



# 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: \_\_\_\_\_

\_\_\_\_\_ [Youth'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

\_\_\_\_\_ [Parent's Name] \_\_\_\_\_ 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

\_\_\_\_\_ [Youth's Name] \_\_\_\_\_ 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: \_\_\_\_\_ [Youth's Signature Date] \_\_\_\_\_

\_\_\_\_\_ [Parent/Guardian's Name] \_\_\_\_\_ 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: \_\_\_\_\_ [Parent/Guardian's Signature Date] \_\_\_\_\_

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