

# TOBACCO

# PRESCRIPTION DRUGS

## ALCOHOL

## MARIJUANA

- We expect responsible and legal use of alcohol.
- No one in our family will binge drink or get drunk.
- We will not mix alcohol with risky activities (i.e. driving, swimming, biking.)
- In our home, alcohol will not be purchased for, provided to or consumed by anyone under 21 years of age.
- We will take all steps necessary to ensure our guests' safety and sobriety (stop serving people before drunkenness occurs; get help from other guests and even call 911). Non alcoholic drinks and food will be available.
- We will keep all alcohol in a locked and secure location
- We understand we are legally liable for any underage drinking that occurs in our home.
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- Use of all tobacco products is discouraged.
- For family, visitors and guests, there is no smoking in our home or car.
- We will limit our exposure to second hand smoke
- No one in our family will purchase or provide tobacco for a minor.
- We will keep all tobacco products in a secure and locked location
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- We will only use over the counter or prescribed medications as directed.
- We will read and follow instructions for the use of all medications.
- We will not share, accept from others, nor sell medications.
- We will take inventory of all medicines. We will know what we have and how much.
- We will dispose of unused or outdated medications safely at a pharmacy.
- We will store medications in a locked and secure manner.
- We will talk to our doctor about our medications so we understand the potential risks
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- We expect responsible and legal use of marijuana/cannabis or marijuana/cannabis products.
- For family, visitors and guests, there is NO smoking or using marijuana/cannabis in our home or car.
- Medical Marijuana/Cannabis will only be used by the individual who has the recommendation and not shared with family or friends.
- All marijuana/cannabis will be kept in a locked and secure location.
- No one in our family will purchase or provide marijuana/cannabis for anyone under 21.
- We will take all steps necessary to ensure our guests' safety and sobriety
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 CHECK THE ITEMS THAT WORK FOR YOUR FAMILY!  
WRITE IN ANY YOU WANT TO ADD!

### Our Family Policy

## AWAY FROM HOME

## SUBSTANCE USE DISORDER

- When going out, we will go and come home with friends we know and trust.
- We will always have a back up plan in case something goes wrong or changes.
- When going out, we will not leave our drinks unattended or accept drinks or drugs from strangers.
- If plans change and anyone is staying overnight somewhere else, a phone call will be made to inform family members.
- Before going to or spending that night at someone else's home, we will confirm an adult will be there at all times.
- We will verify how other homes we visit secure and monitor the alcohol, marijuana/cannabis, drugs, or other potentially harmful items and substances.
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- We will not drive our car, truck, boat, motorcycle, while impaired by alcohol, marijuana/cannabis or other drugs, or ride with someone who is impaired.
- We will drive our vehicles free of distractions including cell phones, loud music, and passenger distractions and we will not ride with someone who is distracted.
- In the event that a family member drinks alcohol or uses drugs somewhere else, we will always plan a safe way home (designated driver, taxi, Uber, Lyft, sober friend or family member).
- If any family member is called to provide a safe ride, day or night, they will do so promptly with no questions asked until everyone is sober and ready for a reasonable discussion.
- We will abide by the DMV Graduated Drivers License Regulations.
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- We understand that Substance Use Disorder is a disease that effects 1 in 4 families in Santa Cruz County.
- If someone in our family is misusing any substance we will seek professional help as a family.
- If someone in our family is struggling with substance use, we will work together to support them and each other.
- We will be honest and kind in expressing how substance use is affecting each of us.
- We will ask questions that help reconnect us a family and help us understand what is going on for the one who is struggling.
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- We will not bicycle or skate while impaired by alcohol, marijuana/cannabis, or other drugs.
- We will bicycle, skate, and walk free of distractions including cell phones and loud music through headphones.
- We will ride our bicycles with traffic and abide by all traffic laws including, stopping at signs and signals, abide by lane markings, yield to traffic when appropriate, and use hand signals.
- We will wear our helmets when bicycling and skating.
- We will stay alert of obstacles or hazards in our path and proceed with caution (potholes, vehicles backing out of driveways, eye contact with motorists)
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## SAFE TRAVEL

## ON THE STREET