

# Parent / Child Contract

I, \_\_\_\_\_ agree:

\_\_\_\_\_ I will not to drink or take drugs

\_\_\_\_\_ I will not drive while under the influence of drugs or alcohol

\_\_\_\_\_ I will not get in a car with someone who has been drinking or using drugs

\_\_\_\_\_ If I feel unsafe or uncomfortable, I will call you, my parent or guardian, for a ride home

\_\_\_\_\_ I will be honest

\_\_\_\_\_ I will talk to you when I am upset, scared, or confused - even if I'm afraid you'll be angry or disappointed

\_\_\_\_\_ I will be accountable for my actions

I, \_\_\_\_\_ agree:

\_\_\_\_\_ I will make myself available to you whenever you need me

\_\_\_\_\_ I will provide a comfortable, safe, respectful place to talk honestly

\_\_\_\_\_ I will keep an open mind

\_\_\_\_\_ I will listen

\_\_\_\_\_ I will not overreact or judge you for things that don't

\_\_\_\_\_ make sense to me

\_\_\_\_\_ I will love you for who you are

I, \_\_\_\_\_ commit to this agreement and recognize there are consequences for every decision I make. I promise to respect you and honor our relationship.

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Child's Signature

Date

\_\_\_\_\_, as your parent/guardian I commit to this agreement. I promise to honor our relationship and agree to respect you and help you in any way I can.

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Parent/Guardian's Signature

Date