

Sample Teenager Behavior Contract

Contract between K, I & J

We agree to the following arrangements:

1. To keep the home insect, ant & bug free: **J** will maintain an extermination schedule as needed.
2. To allow **K** some alone time (without siblings), she may request a 30 minute “time-out” where she will have no interruptions. **K** will not use any electronic devices at this time as it will be a chance for her to have some quiet time.
3. **K** will make her bed daily (Monday – Sunday) without being asked. When **K** has made her bed at least 5 out of 7 days of the week, she may have a friend (who meets the criteria of being a “good” friend), come over for up to 2 hours.
4. **K** will make 1 family meal a week. She will have supervision and will be responsible for planning a healthy meal, making a shopping list and preparing the meal.
5. **K** will maintain all A’s & B’s on her report card, as verified by the online system, Campus Portal. For maintaining these grades, **K** will be allowed use of her cell phone, that is being paid for by **V**.
 - a. Cell phone may only be used after school & homework has been completed
 - b. Cell phone may be used during lunch & P.E. time if approved by school
 - c. If cell phone is taken away at school, it will not be picked up by any adult for 5-7 days.
6. Family will continue going to the park, purchasing new rather than used clothing, and going to the mall and other outings.
7. **K** will do 1 chore a day, Monday – Friday without being asked. **K** will assign one of the following chores for each day of the week: folding clothes, setting the table, putting dishes in the dishwasher, cleaning the bathroom countertops, cleaning bathroom mirrors.

Monday - _____

Tuesday - _____

Wednesday - _____

Thursday - _____

Friday - _____

If there are any changes that need to be made to this agreement, they will be discussed and agreed upon by **K, I & J**. **E** will also receive a copy of any changes to this agreement.

Our signature’s represent our agreement to abide by the criteria stated above on this date: _____:

K - _____

I - _____

J - _____