

Driving Safety

1. Wait until your teen is emotionally ready before embarking on driving. Some teens are not ready at 16 and need to wait a year or two.
2. Practice a lot. Although most states require 40 to 50 hours of learners permit driving time, 200 or 300 hours is better. Driving with a parent is very safe (although not that fun for either!) and should continue even after a teen is licensed. There is a lot still to learn after getting a license.
3. Follow the Graduated Driver's License rules. These have been shown to save lives.
[Here is a link to the rules in Massachusetts](#)
4. Always wear a seatbelt.
5. Turn off the phone while driving.
6. Stay sober.
7. Follow the speed limit and slow down in slippery conditions or reduced visibility.
8. Get enough sleep and do not drive tired.
9. Set up a contract with your teen
[Teen Driving Contract](#)