

Students Against Destructive Decisions

Contract for Life

A Foundation for Trust and Caring Between Parent and Middle School Student

This contract is designed to facilitate communication between young people and their parents about potentially destructive decisions related to alcohol, drugs, violence, and traffic safety awareness. The issues facing young people today are often too difficult to address alone. SADD believes that effective parent-child communication is critically important in helping young people to make healthy decisions.

Middle School Student

I agree to learn as much as possible about the effects of illegal substances, to share with you my unease about peer pressure, and to discuss openly with you any issue that worries me. I will contact you immediately for advice and guidance if I ever find myself in a situation where illegal substances are present. Under this contract I make a commitment to you not to use illegal substances. I also agree that I will not accept a ride with anyone who is under the influence of alcohol or other drugs. I also agree to always “Buckle Up” and to encourage others to do the same.

Student Signature

Parent or Guardian

I will seek information and educate myself about the realities of illegal substances. I agree to be an ever-available resource for advice and communication with you. I agree that I will not use illegal substance. I also agree to seek safe, sober transportation home if I am ever in a situation where I have had too much to drink or a friend who is driving me has had too much to drink. I also agree to always wear my seat belt and to encourage others to do the same.

Parent/Guardian Signature

Date



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CONTRACT FOR LIFE

A Foundation for Trust and Caring

This contract is designed to facilitate communication between young people and their parents about potentially destructive decisions related to alcohol, drugs, peer pressure and behavior. The issues facing young people today are often too difficult to address alone. SADD believes that effective parent-child communication is critically important in helping young adults make healthy decisions.

Young Person

By signing below, I pledge my best effort to remain alcohol- and drug-free, I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, my safety and overall well-being or your trust in me. I understand the dangers associated with the use of alcohol and drugs and the destructive behaviors often associated with impairment. I agree that I will never drive under the influence of either or accept a ride from someone who is impaired, and I pledge to always wear a seat belt.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to us both.

Young Person

Parent (or Caring Adult)

I am committed to you, and 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.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussion about that situation until a time when we can both discuss the issues in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs, I will always seek safe, sober transportation home, and I will always remember to wear a seat belt.

Parent/Caring Adult

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