

## **Behavioral Contract**

This agreement is entered into, with a spirit of cooperation and with the understanding that all parties will benefit, on this \_\_\_\_\_ of \_\_\_\_\_, 2008, between \_\_\_\_\_ and \_\_\_\_\_.

### **TERMS OF AGREEMENT**

This agreement is divided into three sections:

1. Responsibilities are behaviors which the adolescent is accountable or answerable for in various areas of life.
2. Consequences which will occur if responsibilities are not met by the adolescent to the satisfaction of the parent(s).
3. Privileges will be granted to the adolescent if responsibilities are met to parental satisfaction.

### **RESPONSIBILITIES**

1. School
  - Adolescent agrees to regularly attend school and all classes.
  - Adolescent agrees to maintain at least a \_\_\_\_\_ average.
  - Adolescent agrees to study as follows \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - Adolescent agrees to complete homework on a daily basis prior to leaving the house.
  - Other school related agreements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Home Chores
  - Adolescent agrees to keep his/her room clean according to the following standards: \_\_\_\_\_  
\_\_\_\_\_
  - Adolescent agrees to follow other chores as follows: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Curfew
  - Adolescent agrees to a weekday (Sunday through Thursday nights) curfew of \_\_\_\_\_ P.M.

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- Adolescent agrees to weekend curfew (Friday and Saturday nights) of \_\_\_\_\_ P.M.
- Adolescent agrees to inform parents of his/her whereabouts at all times and to provide telephone numbers where he/she can be reached.
- Adolescent agrees to advise Parent(s) if an approved outing plan has changed (e.g. if Adolescent has been given permission to visit a friend at the friend's house and later decides to go somewhere else, with or without the friend, Adolescent agrees to call the Parent for approval).
- Adolescent agrees not to go to the following places: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Music

- Adolescent agrees not to listen to the following music: \_\_\_\_\_  
\_\_\_\_\_
- Adolescent agrees to play music only between the hours of \_\_\_\_\_
- Adolescent agrees to keep the volume of music at a level established by Parent(s).

5. Friends

- Adolescent agrees to avoid associating with persons who have disrespectful, disruptive, delinquent, or maladaptive behaviors.
- Adolescent agrees not to call or associate with the following persons: \_\_\_\_\_  
\_\_\_\_\_
- Adolescent agrees to introduce all friends to Parent(s) before associating with those friends.
- Adolescent agrees to keep bedroom door open when friends are visiting unless given specific permission by Parent(s) to do otherwise.
- Other agreements regarding friends: \_\_\_\_\_  
\_\_\_\_\_

6. Communication

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- Adolescent agrees to relate to Parent(s) in a civil, respectful manner.
- Adolescent agrees not to engage in name calling, swearing, or screaming.
- Adolescent agrees to relate to siblings in a civil, respectful manner. Adolescent **and** Parent(s) agree that if discussion becomes "heated" there will be a time out for \_\_\_\_ minutes, after which each party will resume discussion.
- Adolescents agree to meet once a week to discuss progress and/or grievances.
- Other agreements regarding communication issues: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Sobriety

- Adolescent agrees to abstain from using alcohol, tobacco, and drugs not prescribed by their doctor for a specific purpose.
- If drug, alcohol, or tobacco use does occur, Adolescent agrees to discuss usage with Parent(s) and, if applicable, in therapy.
- Adolescent agrees to attend \_\_\_\_\_ 12-Step meetings weekly.
- Adolescent agrees to get a sponsor by \_\_\_\_\_.

8. Other Responsibilities

- Television: \_\_\_\_\_  
\_\_\_\_\_
- Telephone: \_\_\_\_\_  
\_\_\_\_\_
- Computer Use(Games/Video Games): \_\_\_\_\_  
\_\_\_\_\_
- Bedtime: \_\_\_\_\_  
\_\_\_\_\_
- Miscellaneous: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CONSEQUENCES**

1. School

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- If Adolescent is absent from school or any class, Adolescent will be grounded at the rate of (1) weekend day and night for each **hour** of school they are not present. "Grounded" will mean not leaving the house except in the case of assigned meetings. Telephone use is not permitted while grounded.
- If Adolescent does not maintain the agreed upon grade average because of inappropriate or irresponsible behavior, additional loss of privilege(s) will occur. The lost privilege(s) and length of loss will be determined at the time of infraction.
- Other consequences regarding school infractions: \_\_\_\_\_

