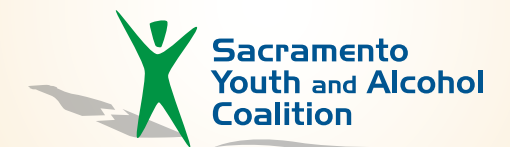


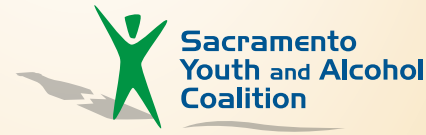
HELP KEEP YOUNG PEOPLE ALCOHOL AND DRUG FREE



PARENT / GUARDIAN PLEDGE



HELP PREVENT UNDERAGE DRINKING AND DRIVING!



UC Davis Health System  
Injury Prevention Program  
4900 Broadway, Suite 1650  
Sacramento, CA 95820

**(916) 734-9799**

# I took the Pledge

... and gave my teen the edge to:

- Stay healthy
- Do well in school
- Drive safely
- Keep friendships strong
- Succeed in reaching their goals

*Congratulations for committing to help keep young people alcohol and drug free.*



PARENT  
**Pledge**  
FORM

Please fill out the other side of this form and turn it in to a Sacramento Youth and Alcohol Coalition or UC Davis Health System representative.

# DID YOU Know?



- Underage alcohol use is more likely to **kill young people** than all illegal drugs combined.
- **63 percent** of the youth who drink alcohol say that they initially got the alcohol from their own or a friend's home.
- There is **zero tolerance** in the law for underage drinking and driving. That means a blood alcohol level of even 0.01% is breaking the law if you are under 21 and driving!
- **900 lives are saved** each year nationally because of the minimum drinking age law of 21.
- Teens from families that regularly eat together are **33% less likely to use alcohol**.



- According to teens, **parents are the #1 influence** in their children's lives.
- Sharing values and family history regarding alcohol will create an environment of **trust and understanding**.



## BE AN INFORMED PARENT AND Host

- Foster an environment of **open communication** with your child and encourage open dialogue.
- **Set an example.** Many messages in our society glorify or trivialize the effects of alcohol and other drugs. Counter these messages whenever you get a chance.
- Parents tend to underestimate the number of teens using alcohol or other drugs, while teens tend to overestimate the number. The belief that "my child would never engage in risky behaviors" is a **risky belief**.
- Give **clearly defined rules** and expectations about alcohol and other drug use, with consistent and appropriate consequences for breaking those rules.
- **Keep track** of any alcohol and prescription medications you have at your home. Home is the most common place for teens to obtain alcohol and pharmaceuticals.
- **Talk with your children** about the consequences of advertising or posting party information on the internet or any other medium. If a party at your house gets "out of control," call the police and they will help you break it up.
- **Contact other parents** who host parties or events in their home to make sure underage drinking will not occur.
- If you observe an adolescent under the influence of drugs or alcohol, **stop them if they attempt to drive** and make every effort to contact their parent or guardian.

GIVE TEENS THE EDGE,  
TAKE THE PARENT

# Pledge



- We, as caring adults in the community, agree to send a consistent message to our children that alcohol use under the age of 21, illegal use of prescription drugs, and any use of illegal drugs is unlawful and unacceptable.
- We will not permit our home to be used for unsupervised parties. If we will be out of town we will notify a neighbor, or another responsible adult, of our absence.
- We will not permit the serving of alcohol or drugs to minor children on our property, nor will we tolerate the presence of alcohol or other drugs brought onto our property by minors.
- We will make every effort to prevent our teen's friends and peers from driving if we know or suspect they have been drinking or using drugs.
- We will ensure our teen attends gatherings that are both properly supervised and will not include the consumption of alcohol or other drugs.
- We welcome any parent or guardian of youths attending a party at our home to call and check on party details, times, supervision, and any other concerns.

As a concerned and active parent/guardian in the community, I agree to sign this pledge.

\_\_\_\_\_  
Parent/Guardian Name *(please print)*

\_\_\_\_\_  
Parent/Guardian *(signature)*

\_\_\_\_\_  
Name of Teen's School

\_\_\_\_\_  
Date