

FAMILY CONTRACT

Parents reserve the right to be parents and will at times request extra duties to be performed. These will sometimes be rewarded with extra privileges. Outlined in this document are only the “basics” and is not all-inclusive. A family should share in responsibilities and help each other when needed.

This is a contract to explain both our responsibilities and some of our family expectations. It is a document that will be occasionally reviewed and updated. This contract only covers the most basic responsibilities and is in no way all-inclusive of our expectations or your responsibilities.

There are places in the contract that the term “privileges” has been used. Privileges are defined as anything that is not necessary. When you lose “all privileges,” it means no TV, phone, computer (except for homework), friends, music, and going out, etc. There are times in the contract that you only lose a specific privilege.

Most of the categories on the contract only spell out consequences and not rewards. This is because the “reward” is the ability to keep the privileges. Rewards and privileges include many things like; our trust, spending the night out, having friends spend the night with you, paying for an occasional movie, taking you places, buying you things, etc.

The contract is designed to make your life easier, and help you learn basic responsibility and organizational skills. By signing this contract, you are agreeing and understand your responsibilities as well as understanding the consequences of not fulfilling your responsibility.

1. We agree on the importance of trusting and being honest with one another.
2. We agree to respect one another and speak kindly to one another, even when we disagree.
3. We understand the need to stay away from unsafe and illegal behaviors such as using tobacco before age 18, alcohol before age 21 and other illegal drugs at any time.
4. We agree on the following drug-free rules. I _____ agree I:
 - a. will not use tobacco. At age 18, I can decide for myself whether or not I choose to use tobacco.
 - b. will not drink alcohol. At age 21, I can decide for myself whether I choose to drink alcohol.
 - c. will not use marijuana, prescription drugs not prescribed to me or any other illegal drugs.
 - d. will not hang out or go to parties where people under 21 are drinking alcohol or where people are using illegal drugs. Even if I don't drink or use illegal drugs, being around kids who are drinking or using illegal drugs puts me at higher risk of harm, including assaults and accidents.
 - e. will not ride in a motor vehicle with a driver who has been drinking or using illegal drugs
 - f. will not drive a motor vehicle with underage passengers who have been drinking or using illegal drugs. Driving with passengers under the influence of alcohol or illegal drugs places drivers at a higher risk for crashing.
 - g. will not ride in a motor vehicle with underage passengers who have been drinking or using illegal drugs unless the driver is a parent or other responsible adults.
 - h. will call you (parents/guardian _____) for a ride if I am ever in a situation like those listed above, or any other situation that threatens my safety. If for some reason a parent or

guardian are unreachable, I will call: _____. I will use the phrase _____ (pick a pre-agreed upon family code phrase like: "I think I am going to vomit") to communicate that I need to be picked up right away.

i. No one under 18 is allowed to use tobacco, no one under 21 is allowed to drink alcohol, and no one of any age is allowed to use illegal drugs in our home.

5. If school grades have fallen the expectation is that I will do 2 hours of homework or studying after school every day.

6. On school nights I am expected to be home by _____.

7. On weekends I am expected to be home by _____.

8. I will treat my siblings with respect. I will not react with anger or violence.

9. I am expected to do the following household chores: The chores will be performed satisfactorily, according to the standards set by parents.

10. I agree to follow the following manners:

- I will ask to be excused from the dinner table
 - I will not interrupt when someone is talking
 - I will always get permission when I want to borrow something that belongs to someone else
 - I will clean up after myself

11. I am expected to be awake and getting ready for my school day by _____.

12. I am expected to be awake and getting ready for my weekend day by _____.

We agree to the following consequences for not fulfilling our responsibilities in this contract.

DATE: _____

PARENTS/GUARDIANS: _____

CHILD: _____