



# Hawthorn Counseling Group

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## Family Contract

We, the \_\_\_\_\_ family, recognize that life can be much more pleasant and that kids and parents can be more successful at home, school and work when everyone agrees upon some basic expectations for behavior and cooperation with one another. In an effort to improve communication and cooperation we are entering into this contract, which was agreed-upon this \_\_\_\_\_ day of the month of \_\_\_\_\_, 20\_\_\_\_. This contract is being developed with the following general ideas in mind:

- It's better if expectations, rules, privileges and consequences are known by all parties in advance to avoid misunderstandings and to promote cooperation.*
- Families are not democracies—kids' votes do not count as much as parents' input. But parents should listen to their kids' concerns, goals and suggestions as to what expectations are fair and reasonable, and should include kids' views when thinking of their own expectations of their kids.*
- Everybody is expected to show basic respect for all family members at all times.*
- The expectations, rules, privileges and consequences described in this contract should be re-negotiated from time-to-time as children and teenagers develop and display a better sense of personal responsibility and trustworthiness.*
- The rules, privileges and consequences in the home should be fair and reasonable and should provide opportunities for success and recognition of achievement.*

### BEHAVAIORAL GOALS

From the *parents'* point of view, the following are examples of behaviors which they appreciate and which they would like to see MORE of in the future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

From the *parents'* point of view, the following are examples of behaviors which are troubling, which they would like to see LESS of in the future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

From the *kids'* point of view, the following are examples of parents' behaviors which they appreciate and which they would like to see MORE of in the future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

From the *kids'* point of view, the following are examples of behaviors which they find upsetting, which they would like to see LESS of in the future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**EXPECTATIONS AROUND THE HOUSE**

**CURFEW**

Skip this part—this section isn't relevant to our family right now.

At a minimum, you're expected to follow legal curfew requirements. In our family we've set the curfew for you as follows:

Weeknights: must be home no later than: \_\_\_\_\_

Weekends: must be home no later than: \_\_\_\_\_

And, it is reasonable that your parents ask you to provide details as to where you'll be, what you'll be doing and with whom, as well as means to contact you, if necessary.

CONSEQUENCES & PRIVILEGES

- ✓ 1<sup>st</sup> offense within same 1-week period of time: warning/reminder
- ✓ 2<sup>nd</sup> offense within same 1-week period of time: for every minute out past curfew you must be home \_\_\_\_\_ minutes earlier the next time you wish to go out.
- ✓ 3<sup>rd</sup> offense within same 1-week period of time: for every minute out past curfew you must be home \_\_\_\_\_ minutes earlier the next time you wish to go out.

⇒ A pattern of success with curfew will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_

\_\_\_\_\_

**CHORES**

Skip this part—this section isn't relevant to our family right now.

As a member of the family, you're expected to help with the following chores & responsibilities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

CONSEQUENCES & PRIVILEGES

- ✓ Successful and consistent completion of your chores is very much appreciated and will help you to maintain the following privileges:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

⇒ A pattern of success with chores will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_

\_\_\_\_\_

**FAMILY MEALS**

Skip this part—this section isn't relevant to our family right now.

Families work best if there are regular times when everyone comes together, such as at mealtimes. You are always welcome at meals and your presence is especially requested at mealtime at least \_\_\_\_\_ times per week.

CONSEQUENCES & PRIVILEGES

- ✓ Regular participation in meals will help you to maintain the following privileges:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

⇒ A pattern of success with family meals will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_

\_\_\_\_\_

**BEDTIME / LIGHTS OUT**

Skip this part—this section isn't relevant to our family right now.

Sometimes, when things aren't going so well at work, at school or with mood and functioning, it's because we're not getting enough reset.

On weeknights /school nights, you're expected to be in your room, ready for bed, no later than \_\_\_\_pm and your lights should be out for the night no later than \_\_\_\_pm.

On weekend nights, you're expected to be in your room, ready for bed, no later than \_\_\_\_pm and your lights should be out for the night no later than \_\_\_\_pm.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with bedtime & lights out will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**GETTING UP & GOING IN THE MORNING**

Skip this part—this section isn't relevant to our family right now.

Mornings can be rough sometimes. But it's important to start each day on schedule, meeting your responsibilities. You're expected to be up no later than \_\_\_\_\_am weekdays and \_\_\_\_\_ weekends. Of course, simply being "up" isn't all that you're expected to achieve in the morning. Additional expectations each morning include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with these expectations will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**USE OF THE COMPUTER**

Skip this part—this section isn't relevant to our family right now.

Use of the computer is a privilege which is available to you, so long as you abide by the following rules and expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with use of the computer will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**USE OF THE TELEPHONE**

Skip this part—this section isn't relevant to our family right now.

