CONTRACT FOR LIFE

Youth

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 will submit myself to any and all random drug-testing that you will initiate, knowing that you are doing this out of your love and concern for me and my future. I know that this will give me a convenient excuse to say "No" to my friends or peers when pressured to try or use drugs and/or alcohol.

By signing below, I pledge to remain alcohol- and drug-free, I agree that I will never drive under the influence, nor accept a ride from someone who has used alcohol and/or drugs, 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.

_____ _____

Youth Date

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.

As part of my commitment to you, I will drug-test you randomly -- not to punish you or to spoil your fun, but because I love you and I care about what happens to you and your future. This way, you can put the blame on me whenever you say "No" to your friends and peers when you are pressured to try or use drugs and/or alcohol. I will take the blame, and you can still be "cool" in their eyes.

Further, I pledge to be supportive and to maintain an open line of communication with you, especially when it concerns drugs and alcohol use. 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 Date