

Create a Contract

Because teenagers are more likely to follow guidelines they help create, get together to design rules and consequences that work for you both. Then consider putting the details in writing to make sure you're on the same page (now and in the future). Use the sample contract below as a guide to establish rules about drugs and alcohol. Set clear rules about drinking and drug use for your teen - and provide guidelines for open communications for both of you.

_____ agrees:

[Child's Name]

- ☐ I will not drink or take drugs
- ☐ I will not drive while under the influence of drugs or alcohol
- ☐ I will not get in a car with someone who has been drinking or using drugs
- ☐ If I feel unsafe or uncomfortable, I will call you, my parent or guardian, for a ride home
- ☐ I will be honest

I will talk to you when I am upset, scared, or confused - even if I'm afraid you'll be angry ☐ or disappointed

- ☐ I will be accountable for my actions

_____ agrees:

[Parent's Name]

- ☐ I will make myself available to you whenever you need me
- ☐ I will provide a comfortable, safe, respectful place to talk honestly
- ☐ I will keep an open mind
- ☐ I will listen
- ☐ I will not overreact or judge you for things that don't make sense to me
- ☐ I will love you for who you are

_____ agrees:

[Child's Name] I commit to this agreement and recognize there are consequences for every decision I make. I promise to respect you and honor our relationship.

Child's Signature

Date

_____ agrees:

[Parent's Name] As your parent/guardian I commit to this agreement. I promise to honor our relationship and agree to respect you and help you in any way I can.

Parent/Guardian's Signature

Date

Creating Environments Free of Substance Use



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