



Substance Abuse Coalition of Kanabec County

Sample Family Contract

Every family is different and their contracts should reflect who they are. This sample contract is one that may be used as a starting point for create a personalized contract for your family.

1. We agree on the importance of trusting and being honest with one another.
2. We agree to respect one another and speak kindly to one another, even when we disagree.
3. We understand the need to stay away from unsafe and illegal behaviors such as using tobacco before age 18, alcohol before age 21 and other illegal drugs at any time.
4. We agree on the following drug-free rules:
 - I (child's name) will not use tobacco. At age 18, I can decide for myself whether or not I choose to use tobacco.
 - I (child's name) will not drink alcohol. At age 21, I can decide for myself whether or not I choose to drink alcohol.
 - I (child's name) will not use marijuana, prescription drugs not prescribed to me or any other illegal drugs.
 - I (child's name) will not hang out or go to parties where people under 21 are drinking alcohol or where people are using illegal drugs. Even if I (child's name) don't drink or use illegal drugs ourselves, being around kids who are drinking or using illegal drugs puts me at higher risk for harm, including assaults and accidents.
 - I (child's name) will not ride in a motor vehicle with a driver who has been drinking or using illegal drugs.
 - I (child's name) will not drive a motor vehicle with underage passengers who have been drinking or using illegal drugs. Driving with passengers under the influence of alcohol or illegal drugs places drivers at a higher risk for crashing.
 - I (child's name) will not ride in a motor vehicle with underage passengers who have been drinking or using illegal drugs unless the driver is a parent or other responsible adults.
 - I (child's name) will call you (parents/guardians' names) for a ride if I am ever in a situation like those listed above, or any other situation that threatens my safety. If for some reason you (parents/guardians' names) are unreachable, I (child's name) will call: (list other trusted adults).
 - We (parents/guardians' names) agree to pick you (child's name) up at any time.

- We (parents/guardians' names) agree if we pick you (child's name) up from a place where young people are drinking or using other illegal drugs, we won't jump to conclusions, but will calmly discuss the situation with you (child's name).
 - We (parents/guardians' names) agree to wait until the following morning to discuss what happened.
 - No one under 18 is allowed to use tobacco, no one under 21 is allowed to drink alcohol and no one of any age is allowed to use illegal drugs in our home.
 - No one in our home is allowed to give tobacco to anyone under 18, alcohol to anyone under 21 or illegal drugs to anyone of any age.
 - I (child's name) agree not to allow our friends/guests to bring alcohol or any illegal drug into our home or onto our property.
 - We (parents/guardians, child) agree not to encourage young people to use tobacco, alcohol or illegal drugs.
 - We (parents/guardians, child) agree not to give tobacco, alcohol or any illegal drug to young people.
 - We (parents/guardians, child) agree that failure to abide by these rules will result in firm consequences that we have mutually decided upon.
5. We agree to the following consequences for not fulfilling our responsibilities in this contract.

- Parents/Guardians: _____

- Child: _____

Signed:

Minors

Adults