BEHAVIOR CONTRACT

For Teen at Home

###### I promise to abide by the following household rules:

[Choose 3 – 5]

I will do my chores

I will use good manners and polite tone

I will take responsibility for my actions and will not blame others

I will not interrupt others

I will respect the property and privacy of everyone at home

I will be sensitive to the feelings of my siblings and all family members

I will avoid behaviors that are aggressive, destructive or dangerous

I will avoid places and objects that are unsafe or dangerous

I will have a positive attitude instead of being negative, pessimistic or rude

I will get ready for school on time

I will do my homework every day

I will shower every day

I will treat others with respect

I will listen to instructions and be attentive when spoken to

I will eat healthy food

###### Reward/s for abiding by the rules:

###### Consequence/s for not abiding by the rules:

###### Child's Signature: Date:

###### Parent's Signature: Date: