

# 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 <sup>1</sup> | <input type="checkbox"/> Bedroom privileges <sup>2</sup>     |
| <input type="checkbox"/> Computer    | <input type="checkbox"/> Visiting with friends    | <input type="checkbox"/> Living room privileges <sup>3</sup> |
| <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: \_\_\_\_\_

<sup>1</sup> 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.

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

<sup>3</sup> Spending time in living quarters with the rest of the family.