



## STATE OF MAINE

### Motor Vehicle Permittee's Driving Log For persons under 21 years of age

A message from: Matthew Dunlap  
Secretary of State

Dear Applicant:

As a future driver in Maine, you are important to us. We want you to be a safe driver and to have the opportunities to realize your dreams and potential.

If you are under 21 years of age, you are required to complete 35 hours of practice driving, which must include 5 hours of night driving, and have held your permit for 6 months, before you can apply for your road test. The 35 hours of practice driving must begin after you have been issued an instruction permit. You must be accompanied by a supervising driver who is at least 20 years of age and holds a license that has not been suspended or revoked over the past two years.

As you prepare for the road test to obtain a driver's license, you should consider the following:

- **Motor vehicle crashes are the leading cause of death for teens in Maine**
- **New teen drivers are 4 times more likely to die in a crash than adults. Injury rates for teens are 2.5 times greater than all other age groups combined.**
- **Young drivers comprise of 12.5% of all drivers, but suffer 25% of all fatalities in 30% of all injuries.**

Fortunately, these statistics can be reversed. Additional driving practice and education help to give new drivers the experience and knowledge they need to become safe drivers.

**FOR PARENTS**  
**35 HOURS IN THE CAR WITH YOUR TEEN**

A parent, step-parent or guardian must certify that the young driver has completed this driving time. However, the young driver may be accompanied by anyone who is at least 20 years old, holds a valid driver's license and who has held it for at least 2 years. Anyone accompanying the young driver must complete the attached driving log, and include his or her driver's license number. Research has demonstrated that young drivers who are accompanied by a parent during the permit period generally are safer drivers than those who do not receive this parental instruction.

Here is a suggested check list of driving skills to practice and discuss with your teen.

- |                                                                                     |                                                                       |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> Pre-driving checks and adjustments                         | <input type="checkbox"/> Navigating through intersections             |
| <input type="checkbox"/> Changing Lanes                                             | <input type="checkbox"/> Making accurate left turns                   |
| <input type="checkbox"/> Starting, moving, and stopping smoothly                    | <input type="checkbox"/> Driving in all weather conditions            |
| <input type="checkbox"/> Making accurate right turns                                | <input type="checkbox"/> Backing up                                   |
| <input type="checkbox"/> Following safely behind other vehicles                     | <input type="checkbox"/> U-turns                                      |
| <input type="checkbox"/> Turning around by pulling into a driveway                  | <input type="checkbox"/> Proper vehicle passing techniques            |
| <input type="checkbox"/> Turning around by backing into a driveway                  | <input type="checkbox"/> Recognizing danger signs and conditions      |
| <input type="checkbox"/> Backing into a parking space                               | <input type="checkbox"/> Communicating courteously with other drivers |
| <input type="checkbox"/> Parking - angle, parallel and perpendicular (mall parking) | <input type="checkbox"/> Driving in bright sun                        |
| <input type="checkbox"/> Adjusting speed, position, and passing on highways         | <input type="checkbox"/> Driving at night                             |
| <input type="checkbox"/> Scanning at intersections                                  | <input type="checkbox"/> Entering traffic                             |
|                                                                                     | <input type="checkbox"/> Signaling                                    |
|                                                                                     | <input type="checkbox"/> Anticipating actions of other drivers        |

## TIPS FOR SUPERVISING A YOUNG DRIVER

- ▶ Provide a safe motor vehicle for practice sessions
- ▶ Fill out a driving contract with your teen that makes all your rules and consequences very clear
- ▶ Set a good example when you drive - be a calm and courteous driver and wear a seat belt
- ▶ Discuss with your teen the route you will take, the skills you will be working on, and the goals for the lesson
- ▶ Take your teen out for driving practice under as many different road and weather conditions as possible
- ▶ Encourage your teen to talk aloud about what he or she sees and plans to do while driving
- ▶ Give simple and clear directions
- ▶ Use a calm tone of voice
- ▶ Give you teen a chance to point out his or her mistakes before you do
- ▶ Praise your teen for what he or she did correctly
- ▶ Meet with your insurance agent- research shows that teens who pay a portion of the insurance are likely to be more responsible drivers

## FOR YOUNG DRIVERS: RULES FOR THE ROAD

- ▶ Drive sober. For persons under 21, there is a "0" tolerance for blood alcohol level. Violation of this law will result in the loss of your license for a minimum of one year
- ▶ Always wear your seatbelt
- ▶ Always drive with your headlights on - you will have a better chance of being seen
- ▶ Be a defensive driver - don't tailgate
- ▶ Focus on your driving - keep your eyes on the road. Loud music or talking on the phone can be a distraction
- ▶ Limit the number of passengers in your car. The law allows only as many passengers as seat belts
- ▶ Never let friends drive your car. If they crash, you or your parents could be sued and be found responsible for any damages

