

# SAFE TEEN CONTRACT

## A foundation for trust and caring between parents and young adults

The issues facing young people today are often too difficult to address alone. This contract is designed to facilitate parent-child communication about potentially destructive decisions related to alcohol and other drugs. While it may not feel like it, rules are a way for parents to show they care. *BN Parents* believes that effective parent-child communication is critically important in helping young adults make healthy decisions.

**Young Adult** I recognize that there are many potentially destructive decisions I face every day and commit that I will do everything in my power to avoid making decisions that will jeopardize my health, safety, or your trust in me. I understand the dangers associated with the use of alcohol and other drugs, and the destructive behaviors often associated with impairment. I acknowledge that I must be responsible for my own actions.

I pledge my best effort to remain alcohol and drug free and agree that I will never drive under the influence of either, or accept a ride from someone who is impaired. If I feel unsafe or uncomfortable, I will call you, my parent or guardian, for a ride home. I will talk to you when I am upset, scared, or confused- even if I'm afraid you'll be angry or disappointed.

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

Student Signature \_\_\_\_\_

### **Parent**

I am committed 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 will provide a safe, comfortable, respectful place to talk honestly and openly.

I agree to provide you safe, sober transportation home if you are ever in a situation that threatens your safety. My first response will be to give you a hug, and deter discussions about the situation and its consequences until a time when we can both discuss the issue in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs and will always seek safe, sober transportation home. I promise to honor this contract and the agreement to respect you and help you in any way I can.

Parent (or Caring Adult) Signature \_\_\_\_\_



Visit [www.bnparents.org](http://www.bnparents.org) for more tools and resources to talk with your teen about underage drinking.

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