

BELMONT HIGH SCHOOL DANCE CONTRACT

Dear Student,

We would love for the upcoming dance to be safe and enjoyable for everyone, but we really need your help to make that happen! Drinking before a dance can lead to suspension or personal injury, and we love all of you too much to let that happen.

Here are some things to keep in mind:

- Car crashes remain the number one cause of death among youth ages 15-20. 28% of the drivers killed in crashes in 2005 had been drinking.
- In an average month, 28.5% of high school students nationwide have ridden one or more times in a car driven by someone who had been drinking alcohol.
- Alcohol use is involved in approximately 67% of the sexual assault and date rape cases among teens and college students.

Please follow the school regulations outlined in this contract so that we can all enjoy ourselves at this dance, and so that we can represent Belmont in a way that will make us proud! Thank you, and we look forward to seeing you at the dance!!

Class Officers

Rules and Consequences

By signing your name to the contract, you acknowledge the following rules and will abide by them. It is understood that if you violate this code of conduct, you may be subject to the following consequences as listed below. Both students and parents must sign this contract in order to buy a ticket and attend the dance.

When, in the judgment of a school administrator, a student is found to be under the influence of drugs or alcohol the following action(s) may be taken:

- notification of parents and police
- suspension from school for up to 5 days
- suspension from all extracurricular activities for 15 school days
- suspension from school-sponsored dances and other social events for up to one calendar year
- assignment of up to 10 hours of public restitution work, the nature of which will be determined by the school administration
- notification of athletic teams and the National Honors Society for additional sanctions

Please see reverse side.

Five Tips to Keep Your Teen Safe and Away from Alcohol

1) **Talk**

What's their opinion?

It's important to talk to your son or daughter about underage drinking to better understand their perspective. Do they drink? Would they feel the need to begin drinking if pressured to do so by their friends? What do they need from you to feel as though they don't have to drink?

2) **Ask Questions**

Who? What? When? Where?

Be aware of where your child is at night; mandate that they inform you of their whereabouts and activities. If they are going to someone's house, make sure that there is an adult present.

3) **Set Limits**

It's not being cruel, it's caring.

Set a curfew. If you know a certain friend drinks--it's okay to be strict and not let your teen go out with them. More information can be found on the Belmont Police Website (belmontpd.org → Helpful Tips for Parents Preventing Underage Drinking)

4) **Educate**

Let them know!

It's important that teenagers know about the dangers involved in drinking. Although they may hear this advice repeatedly, it still helps your teen to hear it from you.

5) **Be Aware & Be There**

Keep a watchful eye and an open mind!

Know what's going on in your teen's life. Be aware of environments where there may be underage drinking or peer pressure to drink. Be approachable--if your teenager feels more comfortable speaking to you about drinking, it is more likely that they will confide in you. Be your teenager's outlet just in case they need one.

*Sources: MADD and the Belmont Police Department Website

Remember, drinking alcohol under the age of 21 is illegal.

I have read this contract and agree to abide by this code of conduct.

Student's Name (Please print)

Student's signature

date

Parent or Guardian's Name (Please print)

Parent or Guardian's signature

date

Please see reverse side.