

TALK IT UPI!

Talking regularly with your kids about drugs and alcohol will build their skills and capacity to not use/misuse substances.

We want the best for our youth and sometimes worry about what they're doing when we are not with them.

How can we provide the best environment for all teens to succeed and thrive.

Santa Cruz County youth routinely report that one of the most common ways they access alcohol, tobacco, marijuana and prescription medication is from their home, or other (friends and relatives) homes.

This knowledge allows us as parents to make a profound and direct impact on whether or not youth in our community have access to substances that can cause them harm.

Secure, Monitor and Dispose of substances within your home so that your kids do not have easy access to alcohol, tobacco, marijuana or prescription drugs.

LOCK IT UPI!

PREVENTION

- We will pursue healthy, fun, and satisfying activities that connect us as a family including sports, hobbies, outings, and talking to each other.
- We will use healthy ways to cope with stress without drugs and alcohol, such as exercise, listening to music, or talking it out.
- We will work together to create a thriving household by sharing tasks such as cooking, cleaning, laundry and pet care.
- Time will always be set aside to learn, work, play and help each other and our community.
- We will review laws pertaining to alcohol, tobacco and drugs and other laws/policies that impact our family (i.e. curfew, social host ordinances, graduated drivers license)
- We will support each other to resist outside influences to use drugs and alcohol.
- We will post this where we can all see it.



- If the agreements are broken, consequences will be determined when everyone is ready for a reasonable conversation and will be based on the severity of the incident.
- Consequences may include "grounding", removal of privileges, additional chores, making apologies, amends or restitution.
- Consequences apply to any family member who breaks the agreements.
- Consequences will be enforced consistently.
- If a family member develops problems from the use of alcohol, marijuana, drugs or medications they will be supported in getting help, including referral to treatment.



OUR FAMILY POLICY!

START HERE

Get your family talking about critical issues we all face at some point. Included are some tips, suggestions and best practices for you to use. It is meant to be relevant for your family so choose what works for you. Put a check by the items you want in your family policy.



- ◆ There are no right or wrong answers.
- ◆ The rules and consequences you choose must be right for your family. They may not suit other families, what matters is what's best for your family.
- ◆ The best policy is one that is fair. Rules and the consequences 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 keep the agreements.
- ◆ Strong communication now, leads to more honest dialogue later.

UNLIMITED REVISIONS

- ◆ Each policy is a work in progress designed to keep your family connected and safe.
- ◆ Review and revise your policy occasionally to reflect your family's growth and development.
- ◆ The more you talk about these topics as a family, the less likely anyone will develop serious issues around them.



everyone involved by taking turns!

Cut out this spinner and attach it to the center of the back page.

It is a great way to decide which topic you talk about first and get

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working for you!

For more information, help with your Family Policy or to let us know how its



FAMILY MEETING

ESTABLISH FAMILY MEETING AGREEMENTS. How we talk and listen to each other matters. Everyone gets a turn. No TV, cell phones, or video games or other interruptions during our meeting.

HAVE YOUR MEETINGS AT A GOOD TIME FOR EVERYONE. Make sure everyone can participate without being distracted by what they need to do next. (dinner, homework, practice or work)

DON'T DRAG OUT MEETINGS UNNECESSARILY. It's not a board meeting and shouldn't be a "bored" one either. Let conversations happen naturally.

GIVE EVERYONE A CHANCE TO PARTICIPATE. Start with the youngest so they're not influenced by older/adult opinions.

ALLOW THE KIDS TO MODERATE. It's a great way to get them talking about a subject that can be hard to discuss.

HAVE A CLOSING. Yell a cheer, read a great quote, sing a song, say a prayer or simply say what you're grateful for, take a moment to express family solidarity.

We are committed to the health and well-being of everyone in our family. We are also committed to actions, attitudes and behaviors that build connections between each of us. With these commitments in mind, we, the undersigned, agree to the policy, consequences and spirit of the _____

Write last name here

Family Alcohol and Drug Policy.
