

**Directions:** Work with your child to come up with a couple goals and the steps you both can take to help change these behaviors. Help your child develop rewards for meeting goals and consequences for not meeting them. (More input will make your child likelier to follow the contract.) Post the contract where you both can see it.



## Sample Parent-Child Behavior Contract for Tweens and Teens

This contract between Skyla and Dad begins on April 10th. We agree to look at it again after 3 weeks to see if we need to adjust any details or set new goals.

### Goals

**Goal 1:** Skyla will be ready to leave for school on time.

**Step for success:** Skyla will pack her backpack and lay out her clothes the night before.

**Step for success:** Dad will check in with Skyla 10 minutes after her alarm goes off and 10 minutes before it's time to leave.

**Step for success:** Skyla will wait to check her email and social media until after she has finished getting dressed.

**Goal 2:** Skyla will take responsibility for her actions.

**Step for success:** Skyla will discuss upcoming activities with Dad so she'll know how she is expected to behave during the activity.

**Step for success:** After the activity, Skyla will have a conversation with Dad about whether she met the expectations. Both of them will talk, listen and offer feedback.

**Step for success:** Skyla will apologize when her actions have a negative effect on someone else.

### Rewards & Consequences

**Reward:** As a reward for meeting a goal or for following one of the steps for success, Dad will make a checkmark on the dry-erase board. For every 10 checkmarks, Skyla can have an extra 30 minutes of screen time. At the end of the week, if Skyla has received 30 checkmarks, she can invite a friend to sleep over or extend her weekend curfew by an hour.

**Consequence:** As a consequence for not following at least one of the steps for success, Skyla will lose her phone privileges for that night if she is late to school. And if Skyla doesn't follow at least one of the steps for success for taking responsibility for her actions, she will lose the privilege of spending unsupervised time with friends the next weekend.

### Signatures

Date to review: May 1

Skyla and Dad