

in the car with a driver who has used. Your child should call you at any time to be picked up from a party or other gathering where people are using, that has gotten out of hand, or where they feel uncomfortable for any reason.

Make a list of people who agree ahead of time to pick up your child (in case you aren't available). Make sure these contacts are in your child's phone. You may want to mark them with "ICE" (in case of emergency) under the person's "company" so they are easily searchable.

CREATE A SECRET CODE

Keeping up appearances is important! Create a secret code that your child can use to save face when calling or texting for a ride. It could be a string of numbers in a text. Choose something that isn't going to be a pocket dial like prime numbers (1, 2, 3, 5, 7, 11, 13, 17) or a pattern (1, 2, 3, 1, 2, 3, 1, 2, 3). You might want to have a code word or phrase for a phone call. For example, "Can you get me right now? I think I'm getting the flu!"

DEFINE THE CONSEQUENCES

The contract needs a list of actions you will take if the plan is not followed. The most important thing, is to make the consequences something you can and will follow through on. The actions you take will depend on the times your child broke the rule. Higher on the list are common first offense consequences. The bottom ones are more appropriate for a second offense. Each subsequent offense requires a more serious response from you. We suggest the following:

- Grounding – Teen loses the privilege of leaving the home for a period of time (besides mandatory school or work functions).
- Take the car keys – Do not allow your teen to drive anywhere for awhile.
- More monitoring – Increase the frequency you check your child's phone/social media (to see if there is an ongoing issue with substances).
- Add testing – Drug test your child to ensure compliance
- Gather information – Contact a treatment facility like ASAP to set up an assessment to determine if there is a Substance Use Disorder. (Remember, parents usually know 10-25% of what their children are using.)
- Get help – Enroll your child in treatment or education classes (when needed).

Follow Up and Follow Through

Check in regularly with your teens and remind them that it is never ok to get in a car if the driver has used any kind of substance. If you don't regularly network, meet the parents of your teen's friends. Some schools or PTOs plan parent meetings and groups. Get involved in your child's social life as much as you can. Plan dinners (without the kids!) with moms or dads from your child's social network. Invite families to join you for a BBQ or picnic. Working together can make parenting less difficult.

Create a Plan **Keep Your Teen Safe**

Motor vehicle crashes are the number one killer of teens. Alcohol and drug use significantly raise the risks associated with driving and greatly increase the chance of an accident.

1 Your Family's Values What does your family believe about drinking (or using) and driving? <input checked="" type="checkbox"/>	2 Who Can Your Teen Contact? Who will help pick up your teen if there is a problem? Who else commits to having substance free parties? <input checked="" type="checkbox"/>
3 Create a Secret Code If you don't want friends to hear that you are asking for a ride, what code could you say or text? <input checked="" type="checkbox"/>	4 What are the Consequences? If you break this contract, what will be the consequences? What if there are multiple infractions? <input checked="" type="checkbox"/>

Parent Signatures: _____
Teen Signatures: _____

If your teen breaks your rules against using substances and also gets in a car (with someone who is) high, it signals a serious problem. These teens are often more involved in using than you may realize. Make sure you follow through on the consequences you set so you don't lose [influence](#) over the situation. The key is: make a plan and follow it!

If you discover a problem, [ASAP](#) can help get you on the [road to recovery](#). It all starts with a phone call to 513.792.1272.

Click on the thumbnail image or [here for a printable version](#) of the planning form.