

## Make the Time To Talk Promise:

Make a commitment to yourself and your children to have regular, authentic, two-way conversations. Read and agree to the following five promises by signing below.



**I promise to find as many opportunities as possible to communicate with my kids.**



**I promise to listen and be there for my children when they need to talk.**



**I promise to have ongoing conversations with my kids about the risks of drugs and alcohol.**



**I promise to have open, honest and loving talks with my kids.**



**I promise to treasure the conversations I have with my children.**

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Signature

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Date