

FAMILY CONTRACT

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HOME CONTRACT

When filling out this contract it is important to be clear and concise so that no misunderstandings could surface. Each party has responsibilities in this contract. Once you commit to these responsibilities, it is important that you adhere to them consistently. This contract is designed so that the youth has choices as to what type of consequences (positive or negative) he/she chooses. It is also understood that this contract could be renegotiated once the child demonstrates a commitment to this and trust is reestablished in the family.

I. SCHOOL:

1. I will be on time to school. I have to be at school by _____. It is my responsibility to make it to school on time.

If I choose not to make it to school on time my consequences will be: _____.

If I choose to make it to school on time the privilege I will keep will be: _____.

2. I agree to complete all my school assignments and turn them all in on time. Homework completed by ____ p.m. to be checked by: _____.

If I choose not to do my school assignments my consequences will be: _____.

If I choose to do my school assignments my privilege I get to keep will be: _____.

3. In order to help structure my study habits, I will set aside the following hours to do my school work Monday through Thursday _____ to _____
 Saturdays _____ to _____
 Sundays _____ to _____

If I choose not to use this study time my consequences will be: _____.

If I choose to use this study time my privilege I get to keep will be: _____.

4. I agree to attend my school's support group on _____
from _____ to _____.

If I choose not to attend my school's support group my
consequences will be: _____.

If I choose to attend my school's support group my privilege
I get to keep will be: _____.

5. I agree to meet with my school counselor/social worker
on _____ from _____ to _____.

I also understand if problems or concerns arise I will seek
him/her out.

If I choose not to meet with my school counselor/social
worker my consequences will be: _____.

If I choose to meet with my school counselor/social worker
my privilege I get to keep will be: _____.

6. I agree to complete my homework assignments and if I'm
falling behind in classes I will seek out teachers/tutors to
catch up on my work.

Grades to be maintained in the following subjects are:

_____ _____ _____ _____ _____
_____ _____ _____ _____ _____

If I choose not to maintain my grades my consequences will be

If I choose to maintain my grades my privilege I get to keep
will be: _____.

Attendance: The first truancy will be handled by the school.
The second truancy will result in the school's consequence plus:
The third truancy will result in the school's consequence plus:

Expulsion or suspension from school is considered a serious
offence, and will result in: _____.

II. CURFEW AND RESPONSIBILITIES IN THE HOME:

I understand that misunderstandings could surface centering around curfew and my responsibilities at home. The following is a commitment I am undertaking to avoid these problems.

Night	Curfew
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

1 to 15 minutes late and/or dishonesty will result in:

16 to 30 minutes late and/or dishonesty will result in:

31 and over minutes late and/or dishonesty will result in:

2. I will be out of bed at _____ on weekdays.

I will be out of bed at _____ on weekends and holidays.

If I choose not to be in bed with lights out at the agreed on time my consequences will be _____

If I choose to be in bed with lights out at the agreed on time my privilege I get to keep will be: _____

3. When going out, either over the weekend or weekdays I will inform my parents, (circle appropriate response) where I am going, whom I am going with, the phone number I could be reached at, when I plan to return, and phone them if I change locations.

I will communicate to my parents of upcoming events or changes in my scheduling. To make sure this is communicated

I will put a calendar of upcoming events on an agreed upon location. I will also leave notes to my parents if I am leaving the house for a short time (circle appropriate response).

If I choose not to take responsibility for the above or be more accountable of my whereabouts, my consequences will be _____

If I choose to take responsibility for the above and be more accountable of my whereabouts I get to keep the following privilege: _____

4. I realize that I need to make a commitment to sharing responsibility for household chores. I agree to do the following chores without being reminded:

- 1) _____ daily _____ weekly _____ as needed _____
- 2) _____ daily _____ weekly _____ as needed _____
- 3) _____ daily _____ weekly _____ as needed _____
- 4) _____ daily _____ weekly _____ as needed _____
- 5) _____ daily _____ weekly _____ as needed _____
- 6) _____ daily _____ weekly _____ as needed _____
- 7) _____ daily _____ weekly _____ as needed _____

If I choose not to take responsibility in doing my share of household chores my consequences will be _____

If I choose to fulfill by responsibilities for household chores I get to keep the following privilege: _____

5. I also understand that I need to keep my room clean. This would include the following _____

If I choose not to keep my room clean my consequences will be _____

If I choose to keep my room clean my privilege I get to keep will be: _____

III. EMPLOYMENT:

I understand maintaining employment is also an important part of a taking responsibility for myself.

