

# A FAMILY PLEDGE

## ***Because Healthy Families Are Drug-Free !!!***

- Whereas underage drinking is a serious social and health problem and contributes to the untimely death of thousands of young people each year, and,
- Whereas 20% of Finger Lakes 10<sup>th</sup> graders were involved in "Binge Drinking" within the past month, and,
- Whereas many students surveyed who did drink got their alcohol from their home or a friend's home, and,
- Whereas high school students who drink do so at parties or at home without their parent's permission:

### ***As a Parent***

#### **We pledge to do our part to reduce youth access to alcohol, to support enforcement, and create a healthy family and community by:**

- Not keeping any alcohol in our home;
- Serving as a positive role model with regard to any alcohol use;
- Giving my children clear "no alcohol, no cigarettes and no illegal drug" rules and expectations; consistent and appropriate consequences for breaking those rules;
- Supervising and monitoring my child 's after school and weekend activities;
- Contacting other parents when my child attends social events in their homes;
- Supporting the police when they enforce underage drinking laws;
- Supporting the school administration when they enforce underage drinking policies.

#### **When My Child Attends a Party, I will:**

- Know where my child will be. Get the address and phone number of the party's host. Let my child know that I will expect a call if the location of the event changes.
- Tell the host's parents my expectations. Let them know that I expect them to uphold underage drinking laws in order to protect the young people in attendance.
- Set a time when my child is expected to return home. Be awake (or ask to be awakened) when he or she arrives home, and avoid agreeing to my child's requests for last minute "sleep-overs", if possible.
- Urge my child to NEVER ride with any driver who has been drinking, and always be available to my child if a ride home is needed for my child or friends..

#### **When I Host a Youth Party, I will:**

- Set ground rules with my child before the event, and share the responsibilities and planning with my child.
- Be home and actively supervise the entire event to keep the event running smoothly and give me a chance to meet my child's friends
- Uphold the law. I will not serve alcohol to minors in my home, even if my child tells me that "everyone is doing it."
- Be aware of signs of alcohol and other drug use, and notify parents of teens who arrive at the party drunk to ensure the teen's safe transportation home.
- I will not allow anyone - adult or youth - to leave my home to drive under the influence of alcohol.

### ***As a Youth***

- I promise to accept a zero tolerance policy, and to be open and receptive to discussions about alcohol, tobacco and illicit drugs; and,
- I promise to remain free from alcohol, tobacco and illicit drugs; and,
- I promise to try to help support my friends in healthy attitudes, behaviors, and alcohol/drug free lifestyles; and,
- I promise to speak with an adult if either I, or a friend does develop an alcohol or drug problem.

Parent/Guardian \_\_\_\_\_

Youth \_\_\_\_\_

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