Behavior Contract

Many teenagers with ADHD can have trouble controlling impulsive behavior, causing problems at both school and home. A Behavior Contract serves several purposes:

- It is another way for you and your teen to have an ongoing discussion about his or her behavior

- It allows you and your teen come to an agreement on what his or her behavioral goals should be

- It holds your teen accountable for his or her actions and clearly defines the consequences

WHO SHOULD USE A BEHAVIOR CONTRACT?

Parents should use this tool to target a specific problem behavior and provide behavioral boundaries. You and your teen should agree upon concrete behavioral goals. It should be signed by you, your teen, and his or her teacher (if appropriate).

HOW SHOULD IT BE USED?

Sit down with your teen and discuss his or her behavior goals. Both you and your teen should agree upon a concrete plan to address a specific behavior that your teen has been having trouble with. Avoid being general; be specific when defining your behavioral expectations.

> **For example:** "I will work toward achieving my behavior goal of raising my hand in class, instead of blurting out the answer. I will wait patiently for my turn and will only speak when my teacher calls on me."

Then, agree upon a specific reward if your teen meets his or her behavior goal:

> **For example**: "If I go for one straight week without interrupting class, I will earn a trip to the movies."

Be sure to agree upon a consequence if your teen does NOT meet his or her behavior goal.

> **For example:** "If I get in trouble for interrupting the class this week, I will not be allowed to go out with my friends on Friday."

Re-visit the contract weekly with your teen. Make adjustments to the Behavior Contract if the goals prove to be too challenging or too easy for your teen.

Behavior Contract

Date: _____

I, _____, agree that I will work toward achieving the following behavior goals:

_____

_____

_____

I understand that the rewards for meeting my behavior goals will be:

_____

_____

_____

I also understand that I will face the following consequences if I do not meet my behavior goals:

_____

_____

_____

My Name: _____   Parent: _____

Teacher: _____