

# Examples of Parent/Child Contracts

## Example # 1:

Date: \_\_\_\_\_

By signing this contract, I \_\_\_\_\_,  
*Child's name*

agree to remain alcohol, tobacco, and drug-free.

If I violate this contract, I agree to:  
*(insert consequences here)*

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*Signature of Child*

\_\_\_\_\_  
*Signature of Adult*

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## Example #2:

Date: \_\_\_\_\_

By signing this contract, I \_\_\_\_\_, agree to the following:

1. To remain alcohol, tobacco and drug-free.
2. To not attend parties or other gatherings where alcohol, tobacco and drugs are being used or sold.
3. To call you, or another caring adult, for a ride home if I am ever in a situation that threatens my safety. We will defer discussion about the situation until both of us can have a calm and caring conversation.
4. Besides you, I feel comfortable calling the following person(s):
  - \_\_\_\_\_
  - \_\_\_\_\_

If I violate this contract, I agree to *(insert consequences here)*

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*Signature of Teen*

\_\_\_\_\_  
*Signature of Parent*