

Family Contract

Household Tasks

Expectation: Chores are to be done well and in a timely manner.

The following chores are expected done at the times shown:

Clean room daily weekly, (_____) day of week) by _____ am pm

Kitchen Clean Up daily weekly, (_____) day of week) by _____ am pm

Empty Load Dishwater daily weekly, (_____) day of week) by _____ am pm

Empty Kitchen Trash daily weekly, (_____) day of week) by _____ am pm

Take Trash Can to the street on _____ (day of week) by _____ am pm

Take Recyclables to the street on _____ (day of week) by _____ am pm

Feeding, cleaning up with pets on _____ (day of week) by _____ am pm

_____ daily weekly, (_____) day of week) by _____ am pm

_____ daily weekly, (_____) day of week) by _____ am pm

Consequence: Allowance will not be paid, grounded until tasks are complete, loss of household privileges (screen use, car use, TV time, monetary fine, _____, and _____.)

Honesty

Expectation: Telling the truth is expected at all times. It is fully expected that the youth will take responsibility for his or her actions when confronted by a parent or other responsible adult.

Consequence: The penalty for dishonesty or failing to take responsibility shall be _____

Substance Abuse

Expectation: Because you are underage for drinking, and drugs and illegal, you may not drink anything containing alcohol nor use any type of illicit recreational or prescribed drugs. You may take medications that have been prescribed for you according to the directions for the prescription. Random drug and alcohol testing will occur. Refusal to take a drug or alcohol test will result in the same consequence as a positive drug test.

Consequence:

First Offense: You will be grounded, lose use of the cell phone, lose the bedroom door, pay for drug test, be fined \$_____, get a conservative hair style, cannot drive for a minimum of _____ weeks, participate in drug use counseling enter a more intensive treatment program _____.

Second Offense: You will be grounded, lose use of the cell phone, lose the bedroom door, pay for drug test, be fined \$_____, get a conservative hair style, cannot drive for a minimum of _____ weeks, enter a more intensive treatment program _____.

Third Offense: You will be grounded, lose use of the cell phone, lose the bedroom door, pay for drug test, be fined \$_____, get a conservative hair style, cannot drive for a minimum of _____ weeks, enter a more intensive treatment program, enter a wilderness program, or enter a residential treatment center.

Communication via Phone, Internet and Social Media

Expectation: Phone calls are allowed until _____ pm on weekdays and until _____ on weekends. Texting calls are allowed until _____ pm on weekdays and until _____ on weekends. Sexting is illegal and never allowed.

Consequence: _____

Video Games:

Expectation: Video games playing is allowed until _____ pm on weekdays and until _____ on weekends.

Video games / computer games are to be limited to _____ hours per day.

Consequence: _____

Family Respect:

Expectation: Both parents, teens, and children need to be respected. Foul language is never allowed.

Consequence: _____

Curfew

Expectation: Curfew: Sunday through Thursday - _____ pm determined by the _____ microwave clock, mom/dad=s cell phone. It is mutually understood that once the teen has come home to meet curfew, they will not leave the house without consequences.

Conditions:

Grades are _____ or better in all classes

Was home by curfew on the previous week (1 minute or more late is not acceptable)

_____ night per week to start; may be increased to _____ nights per week if you are being respectful, honest, and obeying the rules

You may not go out or have anyone over on days that you have counseling support meetings

Visitors must leave by _____ pm

Curfew: Friday - Saturday - 12 midnight _____ - as determined above.

Conditions:

Grades are _____ or better in all classes

Was home by curfew on the previous week (1 minute or more late is not acceptable)

Visitors to the home must leave by _____ pm unless the teens/children have previously arranged an overnight stay.

Consequence: _____

School Behavior and Grades

Expectation: Grades are expected to be maintained at least a _____ average.

Academic marks are expected to be at or above a _____.

Consequence: _____

Smoking and Use of Tobacco Products

Expectation: Smoking and other use of tobacco products is is not allowed. Youth is is not expected to pay for their own tobacco products with funds other than allowance. Smoking is is not allowed in the house.

Consequence: _____

Computer Use / Access to Video Games

Expectation: The computer may be allowed until _____ pm on weekdays and until _____ on weekends. Video game use is limited to _____ minutes per day. Only video games that are rated _____ or lower are allowed. Pornography and foul language is not be acceptable computer use. Youth shall not share her/his address, photo, or name without prior parental approval.

Consequence: _____

Stealing

Expectation: It is fully expected that every family member will respect the rights and property of others and this includes stealing.

Consequence: _____

Expression of Anger or Violence (including profanity)

Expectation: Mutual respect is expected and includes an absence of foul language, yelling, or aggressive behavior.

Respect for the property of other and the household is expected.

Consequence: _____

Vehicle Use

Expectation: Youth has does not have use of a family car. It is mutually understood that driving is a *privilege* rather than a *right* and that use of a family vehicle is subject to the available of that car or truck as determine by a parent.

Is is not responsible for a car payment of \$_____ per month payable on the _____ day of the month.

May have use of car for school, work, recreation, errands determined by _____

Up to _____ friends may ride in the car.

Mileage will will not be monitored daily and limited to _____ miles.

Youth is expected to pay for

gas

insurance

oil change and lubrication costs

any repairs

repairs that are necessary if a result of misuse of the vehicle

Conditions:

Must have grades of _____ or better in all classes a weekly quarter semester basis.

Must have grades of _____ average on a weekly quarter semester basis.

All homework from previous week must have been turned in with as shown on the school=s website.

