agreed trip boundary may have been crossed | ☐ Another reason agreed in advance |

We agree location will not normally be used to:

Having access does not have to mean watching every trip. Define why location may be checked, not simply whether it can be.

3. Define Communication & Monitoring Boundaries (continued)

Driving Reports & Alerts - If Used

- ☐ No driving-data monitoring
- ☐ Periodic trip / driving reports
- ☐ Selected driving-event alerts
- ☐ Arrival / location information only

Routine alerts will normally be reviewed:

- ☐ After the trip
- ☐ If repeated or serious
- ☐ At the next planned driving check-in
- ☐ Another agreed time:

Except for an immediate safety emergency, parents will not call, text, or coach the teen while the teen is actively driving.

If an alert is disputed:

Confirm
driver

Review
data

Hear
context

Look for
a pattern

Decide what
should change

One alert is a signal, not a verdict. Confirm the driver and data, hear the context, and look for a pattern before changing privileges.

Monitoring Boundaries We Agree To

Who can view location or driving data?

Which alerts or reports are turned on?

What information will not be used for unrelated discipline?

When will we review whether this level is still needed?

Our agreed privacy boundary:

Monitoring is optional. Its purpose, limits, review timing, and exit conditions should be agreed in advance.

4. Review, Restore, and Grow Independence

Plan what happens when something goes wrong - including how a paused privilege can be earned back and how independence can grow after responsible use.

If a Rule Is Broken: Pause - Review - Restore

Use a response connected to the rule or privilege involved. Review what happened, identify the skill or habit to practice, and set a clear point for reconsideration.

Rule or privilege affected	
What happened / context	
What needs to improve or be practiced	
Temporary change to the privilege	
How progress will be demonstrated	
Review date	
At review	☐ Restore ☐ Hold ☐ Step Back

Avoid automatic punishment calendars. Connect the response to the privilege involved, what needs to improve, how progress will be shown, and a clear review point.

Parent Commitments

- | | |
|--|--|
| ☐ Model the same basic safe-driving behaviors expected from the teen. | ☐ Avoid routine calls or texts while the teen is driving. |
| ☐ Use monitoring information only for agreed purposes. | ☐ Hear context before changing privileges after a disputed alert. |
| ☐ Revisit whether the same level of monitoring is still necessary. | ☐ Additional parent commitment:
_____ |

4. Review, Restore, and Grow Independence (continued)

Grow Independence: Criteria, Not Calendar

At each review, use the criteria below rather than changing a rule only because a certain number of months has passed.

- | | |
|---|--|
| ☐ Does this rule still solve a real need? | ☐ Is communication reliable without repeated prompting? |
| ☐ Has the relevant privilege been handled responsibly? | ☐ Could a lower-intensity option meet the same need? |
| ☐ Does current law allow the proposed change? | ☐ Other evidence we will consider:
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Decision at This Review

- | | | |
|---|---------------------------------------|--|
| ☐ Expand a privilege | ☐ Keep as is | ☐ Reduce monitoring |
| ☐ Add practice | ☐ Pause / hold | ☐ Step back |

Privilege or monitoring change

What stays the same

What still needs practice

New check-in or monitoring level

Next Agreement Review Date

Agreement Date

Signatures

Signing this agreement does not make it permanent. It records what your family has agreed to use for now.

Parent / Guardian Signature

Date

Teen Signature

Date

Safety guidance basis: CDC Teen Drivers, NHTSA Teen Driving, HealthyChildren.org / American Academy of Pediatrics, and IIHS young-driver guidance. The monitoring-boundary, disputed-alert, Pause - Review - Restore, and Criteria, Not Calendar structures are family-decision frameworks rather than legal or clinical standards. Source guide: airdroid.com/location-tracking/parent-teen-driving-agreement/. Last reviewed: August 2026.