

Abstinence Contract

I, _____, agree to abstain from (not use) any form of mood-altering chemical, including alcohol, while this contract is in effect.

This contract will be in effect as long as I am living with my parents/guardian
_____.

I understand that it is against the law to use alcohol until I am 21 years of age. I understand that drug use is illegal. I understand the prescribed drugs should only be taken as ordered by the health care professional.

I AGREE:

1. To follow all rules and expectations at home, and do chores assigned to be within our home.
2. To go to school daily, do all expected home work, and follow school rules and expectations.
3. To respect and follow all laws.
4. To be rigorously honest with my family at all time. I will tell the truth at all times, and understand that omission (leaving something out) is a form of lying.
5. I agree not to become physically violent or make any threats of any form to anyone.
6. To communicate with my family members on a daily basis about what is going on in my life.
7. _____
8. _____

If I do not follow this contract and I use chemicals, I will be required to attend chemical dependency treatment.

Youth

Parent

Parent

Witness

Date