

BEHAVIOR CONTRACT

For: _____

Date: _____

Chores and Responsibilities—The privileges marked below are withheld until required tasks are completed:

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Television | <input type="checkbox"/> Electricity ¹ | <input type="checkbox"/> Bedroom privileges ² |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Visiting with friends | <input type="checkbox"/> Living room privileges ³ |
| <input type="checkbox"/> Video games | <input type="checkbox"/> Leaving the house | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Telephone | <input type="checkbox"/> Stereo, CD, or cassettes | <input type="checkbox"/> Other: |
-

Back Talk or Disrespectful Language—If a parent’s efforts to rephrase, label, play with, or exaggerate disrespectful language do not improve the manner of speech, the privileges marked above are withheld until the young person can:

- Restate previous comments with more desirable words and voice tone.
- Demonstrate that he or she understands the parent’s point of view.
- Talk about what is really bothering him or her.

Violent or Destructive Behavior

- If necessary, the parents may use a recommended restraining method until the child is calm enough not to engage in violent or destructive behavior.
- If the parent is unable to restrain the child, the authorities will be called (911).

Both Parents and Children Understand:

Initials:

- | | |
|---|-------|
| • Whenever possible, a deadline will be set for starting a task and parents won’t take action or make comments until the deadline. | _____ |
| • As soon as the task is completed, the above privileges will be restored. | _____ |
| • Privileges are not being taken away, they are only being withheld until the task is performed. | _____ |
| • The child is in complete control of how rapidly privileges will be returned because he or she chooses when to perform the desired behavior. | _____ |

I have read the above contract and understand it.

Parent’s Signature

Parent’s Signature

Child’s Signature

This Behavior Contract has been recommended by: _____

Credentials: _____

¹ Circuit breakers can be used to shut off electricity to child’s room to allow him or her to remain in the room without use of TV, computers, etc.

² Having time alone in one’s bedroom, away from the family, other than to sleep.

³ Spending time in living quarters with the rest of the family.