



## CONTRACT FOR LIFE

A Foundation for Trust and Caring

This Contract is designed to enable communication between young people and caring adults about potentially destructive decisions related to traffic safety, substance use and personal health and safety. The issues facing young people today are often too difficult for them to address alone. SADD believes that effective adult-teen communication is critically important in helping young people to make healthy decisions.

### Young Person

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, safety and overall well-being – and your trust in me. I understand the dangers associated with destructive behaviors and pledge my best effort to remain free from alcohol and drugs; I agree that I will never drive under the influence of alcohol and/or drugs or while drowsy; I agree that I will never ride with a driver impaired by alcohol, drugs, distractions or drowsiness and I agree that I will wear a seat belt – every trip, every time.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to both of us.

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Young Person

### Caring Adult

I am committed to you and to your health and safety. I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face. I also pledge to you that I will not drive under the influence of alcohol, drugs or while drowsy. I will always seek safe, sober transportation home, and I will always wear a seat belt.

I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussions about that situation until a time when we can both have a productive conversation in a calm and caring manner.

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Caring Adult

