**A CONTRACT WITH YOUR TEEN AND FOR YOUR TEEN; BECAUSE YOU LOVE YOUR TEEN.**

CHILD: I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, agree:

[   ] I will not drink or take drugs. My promise not to take drugs includes taking any prescription drugs not prescribed to me, not taking more than the recommended dose of those that are prescribed to me, and not abusing over-the-counter medicine.

[   ] I will not drive while under the influence of drugs or alcohol, nor will I ride in a car while someone under the influence of either drugs or alcohol is driving.

[   ] If I feel unsafe or uncomfortable at any social event involving drugs or alcohol, I will call you for a ride home.

[   ] I will be honest with you about my lifestyle choices and the people with whom I surround myself.

[   ] 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 if/when I make mistakes.

Personalize: (Add your own additional pledges below)  
1.

2.

3.

PARENT: I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, agree:

[   ] I will make myself available to you whenever you need me – whether it is to talk or to give you a ride home.

[   ] I will provide a comfortable, safe, respectful place to talk honestly about any topic that is on your mind.

[   ] I will listen and keep an open mind when you and I speak, regardless of my own beliefs or opinions.

[   ] I will respect your honesty if you are in a situation where you have drank or done drugs. I will not overreact or judge you; however, I am still your parent and my actions that follow will always be in your best interest.

[   ] I will love you for who you are.

Personalize: (Add your own additional pledges below)  
1.

2.

3.

CHILD SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_/\_\_/\_\_