There is no evidence of drug or alcohol use, nor any refusal to take a drug or alcohol test.

Weekly progress report from school must have shown acceptable progress

Will not transport any peer who has drugs, alcohol, or is under-the-influence.

Consequence: _____

Communication with Parents and Others

Expectation: No interrupting while an adult or parent is speaking. Respect the feelings of others.

Consequence: _____

Timeliness

Expectation: Will be ready on-time for things like the family dinner, bedtime and leaving for school.

Consequence: _____

Running Away (leaving without parental knowledge & consent)

Expectation: Parents will be asked, rather than told, about whether participation in an event is to be allowed and any violation of this understanding is to be considered "running away." It is expected that parents are to be kept aware of the child's whereabouts and will not leave the home without permission.

Consequence: _____

Bedtime

Expectation: A regular bedtime is is not expected. Weekday bedtime is to be _____ pm. Weekend bedtime is to be _____ pm am.

Consequence: _____

Hygiene

Expectation: make bed, clean room, bathe, brush teeth on a daily basis.

Consequence: _____

Home Study

Expectation: Regular completion of homework, school projects, reading, and studying for tests is expected. Home study is to be completed in the bedroom, at the kitchen table, in a common area, _____. Home study is to be done immediately after school, after a break, before dinner, after dinner, before bedtime, whenever there is time. After homework is completed, the youth shall show the completed work to a parent. After homework is completed, the youth will put the homework in the backpack.

Consequence: _____

Friends in the House

Expectation: Friends are are not permitted in the house when parents are not home. The number of friends allowed in the home at one time is limited to _____ unlimited. Friends are are not (not applicable) allowed in the swimming pool when parents are not home.

Parents must approve of overnight stays of peers before the invitation is shared with the peer and communication with the youth=s parents is required.

Consequence: _____

Respect

Expectation: Foul language and defiance are not acceptable.

Consequence: _____

Religious Services

Expectation: Attendance at weekly services is required optional not required. Youth group attendance is required optional not required. Religious education is required optional not required.

Consequence: _____

Friends:

Expectation: While it is recognized that parents can=t pick their children=s friends, it remains the responsibility of the parent to help youth make good choices and parent may need to identify which young people their son or daughter may not associate with.

Consequence: If the youth elects to associate with peers with inappropriate values or behavior, they will be off-limits. Grounding and loss of normal household privileges will result from association or attempts to associate with peer who make poor choices as identified by parents. The following young people are off limits: _____

School Attendance:

Expectation: Regular school attendance without being tardy or absent is required.

Consequence: Grounding for _____ weekend day(s) and nights for each class period that was missed.

Family Contact

Expectation: Participating with the family is expected. It is is not necessary to call mother father at _____ pm after school.

Having dinner with the family is is not expected _____ times per week. A family-at-home evening is is not expected on _____ and the activity is to be planned by parents mutually planned.

Actively participate in a weekly monthly family meeting on _____ is expected.

Consequences: _____

Counseling

Expectation: Active participation in counseling is required optional not currently required. individual, family and/or group counseling is expected on a twice-weekly weekly twice-monthly, monthly as-needed basis until such time as the family and /or the therapist decides that it is no longer necessary, _____ basis.

Consequence: _____

Medication Use

Expectation: Medications are to be taken as prescribed by the health care provider. It is the responsibility of the parent to set out the medication at this location: _____ It is the youth=s responsibility to remember to take medication.

Consequence: _____

AGREED:

Mother _____

Father _____

Youth _____

Date: _____

Potential Behavioral Consequences

Loss of freedom

- grounded to the home (day, week, until further notice, etc)
- can=t go out after school
- can=t go out on Friday, Saturday, Sunday (morning, afternoon, evening, entire day)
- earlier curfew time
- grounding from going out with friends or having friends visit at home

Loss of privilege

- can=t use family car or the car purchased for their use
- can=t use cell phone
- can=t use computer (except for school work)
- loss of internet
- loss of ability to use gym
- can=t attend a certain event (concert, mini-golf with friends, sporting event, etc)
- can=t wear earrings, certain clothing, make-up
- phone calls are allowed until _____ pm on weekdays and until _____ on weekends
- lost use of TV, iPod, video games, etc.

Monetary

- a fine
- loss of spending money
- decrease in weekly allowance
- decrease in amount provided for school lunches or clothing (pack a school lunch instead)

Work

- increase in required household chores
- do own laundry
- vacuum, dust, general cleaning, cooking
- increased work in the family business
- become employed, perhaps to be able to pay for fine or damage

Accountability

- call home at regular intervals
- must call home from land-line phone having no caller blocking (parent must have anonymous call rejection)
- call home from a cell phone with a photo that shows the address where the child is currently
- required to have GPS tracking on their phone or vehicle
- Required after-school Homework club@ until grades have improved.
- Required tutorial assistance at school or from a paid provider

Social Supports

- Participation in positive youth-oriented activities (church group, sports, youth group, youth theater)
- Participation in volunteer service (serving in a charity dining room, build home in poor neighborhood, etc.)

Lifestyle

- Change in dress / appearance (no >cool= / brand name clothing)
- Haircut
- Restriction from certain peers
- Resign from extra-curricular activities

Substance Abuse Specific

- Participate in a drug education program
- Get a Chemical Dependency Evaluation
- Participate in chemical dependency treatment program
- Participate in random drug testing
- Participate in regular alcohol testing (saliva or breath) when arriving home
- Admission to a substance abuse treatment program (IOP, wilderness or residential)

Parent turning child in to school or police authorities