

# Our Family's Pledge



## Parent Pledge

*Because of my concern about the increasing acceptance of alcohol and other drug use by youth and my desire to be a positive role model....*

I will –

1. Consume alcohol in moderation or not at all in front of my child or my child's friends.
2. Never provide alcohol or other drugs to my underage child or my child's friends.
3. Actively supervise all gatherings and parties of youth in my home or on my property, or ask another responsible adult for help to do so, to assure there are no alcohol or drugs available.
4. Contact the parent host of a party that my child is attending to assure that the party will be alcohol and drug-free and that there will be proper supervision at all times.
5. Provide support for teenagers who want to attend alcohol, tobacco, and other drug-free parties.
6. Be available to give my child a ride home because my child feels he or she is in danger and made a poor choice.
7. Encourage healthy activities for my child and my child's friends.

*To help keep our children healthy and safe, I agree to follow the above guidelines.*

\_\_\_\_\_

Parent Signature (s)

\_\_\_\_\_

Date \_\_\_\_\_

## Student Pledge

*Because I want to be alcohol and drug-free and make positive choices for a healthy and successful future.....*

I will –

1. Not drink alcohol or use other drugs.
2. Not accept alcohol or other drugs from family or friends.
3. Call for a ride if I find myself in an unhealthy situation or I have made a poor choice.
4. Never enter a car with a driver who has been drinking or using other drugs.

*To stay healthy and safe, I agree to the above guidelines.*

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Student Signature (s)

\_\_\_\_\_

Date \_\_\_\_\_



**Public Health**  
Prevent. Promote. Protect.