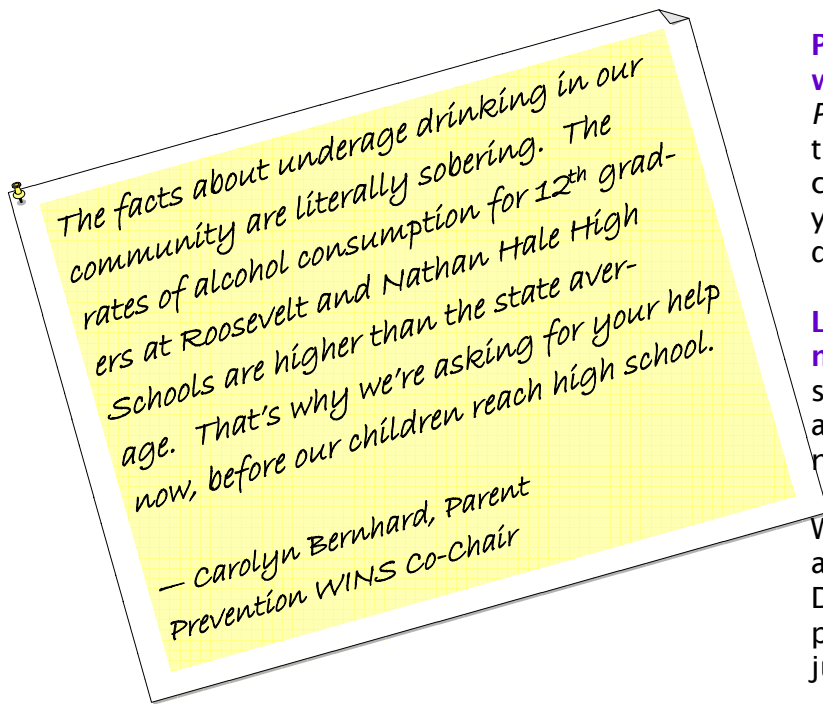


Drug-Free Homes Parent Pledge

Northeast Seattle



Provide opportunities for teenagers to have fun without alcohol! By signing the *Drug-Free Homes Pledge*, parents let other Eckstein families know that they intend to supervise youth parties and other social gatherings in their homes to try to make sure youth parties and get-togethers are alcohol and drug-free.

Let other parents know that you are part of the majority that think teen drinking is not okay! By signing the pledge, parents indicate that they are among the vast majority of parents in our community who believe underage drinking is unacceptable.

When parents come together, the pressure to allow alcohol consumption among teens will be reduced. Don't fall prey to the teen tactic, "But all the other parents let their kids do it." In our community, it's just not true!

This pledge is NOT a legally binding contract, but rather a way for parents to show their support of the largely unrecognized norm in our community that adults *do not* think underage drinking is acceptable.

What is the Drug-Free Homes Parent Pledge?

The goal of this pledge is to increase communication among the parents/guardians of Eckstein Middle School students to:

- ☑ reduce the use of alcohol and other drugs among teenagers in our community
- ☑ and foster a safe, positive, and healthy environment for northeast Seattle youth.

Connect with the majority of parents who want their children to not use drugs and alcohol! As students enter middle school, it is common for parents in a large school like ours not to know their children's friends and their families. By signing the *Drug-Free Homes Pledge*, parents indicate that they recognize communication among parents to be an essential element to raising safe and healthy children.

Most parents in NE Seattle . . .

90% of parents do not think it is okay for teenagers to drink at parties even if they don't get drunk.

Source: 2008 NE Seattle parent survey

Parent Pledge

By signing the *Drug-Free Homes Parent Pledge*, parents/guardians make an effort to uphold the following:

- ☑ *I/we will actively supervise all gatherings or parties of youth in our home or on our property, or ask another responsible adult for help to do so.*
- ☑ *I/we will not allow the possession or use of alcohol, marijuana, other drugs, or violence by youth in our home or on our property.*
- ☑ *I/we will set expectations for my/our child (ren) that I/we know where they are going, whom they are with, what their plans are, and when they are to return home.*

Yes! I support the pledge and want other parents/guardians to know that I don't think underage drinking is acceptable.

