

## Family Policy

- ☆ There is no right or wrong policy. The rules and related consequences you choose must be right for your family. It may not work for other families but it's what your family thinks is best.
- ☆ The best policy for any family is one that is fair and consistent. Both the rules and the consequences must apply equally to all family members & be respected by all members, regardless of age or position.
- ☆ Democracy is key. Every member (even young children) need to participate. By being involved, everyone is more likely to follow the rules.
- ☆ As the family grows and changes, the policy will have to grow and change, as well. Each policy is a work in progress designed by your family to keep your family safe.
- ☆ Older family members, you are role models for your children. Set a good example. Follow the rules, conditions and spirit of your policy.
- ☆ Younger family members, show your parents that you can and will live by the policy.

- ☆ Parents - The Anti-Drug: [www.theantidrug.com](http://www.theantidrug.com)
- ☆ Centre for Addiction and Mental Health: [www.camh.net](http://www.camh.net)
- ☆ Government of Canada Anti-Drug Strategy: [www.drugprevention.gc.ca](http://www.drugprevention.gc.ca)
- ☆ Keeping Youth Mentally Healthy & Drug Free: <http://family.samhsa.gov/>
- ☆ Kids Help Phone: 1 800 668-6868
- ☆ [www.keepcontrol.ca](http://www.keepcontrol.ca) (binge drinking information for youth)
- ☆ [www.zoot12.com](http://www.zoot12.com) (drug information for youth and adults)

- ☆ **Looking for more information on alcohol and other drugs?**
- ☆ Port Colborne/Wainfleet Healthy Lifestyles Coalition
- ☆ Your School Health Nurse or Youth Worker
- ☆ Niagara Alcohol & Drug Assessment Services (Addictions): 905 684-1183
- ☆ Niagara Child & Youth Services (Mental Health): 1 800 263-4944 (24hrs)
- ☆ Niagara Region Public Health (Parenting Support): [www.beagreatparent.ca](http://www.beagreatparent.ca)

This publication was adapted with the permission of the Renfrew County & District Health Unit & the Renfrew FOCUS Community Project.

Every family has rules about alcohol, tobacco & other drug use. Some rules are stated clearly, such as “no smoking in the house” or “no drinking and driving”. Sometimes rules are just understood, for example: a family does not allow use of street drugs, but alcohol is okay. As rules about alcohol and other drug use are established, and consequences for not following them are set, families are developing their own alcohol and drug policy. By discussing the following ideas your family can prepare a

## Family Alcohol & Other Drug Use Policy that works for you!



905 834-4501 ext. 32146  
[www.healthylifestyles.ca](http://www.healthylifestyles.ca)

## What is your family's policy?

Check off each rule that your family feels is best for your household. Discuss together which rules to check and which ones to ignore. If you would like to make changes or additions, write them below:

- No one in our family will drink alcohol to intoxication (being drunk).
- We expect responsible & legal use of alcohol at home or in a bar/restaurant, including no underage drinking.
- We will not drive while under the influence of alcohol or other drugs or ride with an intoxicated driver.
- We will take all reasonable steps to prevent guests from becoming intoxicated (i.e. stop serving people before drunkenness occurs, seek help from other guests or even call the police).
- If anyone under 19 wishes to drink, a parent must be present & permission must first be given by the underage drinker's parent to a parent in this family.
- We will support pregnant friends & family in their efforts to not use alcohol, tobacco & other drugs during pregnancy.
- \_\_\_\_\_
- \_\_\_\_\_

- Use of all tobacco products is not allowed.
- There will be no smoking inside our home or in our vehicles.
- If a family member is addicted to tobacco, a well-vented smoking area will be provided.
- We will not allow illegal drug use on our property or in our vehicles.
- Illegal drug use by guests in our home, on our property or in our vehicle is not allowed.
- We will only use over-the-counter or prescription medications for medical purposes.
- We will read and follow instructions for use of all medications & will not share prescription medications.
- We will store medicines safely and dispose of them properly (i.e. return unused or expired meds to a pharmacy).
- In the event that a family member drinks alcohol or uses other drugs somewhere else, we will always plan for a safe way home (i.e. designated driver, taxi, or sober friend or family member).
- If any family member is called to provide a safe ride, day or night, they will do so 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 tell family members at home.
- \_\_\_\_\_

- ☆ Our family agrees that if any of the rules of this policy are broken, consequences will be decided when the individual has sobered up & will be based on the seriousness of the incident. The consequences may include "grounding", loss of privileges, additional chores, apologies or restitution (making things right).
- ☆ Our family will pursue a variety of healthy, fun, satisfying and legal activities including sports, hobbies, family outings & talking to each other.
- ☆ We will work together to maintain the household (sharing with the cooking, cleaning, gardening, etc.). Time will always be set aside to learn, to work, to play & to help each other & our community.
- ☆ We will review and change the policy when needed to reflect our family's growth and development.

## Family Members:

We agree to the rules and conditions set out in our Family Alcohol and Other Drug Use Policy.

All family members sign here:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Date