

Our Family Agreement

This agreement can help you and your teen agree on rules and consequences for going out. Clear rules mean your teen will know what to do in a bad situation and what happens when rules are broken. "Parents" in this agreement can refer to grandparents, foster parents or any adult who is raising a teen. **Rules are a way for adults to show they care. Talking these issues out as a family helps your young adult make healthy decisions.**

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Young Adult: I will do everything I can to make safe and healthy decisions. I respect myself, my body, and my family and I will not do anything to put myself or others in danger. I am responsible for my own actions.

I pledge my best effort to remain free of alcohol and other drugs. I will never drive under the influence of alcohol or drugs or accept a ride from someone who is impaired. If I feel unsafe or uncomfortable I will call you or _____ for a ride home. I will talk to you when I'm scared, upset or confused.

I promise to honor you and our relationship.

Parent: I am committed to your health and safety. I will do everything I can to help you with the tough decisions you will face. I will provide a safe, comfortable, respectful place to talk honestly and openly.

I agree to provide you safe, sober transportation if you are ever in an unsafe situation. We will talk about what happened later when we are both calm and safe.

I will set a good example. 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 will help you in any way I can.

Parent

Young Adult



My parents love me and want to keep me safe. They respect that I am growing older and am more independent. We have agreed to the following rules:

1. I will always tell my parents where I am going to be, who I am going to be with and what I am going to be doing.
2. When I go to a friend's house I will make sure my parents know what house and how to reach both me and my friend's parents.
3. My curfew is _____ on school nights and _____ on weekends. This can be changed if we both agree. My curfew means I am home without my friends.
4. I will speak with my parent(s) as soon as I come home.
5. I will call and check with my parents if my plans change or something unexpected happens.
6. I will respect my friends' parents and follow their 'house rules' as well as doing what my parents expect of me.
7. I can lose the privilege of going out with my friends if I neglect my homework or chores.
8. I will not use alcohol, tobacco, or any other drugs.
9. I will call my parents at any time if I feel unsafe when I am out. I will not be punished for getting out of a bad situation.

Planning Ahead

Example: If I go to a party where there is alcohol I will call and ask if Uncle Bill is visiting. My parents will know I am in an unsafe situation and they will meet me outside the party to pick me up.

- **If I go to a party where there is alcohol I will:**

- **If I get to a party and there are no adults present:**

- **If I find myself in a car with someone who has been drinking:**

If Rules Are Broken

Example: If I drink alcohol, I will not be able to visit my friends' homes for a month.

- **If I drink alcohol or use another drug:**

- **If I break my curfew:**

- **Other family rules:**