

_____ 's Behavior Contract

- I promise to be respectful by treating others as I would like to be treated (Golden Rule).
- I promise to abide by the following household rules:

1.
2.
3.
4.
5.

- I will keep my emotions under control, especially my anger. I will not act aggressively or become destructive when angry. I will instead talk about my feelings or take a self-initiated time-out if need be.
- I will be honest in all of my interactions. This means that I will not lie, cheat, steal, or manipulate to get my needs met. I will speak the truth, even when it is difficult to do so.
- I will respect myself by avoiding things that are not healthy for my body or my mind.

This includes: _____, _____, and _____

- I will only use language that is appropriate. I will not cuss or use insults.
- I will complete my homework AND chores as expected (and as applicable).
- I will wake up when I am supposed to and will go to bed when I am supposed to.
- I will be patient, forgiving, and fair. I will also take accountability for my behavior.
- I will keep my body clean by showering/bathing regularly and by brushing my teeth at least one/two time(s) per day. I will wear clean clothes and keep good hygiene daily.
- Other: _____

Privilege(s) for meeting these conditions:

1.
2.

Consequence(s) for failing to meet these conditions:

1.
2.

Parent Signature

Child Signature