

# TEENDRIVINGPLAN

## Make the Most of the Learner Permit



TEEN DRIVER SOURCE



GOAL GUIDE



LOGGING AND RATING TOOL



VIDEOS

Effectively supervise practice drives with your teen by following these tips:

### DISCUSS THE PROCESS:

Talk to your teen about the on-road driving test at the DMV. Explain that the license test is not a given and that he or she must demonstrate maturity and skill before taking it. Include your teen in these decisions, and use these discussions to help develop your teen's self-evaluation skills.

### PERSONALIZE IT:

Learning-to-drive is not a one-size-fits-all process. Teenagers are unique, and vary in how much and what kinds of practice they need.

### PREPARE FOR YOUR PRACTICE:

- **Practice variety and challenge.** It's not just *how much* teenagers practice that matters. Slowly increasing the variety and challenge of practice drives will help them learn how to drive in a range of situations. This gives teens a bigger and better "tool box" of skills to use when they drive on their own.
- **Mix it up.** Purposeful practice drives that focus on a specific goal (like hazard detection) complemented by more "everyday" drives can provide a good mix of deliberate structured practice and time to get comfortable behind the wheel. Teenagers need both.
- **Stay calm and focused.** Stress and anxiety can make it difficult for teens to learn and for parents to supervise. Keep it cool in the car, avoid talking about sensitive non-driving topics, and remember it's okay to pull over in a safe location to calm down if needed. To stay on task, use the [Goal Guide](#) and the [Logging and Rating Tool](#).

### FOSTER AUTONOMY:

Encourage your teen to take an active role in identifying your [state's driving laws](#) and sharing this information with you. Ask your teen why now is the time to learn how to drive and what will be most difficult. What your teen shares will tell you a lot about his or her readiness to drive and where you might need to spend extra time.

Be patient, what comes naturally to you is new for your teen driver. Most important – enjoy your time together. This is a special time when you can provide crucial wisdom and experience.



### PARENT-TEEN COMMUNICATION

Watch [this video](#) for tips on how to talk to your teen.