



## Sample Household Contract

**Child** I, (name of child), agree this is a tobacco- and drug-free household, and that alcohol will be used only in moderation by adults. I agree to refrain from using any substances inside or outside our home.

**Parent(s)** I(we), (name of parents), agree this is a tobacco- and drug-free household. I(we) know that smoking and abusing alcohol or prescription drugs, or using illicit drugs, may put my(our) child at risk and agree to set the right example regarding substance use both inside and outside our home.

Our family agrees on the following substance-use rules:

- Young people will not drink alcohol, smoke cigarettes, or use any drugs.
- Young people will not stay at parties where alcohol or other drugs are available. The consequence of doing so will be \_\_\_\_\_.
- Young people will not drive drunk or high, or accept a ride in a car with a driver who has been drinking or taking drugs. Doing so will result in a punishment of \_\_\_\_\_.
- Parents agree to pick up kids at any time if they need a safe ride home.
- Young people will not allow their guests to bring alcohol, drugs, or cigarettes into our house.
- No one, including parents, is to make alcohol available to anyone under age twenty-one.
- Older brothers and sisters will encourage younger brothers and sisters to not drink, smoke, or use drugs.

We agree to abide by these rules, to treat one another with mutual respect, and to keep the channels of communication open.

Child \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

You can find another sample contract at [Family.SAMHSA.gov/media/famiyguide/pdfs/alcohol-contract.pdf](http://Family.SAMHSA.gov/media/famiyguide/pdfs/alcohol-contract.pdf).

