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