



The Family Pledge

Recognizing that substance abuse can seriously hurt our family.

Name of Family

We as parents, grandparents or caring adults hereby promise the following:

- To talk openly and honestly within our family about the dangers of alcohol and drug use.
- To create strong family bonds by providing a loving environment, setting reasonable limits, teaching new skills and recognizing accomplishments.
- To become aware of our community's efforts to prevent alcohol and drug use and make a special effort to support them.

We as children hereby pledge the following:

- To not disappoint our parents, grandparents or other caring adults by using alcohol or drugs.
- To talk to a grown up in our family about how to say no to drugs and alcohol if we ever feel pressured by our friends or others.
- To stay involved in healthy school and community activities.

Signed this _____ day of _____, 200__

