

Parent / Family Pledge

We will actively participate as a family and/or individually in these and other ways:

- We will have a regular weekly routine to do something special together – even something as simple as going out for a walk -- and we will try to eat together as often as we can.
- As a parent, I will not laugh uproariously at a movie when someone is drunk or stoned because I know what message that sends to my child. My kids know without a doubt that I do NOT want them using alcohol or drugs. Ever. Anywhere. Period.
- I will be a good listener and show my willingness to listen and try to make my child feel more comfortable about opening up to me. If my child makes statements that challenge or shock me, I will try not to react in a way that will cut off further discussion.
- I will reward good behavior consistently and immediately. Expressions of love, appreciation and thanks go a long way. Even kids who think they're too old for hugs will appreciate a pat on the back or a special treat.
- We will initiate alcohol-free events in our family and support those in our community.
- I will always ask where my kids are going, with who they'll be and what they'll be doing. I will make it a point to get to know my child's friends and their parents and welcome communication with other parents regarding our children's activities.
- We will take measures to be certain that the gatherings our children attend are properly chaperoned and will not include the use of alcohol or other drugs.
- I will call parents whose home is to be used for a party. On party night, I'm not afraid to stop in to say hello (and make sure that adult supervision is in place -- (it's not pestering, it's PARENTING!))
- I will role play with my child and practice ways to refuse drugs and alcohol in different situations; and I will acknowledge how tough these moments can be.
- I will make it easy for my child to leave a party if alcohol or drugs are being used. We will discuss in advance that I or another designated adult will come to pick up my child the moment he or she feels uncomfortable.
- We will not be tempted to think, "Our child would never engage in risky behaviors." Believing this is risky in itself.
- As a parent, I will try to be a living, day-to-day example of our family's value system -- and show the compassion, honesty, generosity and openness I want my child to have.
- I will give honest answers and offer to help my child find out the answer if I don't know it.
- We will discuss this pledge as a family.

The Body Electric Coalition is making this Parent Pledge available to parents of children in grades 4 - 8 in East Central Illinois. As they grow up, we encourage you to communicate with your children early and often about the dangers of drugs and alcohol. If you can ingrain this information in your children well before they are faced with making difficult choices, experts say they'll be more likely to avoid rather than use.



Family Signatures: _____

_____ *Date:* _____

Cut and send the lower portion to Body Electric to be eligible for a drawing to win special prizes to be awarded after the WEIU TV program "Bring It Home: Kids' Guide for Parents" airing at 7:30 pm, Wednesday, April 7, 2010.

-----✂-----✂-----✂----- *Cut and send the lower portion to Body Electric at the address below* -----✂-----✂-----✂-----

Our Family agrees with the above pledge, and signed it, supporting efforts to create a healthy community for our family.

Child's Name (PLEASE PRINT) _____ Grade _____

School: _____ City _____ State _____

April 21 deadline for PRIZE DRAWING: Send this portion to **Body Electric, 105 Professional Plaza, Mattoon IL 61938**

You can enter one ballot for each child in your family

**Attention Parents:
Watch this
together with
your family!**



Parents are the biggest influence when teens make choices about using alcohol, and that influence starts when children are young.

Families are encouraged to tune in to this WEIU / Body Electric program featuring middle school students who offer their own ideas on how parents can raise safe and resilient children.

Provider	Channel
Mediacom	6
Dish Direct & UHF	51
Clearvision	
Cowden	4
Dietrich	60
Hume-Metcalf	6
Jewett	11
Shumway	14
Charter - Paris	14
Moultrie Telecom	2

Program also airs other days on Consolidated Your 13:

April 8	2:30 pm
April 18	11:00 pm
April 26	4:00 pm
May 14	4:00 pm
May 30	2:00 pm
May 31	2:30 pm

Wednesday

April 7, 2010

at 7:30 pm

on WEIU TV

(see channel-finder at left)

Target: Grades 4 through 8

Prize drawings! Please turn this sheet over and have all members of your family sign the Parent / Family Pledge. Then CUT and SEND the lower portion to **BODY ELECTRIC** for a **drawing to win great prizes!**

The drawing will be held after the WEIU TV program "Bring It Home: Kids' Guide for Parents" airing at 7:30pm, Wed., April 7, 2010. Prize winners will be notified by child's participating school or by Body Electric (if child's school is not a participant)