



## Medication Contract

If your teenager has received a prescription for ADHD medication, it is recommended that you sit down with him or her and discuss how to safely and responsibly take their medication. The Medication Contract can be used to structure this conversation.

### **WHO SHOULD USE A MEDICATION CONTRACT?**

Parents should use this tool to speak with their teenagers about their medication. Having your teen sign a Medication Contract provides a good reminder of how to safely and responsibly take medication.

### **HOW SHOULD IT BE USED?**

Have your teen complete the information box with the name of his or her medication, the dosage, and the times of day that the medication is to be taken. If your teen takes more than one medication, print separate Medication Contracts for each.

Read each agreement together with your teen, and make sure he or she fully understands them.

Have your teen sign and date the Medication Contract and update it if any part of their medication regimen changes.

# Medication Contract

I, \_\_\_\_\_, understand that my doctor has prescribed medication to treat my ADHD.

- I understand that I am supposed to take a specific amount of medication at a specific time of day according to the following directions prescribed by my doctor:

<b>Name of my medication:</b>	
<b>Dosage:</b>	
<b>Time(s) of day that I take my medication:</b>	

- I understand that I should **NOT** take any *more* or any *less* of my medication unless my doctor tells me to do so.
- I understand that **I am the only person** that should take my medication. I promise to NEVER give or sell my medication to anyone else, because it could harm them.
- I promise to **tell an adult** (such as my parents or my teacher) if my medication has been **lost or stolen**.

I understand all of the rules above, and I promise to follow them so that I stay safe while taking my medication.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_