

# Behavior Contract: Tweens and Teens

I promise to work on these behaviour expectations:

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Choose 3 of the following or create your own:

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| <input type="checkbox"/> I will go to bed when asked   | <input type="checkbox"/> I will pick up after myself                                    |
| <input type="checkbox"/> I will not interrupt  | <input type="checkbox"/> I will keep good hygiene                                       |
| <input type="checkbox"/> I will respect the property and privacy of others   | <input type="checkbox"/> I will be sensitive to the feelings of others                  |
| <input type="checkbox"/> I will not give in to peer pressure   | <input type="checkbox"/> I will complete my homework on time                            |
| <input type="checkbox"/> I will present a positive attitude instead of being negative, pessimistic or rude                       | <input type="checkbox"/> I will avoid places and objects that are unsafe or dangerous   |
| <input type="checkbox"/> I will get ready for school on time   | <input type="checkbox"/> I will eat healthy foods                                       |
| <input type="checkbox"/> I will use good manners   | <input type="checkbox"/> I will spend time with my family                               |
| <input type="checkbox"/> I will avoid behaviors that are aggressive, destructive or dangerous                                    | <input type="checkbox"/> I will take responsibility for my actions and not blame others |
| <input type="checkbox"/> I will listen and be attentive when spoken to   | <input type="checkbox"/> I will treat others with respect                               |
| <input type="checkbox"/> I will limit my use of technology (television, cell phone, computer, video games, etc) to _____ hrs/day | <input type="checkbox"/> I will _____<br>_____<br>_____                                 |
| <input type="checkbox"/> I will _____<br>_____<br>_____  | <input type="checkbox"/> I will _____<br>_____<br>_____                                 |

Reward for meeting these expectations:

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Consequence for not meeting these expectations:

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Teen Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Terms of this agreement will be reviewed every \_\_\_\_\_ (days, weeks, months) and changes made accordingly.