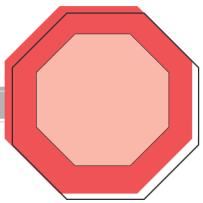
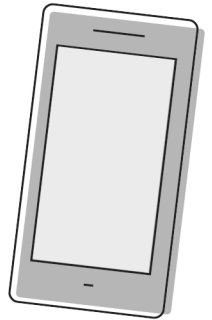




# BEHAVIOR CONTRACTS

FOR KIDS



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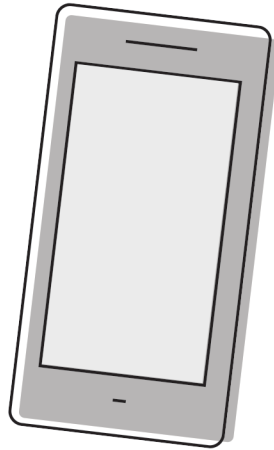


# CELL PHONE CONTRACT

# 1

## ▶ USAGE

- I will plug my cell phone in my parent's room by \_\_\_\_ p.m. on school nights and \_\_\_\_ p.m. on the weekend.
- I will always have my cell phone turned on when I'm out with friends.
- I will always answer call or texts from my parents.



## ▶ ETIQUETTE

- I will not use my cell phone during family mealtimes or family time.
- I will not text or use my cell phone when I am doing homework or while in school.
- I will not text or talk on my cell phone while I am driving.
- I will not look at my cell phone when talking to someone in person.
- If I am asked to stop using my cell phone, I will happily do so.

## ▶ HONOR CODE

- I will never message or talk to someone and then delete or hide it from my parents.
- I will never open or view pages that are not permissible, such as: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
- I will never share personal information such as name, address, phone number, school, etc.
- I will never send, forward or respond to mean or threatening messages.
- I will never buy or download anything without my parents' permission.
- I will never give my passwords to anyone but my parents; they will have access to all of my passwords.
- I will never join social media networks without permission.
- I will tell my parents immediately if something on my phone is inappropriate.
- I will give my parents access to my phone whenever.

# 2

## ▶ CONSEQUENCES

*I understand that I risk the following consequences for violating any of the above:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# 3

## ▶ SIGNATURES

*I understand that a cell phone is a privilege that I must earn by being responsible and trustworthy.  
I will follow this contract at all times.*

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

SOCIAL MEDIA

   **CONTRACT**   

1

▶ **SETTING UP**

- I will ask my parents' permission before joining any social media network.
- I will allow my parents to set my privacy and parental control settings on all of my accounts.
- I will give my parents my passwords to all of my social media networks and no one else.

▶ **SHARING**

- I will not post or share: my full name, age, address, school, interests or other personal information without my parents' permission.
- I will not post or share photos of myself without my parents' permission.
- I will not post or share photos of my family or friends without their permission.
- I will not post or share offensive or inappropriate images, language, video or other content.

▶ **CONDUCT**

- I will not meet anyone in person who I have met through social media.
- I will not engage in online bullying, including making unkind comments.
- I will let my parents know if I am the victim of online bullying.
- I will meet academic standards set by my parents or risk losing social media privileges.
- I understand that posting certain types of photos or information on social media sites is punishable by law.
- I will put my phone away during family time.
- I will follow my parents' rules regarding time limits for online use.
- I will be off my social media by \_\_\_\_ p.m. during the week and \_\_\_\_ p.m. on the weekend.

2

▶ **CONSEQUENCES**

*I understand that I risk the following consequences for violating any of the above:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3

▶ **SIGNATURE**

*I, \_\_\_\_\_, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and want me to be safe.*

Child: \_\_\_\_\_ Date: \_\_\_\_\_

# SIBLING PEACE CONTRACT

# 1

## ► SIBLING EXPECTATIONS

- I agree to think about my options in handling my arguments with my sibling(s) before a conflict.
- I agree to take a time out if a conflict between my sibling and I gets out of hand.
- I agree to listen to my sibling's point of view.
- I agree not to use name-calling or hurtful behavior when I am upset with my sibling.
- I agree to try working out my conflict with my sibling before involving my parent(s).
- I agree to be open to resolving disputes with my sibling.

# 2

## ► CONSEQUENCES

*I am responsible for giving back to my sibling in some way if I don't follow this contract by doing a chore or cleaning their room, for example.*

If I **break** this contract, I will receive the following consequence(s):

---

---

---

If I **follow** this contract, I will receive the following reward(s):

---

---

---

# 3

## ► SIGNATURE

Sibling: \_\_\_\_\_ Date: \_\_\_\_\_

Sibling: \_\_\_\_\_ Date: \_\_\_\_\_

Sibling: \_\_\_\_\_ Date: \_\_\_\_\_

Sibling: \_\_\_\_\_ Date: \_\_\_\_\_



# SELF-CONTROL CONTRACT



# 1

## ▶ CHILD EXPECTATIONS

- I agree to take a break or time out from a situation when I am angry or upset.
- I agree to not hurt others with my hands, words, or actions.
- I agree to not touch or take others things without asking first.
- I agree to not interrupt others when they are talking. I will wait my turn.
- I agree to use an inside voice when I am inside.
- I agree to respect others' privacy.
- I agree to ask calmly for something I need or want.
- I agree to think about my choices before I respond to my parents, siblings, teachers, or friends.
- I agree to think about my actions and apologize for my behavior quickly after I get upset.
- I agree to think about how I can control my feelings better for the next time I get angry or upset.

# 2

## ▶ CONSEQUENCES

If I **break** this contract, I will receive the following consequence(s):

---

---

If I **follow** this contract, I will receive the following reward(s):

---

---

# 3

## ▶ SIGNATURE

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_