I will be responsible for obtaining a job by _____

If I don't obtain a job my consequences will be _____

If I do obtain a job my privilege I get to keep will be:

When I do get a job (or if I already have one) I agree to put the following percentage of my paycheck in the bank _____

If I choose not to put this percentage of money into the bank my consequences will be _____

If I choose to put this percentage of money into the bank my positive consequences will be _____

IV. Allowance

Your weekly allowance will be: \$ _____, given to you on .

Loans will/will not be available. Highest loan available will be \$ _____. The terms of repayment will be \$ per _____ week/month, payable on the day you are scheduled to receive your allowance and will be deducted from your allowance.

V. RECREATIONAL TIME:

Another important part of my life is my friends. Since my friends have such an impact and influence on my life I agree not to socialize with the following friends who might be a negative influence on my life or sobriety.

- 1) _____ 6) _____
 2) _____ 7) _____
 3) _____ 8) _____
 4) _____ 9) _____
 5) _____ 10) _____

In order to make positive changes in my life and make a commitment to a drug free lifestyle, I agree not to go to the following places. If I do go to these places it will jeopardize my sobriety.

- 1) _____ 6) _____
 2) _____ 7) _____
 3) _____ 8) _____
 4) _____ 9) _____
 5) _____ 10) _____

If I choose to see the above people or go to the above places and place my sobriety in jeopardy I agree to the following consequences _____

If I choose not to see the above people or go to the above places my privilege I get to keep will be: _____

The following is a list of friends whom my parents and I agree would be a more positive influence on my life. These are the friends that I agree I will socialize with.

- 1) _____ 6) _____
 2) _____ 7) _____
 3) _____ 8) _____
 4) _____ 9) _____
 5) _____ 10) _____

These are some activities that I could do that will not negatively impact my life.

- 1) _____ 6) _____
- 2) _____ 7) _____
- 3) _____ 8) _____
- 4) _____ 9) _____
- 5) _____ 10) _____

VI. FAMILY LIFE:

We (family) understand that in order for the home situation to improve, we (family) all need to be involved in this process. Therefore, the following family members are making a commitment toward improving family life. One of the ways to achieve this goal is through family/individual therapy. We (family) agree to get involved in counseling.

<u>Time</u>	<u>Individual or Family Counseling</u>	<u>Times Per Week</u>
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		

N.A. or A.A. meetings will/will not be required. Number of meetings per week:_____. Transportation provided/arranged by:_____.

y / n I agree to provide urinalysis whenever it is requested of me. I also agree that if I refuse one that indicates that I am using.

I realize the importance of remaining drug and alcohol free. I agree to remain drug and alcohol free throughout the duration of this contract. This applies to the following family members: _____

VII. General behavior

A. Drug and Alcohol use.

Use of drugs or alcohol will be considered a serious offence. It indicates that you are starting to lose control over your life and/or that you are having difficulties handling problems.

If we suspect that you have been using drugs and alcohol (random urinalysis) and it is determined that you have used:

- 1. First offence will result in: _____
- 2. Second offence will result in: _____

VIII. All family members are asked to respect each other. This means that verbal abuse is not to be tolerated. Verbal abuse would mean(describe behavior):

- 1. First offence will result in: _____ 2.
- Second and subsequent offences will result in: _____

VIX. Privilege

A. Use of family car will/will not be allowed. Conditions for use of car: _____

B. Television will be allowed during: _____

C. Telephone will be allowed:

Weekdays during _____ Minutes each call: _____

Weekends during: _____ Minutes each call: _____

D. Sleeping over at a friends house will/will not be allowed. Conditions:

1. Advance notice of: _____

2. Friends parent must confirm invitation and confirm they will be home all night.

3. Other conditions: _____

E. Cigarette smoking will/will not be allowed at home.

This contract will expire on (Date) _____. At that time a new one can be renegotiated. What the new contract will be based upon is behavior demonstrated by all the family members in the present contract. Additions to be included on the back of this contract.

Youth

Counselor

Parent/Guardian

Parent/Guardian

Other Family Members

Other Family Members

Date

EXAMPLES OF CONSEQUENCES

1. Grounding
2. Loss of use of telephone/television/radio/stereo, etc.
3. Friends not allowed to come over and visit.
4. Transportation not provided by parent.
5. Loss of use of car.
6. Loss of allowance.
7. Loss of privilege to sleep over at a friend's house.
8. Loss of privilege of extracurricular school activities.
9. Additional house chores.
10. Loss of privilege to choose friends.
11. Hospitalization
12. Loss of telephone
13. Loss of computer
14. Loss of television
15. Police called (if curfew violation becomes a problem, or if teenager's behavior is out of control/violent).

EXAMPLES OF PRIVILEGE

1. Extra chores to earn extra money.
2. Extended curfew for special event.
3. Concert attendance.
4. Additional free time from home.
5. Use of phone, television, radio.
6. Use of family car.
7. Parent provided transportation.