

Family Contract

[DATE]

This agreement is established to set clear expectations and responsibilities for [NAME], as [s/he] approaches adulthood and is officially 18 years old. The goal is to promote a safe, respectful, and cooperative household environment where the entire family can flourish.

Important Notes and Statements

This contract is for [NAME]'s well-being because we, as parents, care deeply, love [him/her], want to see [him/her] succeed, and are committed to helping him achieve [his/her] best. Also, we (mom and dad) want to acknowledge and commend [him/her], for making excellent choices by not using drugs, smoking, or drinking alcohol. We encourage you to continue these positive behaviors.

Contract Expectations and Rules:

*Minor Violations are indicated by an * and Major Violations are indicated by ***.*

1. Substance Use*:**

- Continue to abstain from drugs, smoking, and alcohol. Your healthy choices are greatly valued and appreciated.

2. Driving Behavior and Financial Responsibility (all items) *:**

- Drive responsibly and follow all traffic laws, including not speeding, not endangering yourself and others, not creating havoc while using the automobile, and driving respectfully.
- Take financial responsibility for the car, including:
 - Paying for insurance.
 - Handling all paperwork such as licenses and stickers.
 - Paying for gas and maintaining insurance coverage.
- Keep the Life360 app on at all times for safety and communication purposes.
- Any incidents of unsafe driving will result in a temporary suspension of car privileges, as safety is our top priority.

SAFE DRIVING BEHAVIORS ARE NON-NEGOTIABLE FOR LIVING IN OUR HOME

3. Household Contributions (all items) *:

- Contribute to household chores
- Keeping your room clean on a weekly basis.*
- Do your laundry on a weekly basis *
- Keeping the kitchen clean and maintained, with no dishes left in the sink.*
- Assisting with meal preparation and clean-up.*
- Helping with any other reasonable tasks as needed.*

4. Respectful Behavior (all items)***: Treat all family members with respect, using respectful language.

- No cursing at others or any kind of abusive behavior is acceptable. Mutual respect is the foundation of our household.

5. Educational Responsibilities (items vary from * to ***):

- Attend all classes and actively participate in your academic program.***
- Complete your high school education and graduate.***
- Think about possibilities for your future career and discuss your ideas with us. We are here to support you in planning for your future.*

6. Employment/Financial Responsibilities (all items)*** :

- No unauthorized use of credit/debit cards.
- No taking cash from parents without their knowledge and approval.

7. Curfew (all items)***: If you need a change, let's discuss it together.

- Adhere to the established curfew:
- Weekdays: Midnight
- Weekends: 1 AM

8. Electronic Device Usage (all items)*:

- Balance screen time with physical activity.
- Avoid using electronic devices during family meals.
- Electronic device usage ends at midnight on weekdays and 1 AM on weekends.

9. Health and Wellness (items vary from * to ***): Managing your mental health is crucial, and these steps are essential for your well-being.

- TAKE PRESCRIBED MEDICATION AS DIRECTED AND ATTEND ALL THERAPY SESSIONS REGULARLY.***

- Maintain a healthy lifestyle by engaging in regular physical activity.*
- Attend all scheduled medical and dental appointments.*
- Seek help if you face any challenges with mental health.*
- Eat balanced meals every day and drink water daily to maintain physical health.*

10. Borrowing Items (all items)*:**

- You must ask for permission before borrowing any items.
- Return borrowed items in the same condition as when you took them.

11. Triggers (all items)*:**

- If you feel triggered or upset by something, you must talk to one of us about what is bothering you. We are here to listen and support you.

Parental Support and Love:

We want you to know that we care deeply about you and love you very much. Our desire for you to take your prescribed medication, attend therapy sessions, and take self-care seriously stems from our commitment to your well-being. We believe these steps are essential for your health and happiness, and we are here to support you every step of the way.

Consequences for Non-Compliance Strike Violation System:

For consequences regarding Minor Violations indicated by *:

1. Talk with one of us until the matter is resolved. This is to ensure that we address any issues and find solutions together.
2. Fifteen minor violations will be added/deemed as one Major violation.

For consequences regarding Major Violations indicated by ***

1. First Violation:

We will discuss the issue and temporarily suspend certain privileges at our discretion. Depending on the type of violation the suspended privileges and consequences will vary.

2. Second Violation:

Additional privileges may be suspended, and attendance at counseling sessions to address underlying issues will be required. A worksheet or worksheets may be chosen by parents and will have to be completed.

3. Third Violation:

If violations persist, alternative living arrangements will need to be made, and you will have 30 days to find a new place to stay.

Support and Assistance:

1. Parental Support:

We are committed to providing emotional support and guidance to help you comply with this agreement. We will assist in accessing counseling or other resources if needed.

2. Communication:

Regular family meetings will be held to discuss progress, address concerns, and make any necessary adjustments to this agreement.

Signatures:

By signing this agreement, all parties acknowledge that they understand and agree to the terms outlined above.

[Family Member]

Date: _____

[Family Member]

Date: _____

[Family Member]

Date: _____