

6 SAFE TRAVEL

- We will not drive our car, truck, boat, snowmobile, ATV or bicycle while impaired by alcohol or drugs, or ride with someone who is impaired.
- In the event that a family member drinks alcohol or uses drugs somewhere else, we will always plan a safe way home (designated driver, taxi, sober friend or family member).
- If any family member is called to provide a safe ride, day or night, they will do so promptly with no questions asked until everyone is sober and ready for reasonable discussion.
- If plans change and anyone is staying overnight somewhere else, a phone call will be made to inform family members at home.
- _____

7 CONSEQUENCES

- If any of the rules of this plan are broken, consequences will be determined when the individual parent or child has sobered up and will be based on the severity of the circumstances involved in the incident. The consequences may include "grounding", removal of privileges, additional chores, making apologies or restitution.
- The consequences apply to any family member who breaks the rules.
- Consequences will be enforced consistently.
- In the event that a family member develops problems from the use of alcohol, other drugs or medications they will be supported in getting help, including referral to treatment.

8 PREVENTION

- Our family will pursue a variety of healthy, fun, satisfying and legal activities including sports, hobbies, family outings, and talking to each other.
- We will work together to maintain the household, such as doing chores.
- Time will always be set aside to learn, to work, to play and help each other and our community.
- We will review and understand the laws pertaining to alcohol, tobacco and illegal drugs.
- We will assist each other to resist outside influences to use alcohol and other drugs.
- We will post the plan in a location where all family members can see it.
- _____

9 REVISIONS

- We will review and change the plan occasionally to reflect our family's growth and development.

10 AGREEMENT

We, the undersigned, agree to the rules and consequences set out in our Family Alcohol and Drug Use Plan.

NAMES: _____

DATE: _____

Adapted with permission from Renfrew County and District Health Unit. Pamphlet developed by Renfrew County Focus Community Project. Distributed by Middlesex-London Health Unit.

IT'S A FAMILY PLAN

Families Rule!

Every family has rules about alcohol, tobacco and other drug use. When all the family rules are gathered together and written down they become a family plan.

By discussing the ideas in this booklet, your family can prepare a unique Family Alcohol and Other Drug Use Plan



How to begin?

In each section put a checkmark in the boxes that your family decides are best for your household. Every family is unique.

Make Changes if you need to, or add other statements in the space provided.

1 TIPS FOR YOUR PLAN

- There is no right or wrong answer. The rules and consequences you choose must be right for your family. It may not suit other families but it's what your family thinks is best.
- The best plan is one that is fair. The rules and the consequences must apply equally to all family members, regardless of age or position.
- Democracy is key. Every member (even young children) should participate. By being involved, everyone is more likely to follow the rules.
- As the family grows and changes, the plan will have to be revised. Each plan is a work in progress designed to keep your family safe.
- Parents, you are role models. Set a good example. Abide by the terms, conditions and spirit of your plan. Children, show your parents that you can and will live by the plan.

2 TOBACCO

- Use of all tobacco products is discouraged.
- There is no smoking in our home or car.
- Visitors who smoke must do so in a designated outside area.
- No one in our family will purchase or provide tobacco for a youth under 19 years of age.
- Smoke free home and vehicle decals are used.

3 ALCOHOL

- No one in our family will get drunk.
- We expect responsible and legal use of alcohol at home or in the community, including no underage drinking.
- We will not drive while impaired by alcohol or ride with an intoxicated driver.
- We will never mix alcohol with risky activities e.g. swimming, downhill skiing, mountain biking.
- In our home, alcohol will not be served to or consumed by anyone under 19 years of age. The only exception is on occasions when a parent in our family provides alcohol to our own children in our own home.
- Family members of legal drinking age will not purchase alcohol for anyone under 19 years of age.
- We will take all steps necessary to ensure our guests' safety and sobriety (for example, stop serving people before drunkenness occurs; seek assistance from other guests and even call the police). Non alcoholic beverages and food will always be available.
- When going out, to a bar or party, we will not leave our drinks unattended. We will not accept drinks from strangers. Family members will go with friends and leave with friends.
- We will support pregnant women in their efforts to refrain from alcohol, tobacco and other drugs during their pregnancy.
- _____

4 ILLEGAL DRUGS

- No one in our family or home will use illegal drugs.
- The trafficking of illegal drugs by family members or guests in our home or in our vehicle is forbidden.
- We will not drive while impaired by drugs or ride with a drug-impaired driver.
- _____

5 MEDICATIONS

- Improper use of over the counter and prescription drugs is discouraged.
- We will only use over the counter or prescribed medications for therapeutic purposes.
- We will read and follow instructions for the use of all medications.
- We will not share, accept from others, nor sell medications.
- We will dispose of out-dated medications safely.
- We will store medications in a safe manner. (i.e. locked up)
- _____

