

Prevention Plus Wellness Teen Contracts



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Prevention Plus Wellness Teen Contract Avoiding Alcohol and Drug Use Problems

Directions: All parents/guardians and the teen read and complete the contract below together.

As your parents/guardians, we want you to do your best to practice the following habits to live an active, healthy and successful lifestyle:

1. Participate in fun physical activities, such as riding a bike, running, swimming, walking, or play a sport, at least 30 minutes a day four or five times a week.
2. Eat a healthy breakfast most days of the week, such as nutritious cereal and low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit; and eat a daily variety of other healthy foods, including 4-5 servings of both fruits and vegetables.
3. Get 8 or more hours of sleep each night.
4. Practice stress control strategies like deep breathing, meditation, and prayer most days of the week.
5. Others. (List any other specific habits or actions that you would like your son/daughter to think about taking part in that would promote living an active, healthy and successful lifestyle):

6. **Most importantly**, avoid all alcohol, tobacco, drugs and other harmful substances, and do not drive under the influence of alcohol or drugs, or ride in a car with a driver who has been drinking or using drugs.

To help you achieve the goal of living an active, healthy and successful lifestyle, we want you to make the following promise:

Each day during the next 30 days, I, _____, will:
(Teen prints name)

- 1) **Avoid all alcohol, tobacco, drugs and other harmful substance use.**
- 2) **Not drive under the influence of alcohol or drugs.**

3) Not ride in a car with a driver who has been drinking or using drugs.

4) Others. (List any other specific alcohol or drug behaviors to avoid):

In addition, I choose to improve one healthy habit from the list above during the next 30 days:

1. Which **one (or more) specific, measurable healthy habit** will you practice during the next 30 days/month? (For example, run laps, eat more fresh vegetables, get 8 or more hours of sleep):

- a) _____
- b) _____
- c) _____
- d) _____

2. On how many days? _____ days this month (1-30 days)

3. Which days each week? (Check off each) SU M T W TH F SA

4. How long each day? _____ (For example, 30 minutes each time)

5. Where? _____ (Specific location)

6. With whom? _____ (For example, a friend, family member, alone)

Rewards: List specific rewards that will be provided to the teen for achieving their promise to avoid alcohol, tobacco, drugs and other harmful substance use, as well as for achieving any healthy behavior goals at the end of the month, such as verbal praise, family celebrations, inexpensive fitness gear, magazines, music, books, clothing, or a trip.

Rewards for avoiding all alcohol, tobacco and drug use at the end of the month:

Rewards for achieving one or more healthy behavior goals at the end of the month:

Consequences: List specific consequences in terms of privileges that will be taken away for a set period of time for not following the promise to avoid all alcohol and drug use, or not drive or ride with someone drinking or using drugs, such as using a car, leaving the house to visit friends, playing video games, or using the phone at night.

Privileges to be taken away for NOT avoiding all alcohol, tobacco, drug and other harmful substance use at the end of the month:

Privileges to be taken away for NOT achieving one or more healthy habit goals at the end of the month:

(Teen's signature) (Date)

(Parent/Guardian's signature) (Date)

(Parent/Guardian's signature) (Date)

Good job! You've taken the first and most important step toward improving your lifestyle and increasing your positive self-image. Post your contract where you will see it each day (e.g., wall, mirror or desk) as a reminder of the promises you've made and goals you've set to achieve this week and all month.

Improving yourself is a life-long process. It takes committing to small changes. You must be willing to keep working toward improving yourself, including avoiding those actions that place you at risk for bad consequences.

Focus on and celebrate the small gains you make each day, week and month. You can do it. Keep trying. Never quit! I'm here to support you. I love you!

PPW Teen Contract Parent and Teen Tips

Directions: Check off each item as all parents/guardians and the teen read them together.

1. Schedule a date to renegotiate the contract at the end or beginning of each month to see how things went and draw up a new contract as needed to ensure the successful achievement of the promises made and goals set.
2. Promise to your teen that if they ever feel unsafe for any reason, they can call you as the parent/guardian for a ride home at any time of the day or night.
3. Consider home drug testing to confirm your teen is not using drugs, but particularly if they have used in the past or there are strong indications of current use.
4. Parents/guardians need to monitor and observe teen's behavior and whereabouts, and talk with other parents to ensure adult supervision and non-availability of alcohol and drugs at parties.
5. Together come up with, and even role play, several statements your teen can use to get out of peer pressure to use alcohol or drugs or engage in other dangerous or unhealthy actions, such as saying: "No thanks. I'm not into drugs," "I've got better things to do," and "I can't. My parents are watching me closely."
6. All kids in the house should be included in the contract so as not to create a sense of impartiality and negative feelings between siblings.
7. Discuss other solutions to the problem of alcohol or drug use or other harmful behaviors, such as removal of alcohol/drugs from the house, or staying away from settings like parties where substances or other risks will likely be present.
8. Consider including, or at least communicating with, other adults who have a role in the teen's life, such as grandparents, step-parents or other guardians about the contract.
9. Don't make the consequences for breaking the contract too harsh or too lenient or they will not be effective. With input from both the adults and the teen the contract should result in fair consequences and a sound understanding of what can be, and absolutely cannot be, tolerated in your home.
10. Both the parents/guardians and the teen should keep a copy of the signed contract. The parents/guardians should have their copy in a safe place, while the teen should post or make visible their copy to remind them of the promises and goals they have set for the month.