



## Family Alcohol Contract

August 2009

**We agree** on the importance of trust and honesty between us. We understand the need to abstain from unhealthy behaviors such as underage drinking. We also agree to the consequences associated with any failure to fulfill our responsibilities. Together, we can work to ensure a safe future by following the agreement made between

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[Parents]

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[Youth]

**1. We Agree** on the following rules:

- Young people will not drink alcohol until age 21.
- Young people will not stay at parties where alcohol is being served.
- Young people will not ride in a car with a driver who has been drinking.
- Young people will call a parent for a ride if they or the driver of the car has been drinking.
- Parents agree to pick up youth at any time and will not discuss the event until the following morning.
- Young people will not allow their guests to bring alcohol into the house. No one is to make alcohol available to anyone under age 21.
- Older brothers and sisters will not encourage younger siblings to drink and will not give them alcohol. Siblings will not take alcohol from anyone.

**2. We Agree** that all discussions will promote mutual respect.

Even if we don't agree, we will use our normal voice level, and our voice tone and language will show respect. We will keep communication channels open.

**3. We Agree** that failure to abide by these rules will result in consequences that will be decided jointly by all of us.

**4. We Agree** on the importance of responsible behaviors. Therefore, we agree to jointly establish priorities for healthy behaviors and choices. Parents and youth will agree on the type of support parents will give youth participating in fun, interesting, and healthy activities.

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The Parents

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The Child

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Date

Adapted from Family Contract in SAMHSA's *Family Guide to Keeping Youth Mentally Healthy and Drug Free*.