**Mom, Dad and John (insert your teen’s name)**

**DRUG AND ALCOHOL CONTRACT**

**August, 2019**

**The purpose of this contract is for us to agree on rules about drug and alcohol use.**

I ,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to all the statements below:

(initial each statement)

\_\_\_\_\_ I know that my parents will always love me and accept me. I also recognize that this love and acceptance requires that my parents help me to resist the curiosity and peer pressure to use alcohol and drugs.

\_\_\_\_\_ I know that it is illegal for me to drink alcoholic beverages before I am 19 canada/21 US years old.

\_\_\_\_\_ During grade 10 when I am 15-16 I will not drink no more than 1 beer per day when I go to parties.

\_\_\_\_\_ During grade 11 when I am 16-17 I will not drink more than 2 beers per day when I go to parties.

\_\_\_\_\_ During grade 12 I will not drink more than 3 beers per day when I go to parties.

During my years at high school, I promise not to ever **get drunk**. Being drunk means slurring my words, losing control, not being able to walk in a straight line, throwing up from alcohol poisoning or passing out after consuming too much alcohol etc.

\_\_\_\_\_ I will never accept a ride with anyone who *appears* to be under, or *is* actually under the influence of alcohol or drugs. Instead, I will stay where I am and call mom, dad, grandma, my older brother/sister or aunt/uncle for a ride home, take the bus/train home or take a taxi. Mom and dad will always pick me up or are willing to pay for a taxi.

\_\_\_\_\_ I will never use any kind of illegal, prescription or mood altering drugs or inhalants of any kind. This also includes marijuana, mushrooms, Molly, ADHD pills and other natural substances as well as legal prescription drugs.

\_\_\_\_\_ I know it is illegal for me to purchase tobacco products under the age of 19. I will not use tobacco (chewing or smoking) or vapes because I know it causes lung cancer.

\_\_\_\_\_ I will try to avoid “hanging out” with others ***while they are using*** alcohol or drugs and under the influence of them as this is not a safe situation.

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\_\_\_\_\_ I will never help someone buy drugs or alcohol.

\_\_\_\_\_ I will ask mom or dad for alcohol and will report to them if I have alcohol from anyone else.

\_\_\_\_\_ I will never consume alcohol, drugs or inhalants before driving or while driving—nor will there be open containers of alcoholic beverages (mine or anyone else’s), drugs or drug paraphernalia at any time in my vehicle.

***If I do not follow the terms of this contract, I understand that ANY or ALL of the following privileges will be revoked:***

|  |
| --- |
| * Lose the use of my phone and computer (except for homework) |
| * Be grounded from movies, visiting friends, sleepovers, etc. |
| * Be grounded from visiting friend’s homes |
| * Lose my driving privileges |
| * Have the privilege of being given a car of my own choice as a gift from my parents taken away |

**In terms of alcohol I get one “chance” to make a mistake between the ages of 14 and 18.**

**In terms of drugs there is 0 tolerance for any occurrence.**

We, mom and dad, on this day, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2019, agree that for each month John remains drug, alcohol and tobacco/vape free, We will continue to provide the following:

1. Free room & board
2. Free, university education, books
3. Clothing
4. Season’s ski passes and other sports activiites
5. Spending money for movies
6. Travel on holidays to Europe, Mexico, Thailand and other fun places
7. Cell phone and monthly data fees
8. Free transportation to and from activities and friends
9. Use of vehicle once legal driving age
10. Use of computer / internet access
11. Camps and other fun activities

John, dad and I love you, and are committed to you, and to your health and safety. We want you to live a full, fun, happy and successful life. We ***trust you completely*** and know you will make good decisions.

We also know that your brain is developing new pathways and forming new connections during this time in your life and it is critical to ensure nothing gets in the way of your healthy brain development. We also appreciate that during this time the cognitive and hormonal changes in your body and brain will make it challenging for you to be as logical as you would like. We know it will be easy for you to be tempted to make quick impulsive, emotional based decisions, even though you have good values, are confident standing up to others and very intelligent.

By signing below, we pledge to do our best to understand and communicate with you about the difficulties you face as a teenager. To be patient, trusting, loving and supportive.

We also agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety.

We also pledge to you that if you choose to honor this agreement, which at times may be difficult for you, we will **buy you a car of your choice for graduation in grade 12, budget not to exceed $x,000**.

By signing below, you agree to the all the above statements and to remain drug and drunk free.

Signed, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Frank Smith

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mom

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dad

Dated this \_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Extra Agreement***

*I know that should I become addicted to any substance I will not be in a position to think or act reasonably and may be at risk of ruining my life. I do not want this to happen, I therefore request of my parents, freely agree to attend, and formally give permission to my parents to take me to a drug rehabilitation center in Canada, Mexico or elsewhere if they feel this is needed.*

*Permission to admit me to a detox facility given by John Smith on this date: \_\_\_\_\_\_\_\_, 2019.*

*Signed by John Smith: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Witnessed:*

*Mary Smith \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Peter Smith \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*