

# Teen/Parent Agreement Alcohol and Other Drugs

POWER of  
PARENTS

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The Power of Parents Handbook is a great tool to help parents and teens have critical conversations around alcohol and other drugs. Use this document as a worksheet to not only determine House Rules, but to also agree on solutions and consequences.

## TIPS

Keep it simple. Make sure your rules are straightforward and easy to remember.

Be realistic.

Back it up. The consequence must fit the violation and be designed to teach a lesson relating to the violation.

Post this agreement on the family bulletin board or on the refrigerator, some place where it can be seen and those involved be held accountable..

## FAST FACTS

MADD works to support parents and teens because we know that preventing underage drinking today prevents drunk driving not only today but in the future as well. We believe every child's future is important. It takes us all to create a **FUTURE** of No More Victims®.

**F** - Fewer youth drink now than ever before. Not everyone is doing it, in fact, most are not.

**U** - Underage drinking kills about 4,300 people each year - more than all illegal drugs combined.

**T** - Talk about rules and plans often, not just on special occasions

**U** - Using alcohol and other drugs like marijuana underage is addictive and dangerous.

**R** - Riding with a driver who is drunk or high is a bad move. Say no. Who can you call for help.

**E** - Every choice has a consequence. When it comes to drugs and alcohol make a plan in advance. Alcohol remains the most widely used drug among youth.

1. Hingson, Ralph and D. Kenkel. "Social and Health Consequences of Underage Drinking." In press. As quoted in Institute of Medicine National Research Council of the National Academics. Bonnie, Richard J. and Mary Ellen O'Connell, eds. Reducing Underage Drinking: A Collective Responsibility. Washington, DC: The national Academic Press, 2003.  
2. Johnston, L. D., Miech, R. A., O'Malley, P. M., Bachman, J. G., Schulenberg, J. E., & Patrick, M. E. (2018). Monitoring the Future national survey results on drug use: 1975-2017: Overview, key findings on adolescent drug use. Ann Arbor: Institute for Social Research, The University of Michigan.)

## Agreement

I, \_\_\_\_\_ (teen) and I, \_\_\_\_\_ (guardian) have discussed and agree to the below terms. We understand that this contract is being initiated not as a punishment or for any wrong doing, but as a mutual agreement about our family's rules around alcohol and other drugs.

House Rules	Agreement	Consequences
No alcohol.	GUARDIAN	
	TEEN	
No riding with ANYONE who has been drinking or drugging.	GUARDIAN	
	TEEN	
No other drug use.	GUARDIAN	
	TEEN	
Curfew is set at _____	GUARDIAN	
	TEEN	
<p>GUARDIAN I will always ensure _____ has a safe ride home. If he/she is ever in an unsafe situation, I agree to _____.</p> <p>TEEN I will not stay anywhere where there is underage drinking or drug use happening. If I ever find myself in an unsafe situation, I agree to _____.</p>		

By demonstrating adherence to these agreements, I (guardian) \_\_\_\_\_, agree to allow (youth) \_\_\_\_\_ to have increasing amounts of freedom and trust.

I, (youth) \_\_\_\_\_ understand that by violating these agreements, I will be subject to our agreed upon consequences as well as a decreased amount of trust and freedom.