



Safe Teen Contract

A foundation for trust and communication between caring adults and teens

The issues facing young people today are often too difficult to address alone. This contract is designed to facilitate communication between you and your child about potentially destructive decisions related to alcohol and other drugs. While it may not feel like it, rules are a way for parents and other caring adults to show they care. Parent Up believes that effective communication between kids and their caring adults is critically important in helping young people make healthy decisions.

Teen

I recognize that there are many potentially destructive decisions I face every day and commit that I will do everything in my power to avoid making decisions that will jeopardize my health, safety, or your trust in me. I understand the dangers associated with the use of alcohol, marijuana, and other drugs, and the destructive behaviors often associated with impairment. I acknowledge that I must be responsible for my own actions.

I pledge my best effort to remain alcohol and drug free and agree that I will never drive under the influence of either, or accept a ride from someone who is impaired. If I feel unsafe or uncomfortable, I will call you, my parent/guardian, for a ride home. I will talk to you when I am upset, scared, or confused- even if I'm afraid you'll be angry or disappointed. I commit to this agreement and recognize there are consequences for every decision I make. I promise to respect you and honor our relationship.

Teen's Signature

Caring Adult

I am committed to your health and safety. By signing below I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face. I will provide a safe, comfortable, respectful place to talk honestly and openly.

I agree to provide you safe, sober transportation home if you are ever in a situation that threatens your safety. My first response will be to give you a hug, and defer discussions about the situation and its consequences until a time when we can both discuss the issue in a calm and caring manner.

I also pledge to you that 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 the agreement to respect you and help you in any way I can.

Caring Adult's Signature

Visit [ParentUpKC.com](https://parentupkc.com) for more tools and resources to talk to your child about underage drinking, marijuana, and other drug use.