

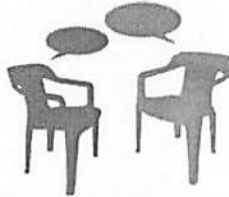
EXPECTATIONS FOR A NIGHT OUT

A resource of BNparents



www.bnparents.org

Rules provide a concrete way to help teens understand what is expected of them and learn self-control. Setting firm consequences for when rules are broken is actually helpful, making it clear what they are to do and not do (a no-use policy, for example). Though it may not feel like it, rules are a way for parents to show they care. Negotiate with your teen and agree to the consequences ahead of time. This takes the heat out of the moment.



I know that going out with my friends without parental supervision is a privilege. I respect that my parents love me and want to keep me safe. My parents respect that I am no longer a small child and want the privilege of going out to places with my friends without their supervision. With that in mind, we agree:

1. I will always tell my parents where I am going to be, who I am going to be with and what I am going to be doing without an attitude.
2. If I am going to be at a friend's house, I will share the address and phone number with my parents.
3. My curfew is _____ on school nights and _____ on the weekends. This is negotiable for both parties. My curfew means inside my home and all my friends have left.
4. I understand that I must speak with my parents as soon as I come home.
5. I will call and ask my parent's permission if my plans have changed and will not go anywhere without checking in with them first.
6. I will respect the guidelines set forth by my friend's parent, while honoring the limits and values expected of me by my own parents.
7. I agree that if I am unable to keep up with my responsibilities, this includes but is not limited to my school work and chores, I can lose the privilege of going out with friends.
8. I understand that I can call my parents at any time if I feel threatened or unsafe when I am out with my friends. I will not have consequences for pulling myself out of a bad situation.

student signature _____

parent signature _____

Planning Ahead

Example: If I find myself in a car with someone who has been drinking I will make every attempt to stop the car (ie: pretending I have to pee) and then call my parent for a safe, sober ride.

- If I go to a party where there is alcohol: _____
- If I get to a party and realize there are no adults present: _____
- If I find myself in a car with someone who has been drinking: _____

Consequences we have Agreed on if Rules are Broken

Example: If I drink alcohol, the privilege of visiting friends' homes will be revoked for one month.

- If I drink alcohol: _____
- If I break curfew: _____
- Additional disciplinary enforcements: _____

SAFE TEEN CONTRACT

A foundation for trust and caring between parents and young adults

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

Young Adult 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 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 or 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.

Student Signature _____

Parent

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 deter 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.

Parent (or Caring Adult) Signature _____



Visit www.bnparents.org for more tools and resources to talk with your teen about underage drinking.

Funding provided by the Illinois Department of Human Services.