

Having a Hard Time Talking to Your Kids About Alcohol and Other Drugs??



Maybe this will help. . .

CONTRACT FOR LIFE

To My Parent or Caring Adult:

I know that there are many decisions I face every day that could endanger my health and safety. I commit to you that I will do everything in my power to avoid making decisions that could hurt me or others. I understand the dangers of using alcohol and other drugs and that it could cause destructive behaviors.

By signing below, I pledge my best effort to remain free of alcohol and other drugs. I know that driving while under the influence of alcohol or drugs is dangerous and could result in injury to myself or others. I agree that I will never drive under the influence of alcohol or drugs and will not accept a ride from someone who has been drinking or drugging. I will always wear a seatbelt.

I agree to call you if I am ever in a situation that threatens my safety. I agree to talk to you about the difficult decisions I face because I know that you care about me and are concerned about my health, safety and well being.

Teenager

To My Teenager:

I am committed to you and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face.

I agree to provide you safe, sober transportation home if you are ever in a situation that threatens your safety. I will not lecture you and agree to wait until we can both discuss the situation calmly and with respect for each other.

I pledge to you that I will not drive under the influence of alcohol or other drugs. I will always seek safe, sober transportation home. I will always wear a seatbelt.

Parent/Caring Adult



**Please Post This Contract as a Reminder of
Your Commitment to Each Other**

Sponsored by the **name of sponsoring school or parent group goes here** "Partners for Prevention"