

A contract can be a useful step for parents and youth dealing with the many choices they face during the prom and graduation season. It provides an opportunity for discussion about what is acceptable behaviour. Parents remain one of the most powerful influences in their child's life.

Talking about the little things makes talking about big things easier.

Here is sample contract based on the parent/teen contract about impaired driving created by MADD Canada for prom and graduation season. This contract was adapted with permission from MADD Canada.

Before anyone signs the contract, both parties should read, discuss and agree on the terms included in the contract.

Contract for travelling by limousine

Because it is illegal, I promise not to drink alcohol in the limousine. I will allow the limousine driver to have the privacy screen open at all times.

I commit myself to celebrating in a safe and healthy way. If I find myself in a situation where I feel unsafe or uncomfortable, I promise to call you, my parent or guardian, for a ride home. I commit to this pledge and recognize there are consequences for every decision I make.

Youth signature (print and signature)

As your parent/guardian, I promise to make myself available to you during the season of celebration. You can count on me any time, day or night. I promise that I will agree to pick you up, no immediate questions asked. When we are safe, I promise to support you through any situation in a non-judgmental way.

Parent/Guardian Signature (print and signature)