

Example Behavioral Contracts

Recommended Resource: Scott P. Sells, Ph.D. (2001). *Parenting Your Out-of-Control Teenager: 7 Ways to Reestablish Authority and Reclaim Love*. St. Martin's Press: New York.

1. State House Rules

HOUSE RULES

Rule #1: Treat family members respectfully. No fighting. This means no kicking, pushing, shoving, hitting, throwing things, or spitting at someone. No verbal (e.g., threatening to hit, kill, hurt) or physical threats or gestures of harm (e.g., holding up a fist, moving to push, shove) toward family members. No swearing at or about family members.

Rule #2: Be where you are supposed to be (Be accountable for your actions). This means at all times you need to be where you are supposed to be (school, home, park, approved friend's house, grandparents' house). Do not leave to go to another place without getting permission from your dad or mom. It is your responsibility to reach us. If you cannot reach us, you are to stay where you are or come home.

2. Individualize Behavioral Contracts

Preadolescent Female's Contract

Parents will determine if a rule has been broken.

Curfew is 9:00pm on weekends

Rule #1: Treat family members respectfully. No fighting. This means no kicking, pushing, shoving, hitting, throwing things, spitting at someone. No verbal (e.g., threatening to hit, kill, hurt) or physical threats or gestures of harm (e.g., holding up a fist, moving to push, shove) toward family members. No swearing at or about family members.

Rule #2 Be where you are supposed to be (Be accountable for your actions). This means at all times be where you are supposed to be (school, home, park, friend's house, grandparents' house). Do not leave to go to another place without getting permission from your dad or mom. It is your responsibility to reach us. If you cannot reach us, you are to stay where you are or come home.

For Either Rule:

On the first violation, you lose your radio for 24 hours

On the second violation, you lose your phone for 24 hours

On the third violation, you lose two hours from your curfew from one weekend night (8 p.m. curfew)

On the fourth violation, instead of coming in two hours early, you will not go out that weekend night.

On the fifth violation, you will lose t.v. for 24 hours

If you have used up all of the weekend nights, it rolls over to the next weekend

Rewards

If you are respectful (rule #1) for three days in a row (no violations), OR if you are where you are supposed to be (rule # 2) for three days in a row (no violations), you can choose one of the following rewards approved by S & J

1. Drive with mom or dad on an outing (approved by S & J)
2. Have a friend spend the night on the weekend (friend approved by mom and dad)
3. Go to mall or movie on weekend with an approved friend

2nd Female ADOLESCENT Contract

Parents will determine if a rule has been broken.
Curfew is 11:00pm on Friday or Saturday for auction

Rule #1: Treat family members respectfully. No fighting. This means no kicking, pushing, shoving, hitting, throwing things, spitting at someone. No verbal (e.g., threatening to hit, kill, hurt) or physical threats or gestures of harm (e.g., holding up a fist, moving to push, shove) toward family members. No swearing at or about family members.

Rule #2: Be where you are supposed to be (Be accountable for your actions). This means at all times be where you are supposed to be (school, home, park, friend's house, grandparents' house). Do not leave to go to another place without getting permission from your dad or mom. It is your responsibility to reach us. If you cannot reach us, you are to stay where you are or come home.

Consequences for either rule:

On the first violation, you also lose your radio for 24 hours
On the second violation, you will lose your phone for 24 hours
On the third violation, you will not be able to go to the auction on the weekend
On the fourth violation, you lose your T.V. for 24 hours.
On the fifth violation, you lose your cd-player for 24 hours.

If you have used up all of the weekend nights, it rolls over to the next weekend

Rewards

If you are respectful (rule #1) for three days in a row (no violations), OR if you are where you are supposed to be (rule # 2) for three days in a row (no violations), you can choose one of the following rewards approved by S & J:

1. Have an approved friend spend the night on the weekend
2. Go to mall on weekend with an approved friend

YOUNGER BOY's Contract

Parents will determine if a rule has been broken.

Curfew is 9:00 pm on weekends

Rule #1: Treat family members respectfully. No fighting. This means no kicking, pushing, shoving, hitting, throwing things, spitting at someone. No verbal (e.g., threatening to hit, kill, hurt) or physical threats or gestures of harm (e.g., holding up a fist, moving to push, shove) toward family members. No swearing at or about family members.

Rule #2 Be where you are supposed to be (Be accountable for your actions). This means at all times be where you are supposed to be (school, home, park, friend's house, grandparents' house). Do not leave to go to another place without getting permission from your dad or mom. It is your responsibility to reach us. If you cannot reach us, you are to stay where you are or come home.

Consequences For Either Rule:

On the first violation, you also lose your Nintendo for 24 hours

On the second violation, you come straight home after school the next day (no friend's house)

On the third violation, you lose your pool table privileges for 24 hours

On the fourth violation, you cannot ride dirt bike for 24 hours

On the fifth violation, you lose your t.v. privileges for 24 hours

Rewards

If you are respectful (rule #1) for three days in a row (no violations), OR if you are where you are supposed to be (rule # 2) for three days in a row (no violations), you can choose one of the following rewards approved by S & J

1. Have an approved friend spend the night on the weekend or you can spend the night with an approved friend
2. Go fishing with a parent or approved friend on the weekend
3. Extend your curfew by 1 hour on the weekend

YOUNGEST BOYS Contract

Parents will determine if a rule has been broken.

Curfew is 9:00 pm on weekends

Rule #1: Treat family members respectfully. No fighting. This means no kicking, pushing, shoving, hitting, throwing things, spitting at someone. No verbal (e.g., threatening to hit, kill, hurt) or physical threats or gestures of harm (e.g., holding up a fist, moving to push, shove) toward family members. No swearing at or about family members.

Rule #2 Be where you are supposed to be (Be accountable for your actions). This means at all times be where you are supposed to be (school, home, park, friend's house, grandparents' house). Do not leave to go to another place without getting permission from your dad or mom. It is your responsibility to reach us. If you cannot reach us, you are to stay where you are or come home.

Consequences for Either Rule

On the first violation, you lose your Nintendo/Sega for 24 hours

On the second violation, you lose your phone privileges for 24 hours

On the third violation, you come straight home after school the next day (no friend's house)

On the fourth violation, you lose your pool table privileges for 24 hours

On the fifth violation, you lose your t.v. privileges for 24 hours

Rewards

If you are respectful (rule #1) for three days in a row (no violations), OR if you are where you are supposed to be (rule # 2) for three days in a row (no violations), you can choose one of the following rewards approved by S & J

1. Have an approved friend spend the night on the weekend or you can spend the night with an approved friend
2. Go fishing with a parent or approved friend on the weekend
3. Extend your curfew by 1 hour on the weekend