Please renew your pledge if you signed in previous years!

Name (1) — please print

E-mail & Phone (1)

Name (2) — please print

E-mail & Phone (2)

Child(ren) attending Eckstein

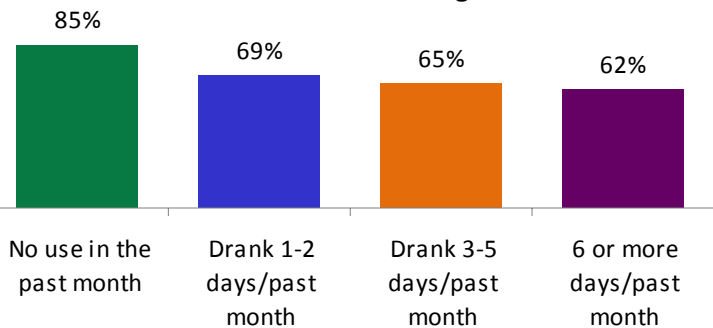
Grade(s) & Homeroom(s)

Return signed pledges by October 30 to

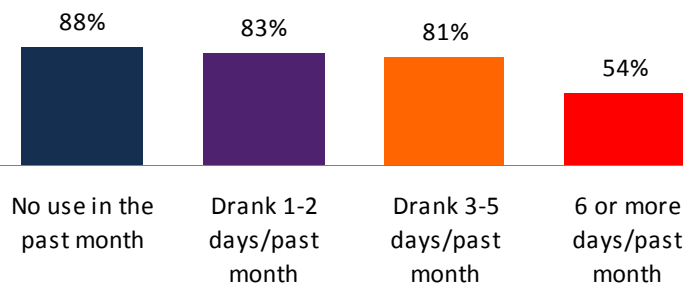
Eckstein Middle School
3003 NE 75th Street
Seattle, WA 98115

Names of people signing the pledge will be emailed to all who sign it. *Names will not be made public.*

Percent of NE Seattle 6th - 12th grade students who report that their family has clear rules about alcohol and drug use.



Percent of NE Seattle 6th - 12th grade students who say when they are not at home one of their parents knows where they are and who they're with



Source: 2008 Washington State Healthy Youth Survey

Parent guide to teen parties

Your child is going to a party?

Call the host

- ☑ Make sure the host parents will be home all evening and that no alcohol or drugs will be allowed.
- ☑ Let the host parent know your child's transportation plans.

Check party plans beforehand

- ☑ Know where your child is going and with whom.
- ☑ When taking your child to a party, wait to see that she/he is inside the house.
- ☑ If you don't know the host parents, introduce yourself.

In the event that alcohol or other drugs find their way into the party

- ☑ Make it easy for your child to leave; pre-arrange for her/him to call you (or a designated adult) for a ride home.
- ☑ Establish a code word with your child in case she/he needs to leave without letting peers know.
- ☑ You might have an understanding that there will be no punishment for a call about things getting out of hand.
- ☑ Remind your child that friendship includes dissuading friends from drinking and driving.

Be aware that many underage drinking parties in our community take place outdoors in parks.

Be up to greet your child when she/he comes home.

Your child is giving a party?

Plan in advance

- ☑ Limit the number of guests by invitation only.
- ☑ Know how your guests are getting home

Set a time limit

- ☑ Make sure everyone knows clearly what time the party is ending so that their rides are on time.

Agree to rules ahead of time, such as:

- ☑ No drugs or alcohol
- ☑ No leaving the party and returning
- ☑ No gate-crashing
- ☑ Lights on and doors open
- ☑ Some rooms of the house are off limits

Invite over another parent

- ☑ Other adults are company for you during a long evening and can help with problems.
- ☑ Invite parents to stop in and introduce themselves that night.
- ☑ Invite parents into your house to meet you when they drop off their kids.
- ☑ Set the example that you can enjoy an evening without drugs and alcohol.
- ☑ Circulate through party rooms frequently.

Plan for fun!

- ☑ Offer food and plenty of non-alcoholic drinks.
- ☑ Plan some activities such as movies, dancing, sports, karaoke, Wii tournament, etc.

Stay home for the entire party.

Be visible and be aware.

Helping your child to avoid peer pressure

Sometimes young people need an excuse to help them stay away from risky situations. When you talk to your children about avoiding alcohol, give them ideas about how to decline alcohol if it's offered to them. Role play by pretending you are a friend offering alcohol and let your child refuse. Some ideas:

- ☑ "I like you but it makes me uncomfortable to be around you when you use alcohol/drugs."
- ☑ "My parents promised to _____ if I don't use until after I graduate."
- ☑ "I could get kicked off the team if anyone found out."
- ☑ "Can't do it. Gotta get home."

Need more practical information? Sign up for *Guiding Good Choices!* These evidence-based parenting workshops are offered for free until June 2010 through Eckstein Middle School; Seattle Children's Hospital; and the University Family YMCA. More information at: www.PreventionWorksInSeattle.org.

Tips for keeping children drug & alcohol-free

- ☑ **Most children spend most of their time doing positive, constructive activities.** Many young people, however, only get attention when they have done something wrong. Show your child you recognize their positive efforts through words, a note, telling someone else so they can hear you, a special meal, etc.
- ☑ **Even though schedules are busy, work around them to schedule family time.** Play a game, watch a movie, talk, or have dinner. This way, if your child needs to talk to you, she/he will have casual opportunities to do so.
- ☑ **Work with your child to create rules about alcohol and drugs that you agree upon and think are fair and reasonable.** Enforce the rules you set.
- ☑ **Know where your child is and what he/she is doing.** Make sure to know where she/he hangs out and that there is appropriate supervision.
- ☑ **Check on your child.** Don't rely on cell phones as a way of knowing your child's location. Get the telephone number for the house where they are going. Make sure cell phones are on. Learn how to text message. Be sure to tell teens that they can call or text you any time and you will pick them up.
- ☑ **Be sure that your child knows the consequences of their actions and how you would feel (sad, scared, disappointed) if he/she was involved in any alcohol or drug related accident.** Set positive incentives for not drinking.
- ☑ **Know your child's friends and their parents.** Make sure they know the rules in your house and ask them about their rules.

Resources

Prevention WINS Coalition
www.PreventionWorksInSeattle.org

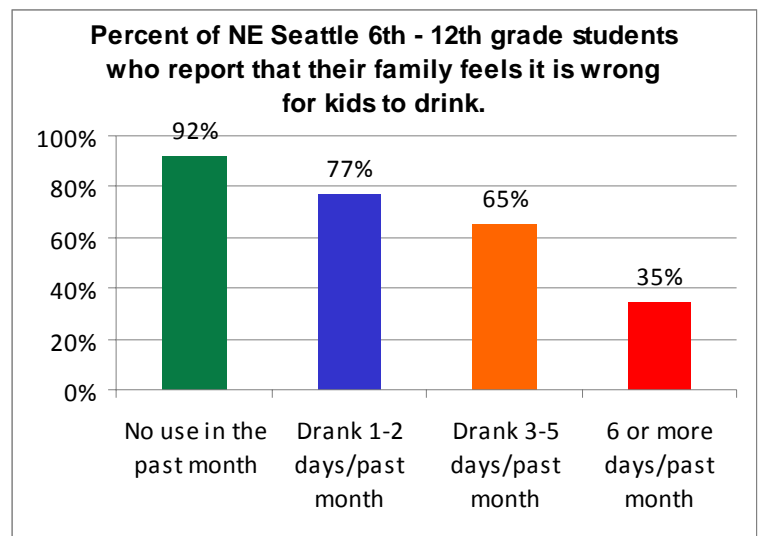
Eckstein Student Assistance Counselor
Jeffrey Thaxton
206-252-5010
jethaxton@psed.org

Eckstein Guidance Department
Reema Ziadeh
206-252-5010
raziadeh@seattleschools.org

Adult Alcohol/Drug Hotline: 206-722-3700

Teen Line: 206-722-4222

Teen Link (Crisis Clinic): 206-461-4922



Source: 2008 Washington State Healthy Youth Survey



Prevention Works In Seattle
Eckstein Middle School
3003 NE 75th Street
Seattle, WA 98115

www.PreventionWorksInSeattle.org