

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:
