

# ALCOHOL EXPECTATIONS

## SMART AGREEMENT

## DRINKAWARE

The below examples are just suggestions. You'll have much more success (and fun!) if you work together to create a contract that resonates with everyone involved.

### \_\_\_\_\_ 's Commitments

(Teenager's Name)

**I promise** not to drink alcohol without your permission.

**I will never** get into a car with someone who is under the influence of drugs or alcohol.

**If I ever** feel unsafe or uncomfortable, I will call you for a lift.

**I promise** to come to you with any questions or worries I might have about alcohol.

**I acknowledge** that it is not easy to be a parent.

### \_\_\_\_\_ 's Commitments

(Parent / Guardian's Name)

**I promise** to keep an open mind and not to overreact if you come to me with questions.

**I promise** not to say "Because I said so" in response to your questions.

**I promise** to come and collect you immediately if you call me in the middle of the night, no questions asked (until the next morning).

**I acknowledge** that it is not easy to be a teenager.

If these expectations are met, \_\_\_\_\_ will be rewarded in the following ways:

(Teenager's Name)

If these expectations are not met, \_\_\_\_\_ agrees to the following repercussions:

(Parent / Guardian's Name)

Signed (teenager) \_\_\_\_\_ Date \_\_\_\_\_

Signed (parent) \_\_\_\_\_ Date \_\_\_\_\_

