Drug, Alcohol and Tobacco Contract

Involve your teen in the process of setting up this contract. Their participation will contribute to their sense of ownership, accountability, and reinforce the contract terms.

Teen's Name: _____   Date: _____

TEEN EXPECTATIONS:

The following are examples of rules involving drug, alcohol and tobacco use. Be specific, creative and clear in communicating your expectations for your child.

1. I agree to not drink any alcoholic beverage – beer, wine, hard liquor until I am legally of age.
2. Under NO circumstance will I accept a ride with anyone who appears to be or is under the influence of a drug(s). Instead I will stay where I am and call for a ride home.
3. I agree to not stash or hide drugs, alcohol or tobacco for any of my friends. If I do, I am guilty of possession of drugs, alcohol or tobacco.
4. I agree to come to my parent(s) for support if I am having trouble resisting peer pressure. As a result, I will not be punished for reaching out.

PARENT EXPECTATIONS:

1. I agree to monitor and/or observe my child's behavior if I suspect any drug, alcohol or tobacco use.
2. I agree to check in with other parent's if I suspect my child is using drugs, alcohol or tobacco.
3. I agree to call other parent's to ask about supervision at parties.
4. I agree to address my concerns with my child if I suspect drug, alcohol or tobacco use.
5. I agree to seek outside support for my child if I am not effective in handling my child substance abuse problems.
6. I agree to listen and support my child if he or she comes to me with peer pressure issues or any other problems that could lead to substance abuse.

If I violate this contract, then I will receive the following consequence(s): _____

_____

_____

If I follow this contract then I will receive the following reward(s): _____

_____

_____

Teen Signature: _____   Date: _____

Parent Signature: _____   Date: _____

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