BEHAVIOR CONTRACT

For Teen at Home

###### I promise to abide by the following household rules:

[Choose 3 – 5]

I will do my chores

 I will use good manners and polite tone

 I will take responsibility for my actions and will not blame others

 I will not interrupt others

 I will respect the property and privacy of everyone at home

 I will be sensitive to the feelings of my siblings and all family members

 I will avoid behaviors that are aggressive, destructive or dangerous

 I will avoid places and objects that are unsafe or dangerous

 I will have a positive attitude instead of being negative, pessimistic or rude

I will get ready for school on time

I will do my homework every day

 I will shower every day

 I will treat others with respect

 I will listen to instructions and be attentive when spoken to

 I will eat healthy food

###### Reward/s for abiding by the rules:

###### Consequence/s for not abiding by the rules:

###### Child's Signature: Date:

###### Parent's Signature: Date: