**Drug Free Contract**

**I am creating this Contract because I know that I am more
likely to follow guidelines that I personally create.**

Task: I will sit down with my parents to discuss rules and consequences in relation to drug and alcohol use. I will then put the details in writing below to make sure my family and I are on the same page (now and in the future). I understand that I may ask questions and speak openly without repercussions with my parents.

**This Contract will be used as a guide to establish rules about drugs and alcohol.**

These are my clear rules and guidelines about drinking and drug use and this is a mutual agreement.

Youth's Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agrees:

□ I will not drink alcohol 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 immediately call you, my parent or guardian, for a ride home

□ I will be honest and discuss with my parents when I see drug or alcohol use

□ 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 because my family is important to me

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agrees:

□ 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:

I commit to this agreement and recognize there are consequences for every decision I make. I promise to respect

you and honor our relationship. I am signing this on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agrees:

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. . I am signing this on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Hang this in a prominent place in the home as a reminder to discuss these topics multiple times a year!**

[Parent/Guardian's Signature Date]

[Parent/Guardian's Name]

[Parent's Name]

[Youth's Name]

[Youth's Signature Date]

[Youth's Name]