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2. Curfew

- If Adolescent violates the agreed upon curfew, the curfew for the next weekday or weekend will be shortened by **double** the amount of time the Adolescent was late. If the violation occurs on a weeknight, the violation will be assessed on the next weeknight the Adolescent goes out. For example, if the Adolescent is ½ hour late on Saturday night, the Adolescent will be required to return home one hour earlier the next time the Adolescent goes out on a weekend night.
- If the Adolescent is dishonest about his/her whereabouts, friends or places visited, the Adolescent will be "grounded" for one weekend day and night. Depending on the severity of the dishonesty, the Adolescent may be "grounded" for an entire weekend (grounded is defined above).
- Other consequences regarding curfew: \_\_\_\_\_

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3. Music

- If any music Agreement is violated, the Adolescent will lose music privileges for one night.
- Other consequences regarding music infractions: \_\_\_\_\_

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4. Friends

- If an agreement regarding friends is violated, the Adolescent will be restricted from association with the friend(s) in question.
- Other consequences regarding friend(s) and/or associations infractions:\_\_\_\_\_

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5. Communication

- If Adolescent speaks disrespectfully to Parent(s), the conversation will immediately be terminated and Adolescent will not be granted that which is under discussion. Adolescent will have future opportunities to make requests and relate in a civil manner. This does not mean that the Adolescent can not express anger in an appropriate manner as defined by Parent(s).
- If Parent(s) is unduly harsh or punitive and/or does not speak with respect to Adolescent, the Adolescent may file a written grievance with \_\_\_\_\_. The grievance will be arbitrated by \_\_\_\_\_.
- Other consequences regarding communication infractions:\_\_\_\_\_

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6. Sobriety

- Consequences for drug, alcohol, or tobacco use:\_\_\_\_\_
- If Adolescent fails to tell Parent(s) about substance use and information is applicable, with therapist, the following consequences will occur:\_\_\_\_\_

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- If Adolescent fails to attend 12-Step meeting, the following consequence(s) will occur: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Other Consequences

- Deductions may be made from allowance privileges for failure to comply with any responsibility. Amount and length of time will be set at time of assessment of consequence(s).
- Television, telephone, and/or computer privileges may be revoked for failure to comply with any responsibility. Amount of time will be set at time of assessment of consequence(s).
- If Adolescent does not go to bed at the agreed upon time, the Adolescent's bedtime will be adjusted on the next night's bedtime by **double** the amount of time of the violation.
- Other consequences: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PRIVILEGES

Adolescent agrees that all Privileges are subject to his/her compliance with agreed upon responsibilities and may be revoked as part of a consequence for failure to comply with agreement.

1. Allowance

- Parent(s) agree to pay Adolescent the amount of \$\_\_\_\_ per week, payable on \_\_\_\_\_(day of the week). Adolescent agrees that deductions from the allowance may be made as part of consequence for violation of an agreement.
- Other financial arrangements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Other Specific Privileges

- Driving: \_\_\_\_\_  
\_\_\_\_\_
- Lessons: \_\_\_\_\_  
\_\_\_\_\_
- Concerts: \_\_\_\_\_  
\_\_\_\_\_
- Staying overnight with friends: \_\_\_\_\_  
\_\_\_\_\_
- Special Purchases: \_\_\_\_\_  
\_\_\_\_\_
- OTHER: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Adolescent agrees that any of the above agreed upon privileges may be revoked as a part of a consequence for the violation of an agreement.

**PARENTAL RESPONSIBILITY**

- Parent(s) agree(s) to communicate with Adolescent in a civil, respectful manner and agree to refrain from name calling, swearing, screaming, using sarcasm, threatening, and/or using a disrespectful tone of voice.
- Parent(s) agree(s) to provide a safe environment for Adolescent.
- Parent(s) agree(s) to work on their own issues and issues which may exist between each other without involving the adolescent.
- Parent(s) agree(s) to attend relevant 12-Step meetings \_\_x per week.
- Parent(s) agrees to participate in \_\_\_ individual, \_\_\_ couples, and \_\_\_ family therapy session(s) per week.

I, \_\_\_\_\_, have read and understand the contract. I understand that in signing below, I am agreeing to the terms of the contract.

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

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Adolescent

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Date

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Other

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Date