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. I will not lie, cheat, or steal in order to get my needs met. I will not manipulate or deceive.

• 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 (when 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