Use of the telephone is a privilege which is available to you, so long as you abide by the following rules and expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with use of the telephone will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**USE OF THE CAR**

Skip this part—this section isn't relevant to our family right now.

Use of the car is a privilege which is available to you, so long as you abide by the following rules and expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with use of the car will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**HAVING FRIENDS IN THE HOUSE**

Skip this part—this section isn't relevant to our family right now.

Having friends in the house is a privilege which is available to you, so long as you abide by the following rules and expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with having friends over will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL WORK**

**BEING TARDY FOR SCHOOL**

Skip this part—this section isn't relevant to our family right now.

You're expected to be on time for school every morning. Let your parents know if you need extra help, in some way, to achieve this (for example, if a new alarm clock would help, reminders about getting to bed on time, etc.)

CONSEQUENCES & PRIVILEGES

✓ 1<sup>st</sup> time tardy within same 1-week period of time:  
*warning/reminder*

✓ 2<sup>nd</sup> time tardy within same 1-week period of time:  
\_\_\_\_\_

✓ 3<sup>rd</sup> offense within same 1-week period of time:  
\_\_\_\_\_

⇒ A pattern of success with punctuality will help maintain privileges and *may* also lead to the following changes in a future contract:  
\_\_\_\_\_  
\_\_\_\_\_

**BEING TRUANT FROM SCHOOL**

Skip this part—this section isn't relevant to our family right now.

Until such time that you are not enrolled in school, skipping school, even skipping a single class, cannot be tolerated.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with school attendance will help maintain privileges and *may* also lead to the following changes in a future contract:  
\_\_\_\_\_  
\_\_\_\_\_

**SERIOUS DISCIPLINE PROBLEMS AT SCHOOL**

Skip this part—this section isn't relevant to our family right now.

School can be stressful and frustrating sometimes, but you're expected to always show basic respect for the teachers, staff and other students and to follow the school's rules and behavioral expectations.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with behavior at school will help maintain privileges and *may* also lead to the following changes in a future contract:  
\_\_\_\_\_  
\_\_\_\_\_

## GRADES

Skip this part—this section isn't relevant to our family right now.

We are really more interested in recognizing true effort and motivation to succeed in school, rather than just the grades you earn. However, we do think that you're capable of working at the level described below and we encourage you to work towards these goals:

Subject	Target Grades
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of success with grades will help maintain privileges and *may* also lead to the following changes in a future contract:

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## HOMEWORK

Skip this part—this section isn't relevant to our family right now.

We need to be sure that you are completing all homework assignments and that you're spending enough time and effort on your school work. Here's what we would recommend, or expect, concerning homework:

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## CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of success with homework will help maintain privileges and *may* also lead to the following changes in a future contract:

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## GETTING ALONG WITH OTHERS

### HONESTY WITH PARENTS

Skip this part—this section isn't relevant to our family right now.

People can't live together comfortably, and you are less likely to get the things you want, when your parents can't rely upon you to be truthful and honest. Acts of lying, deception, stealing and dishonesty hurt the whole family and are signs that you need extra supervision and guidance.

## CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of success with honesty will help maintain privileges and *may* also lead to the following changes in a future contract:

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**RESPECT SHOWN TOWARDS PARENTS**

Skip this part—this section isn't relevant to our family right now.

Acts of disrespect towards your parents might include behaviors such as name-calling, cursing or raising your voice. These behaviors hurt the whole family and cannot be tolerated. Whenever parents see this sort of behavior it's usually seen as a sign that you need extra supervision and guidance.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with respect towards parents will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**RESPECT SHOWN TOWARDS SIBLINGS**

Skip this part—this section isn't relevant to our family right now.

Acts of disrespect towards your brothers and sisters might include behaviors such as name-calling, cursing, fighting, arguing or raising your voice. These behaviors hurt the whole family and cannot be tolerated. Whenever parents see this sort of behavior it's usually seen as a sign that you need extra supervision and guidance.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with respect towards your siblings will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**RESPECT SHOWN TOWARDS PROPERTY**

Skip this part—this section isn't relevant to our family right now.

It's wasteful and disrespectful to damage property during times when you feel upset, angry or frustrated. It's important that you learn how to value the things available to you and that you learn more mature ways to handle anger and frustration. Whenever parents see this sort of behavior it's usually seen as a sign that you need extra supervision and guidance.

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of success with respect towards property will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

### CONTROLLING ANGER

Skip this part—this section isn't relevant to our family right now.

Everyone gets frustrated sometimes. Sometimes anger is justified, even useful, while at other times it can be out of control and damaging to important relationships in your life. It's important that you learn more mature, healthy ways of handling anger. Temper tantrums, loud angry outbursts, venting anger on others, name calling or other disrespectful behaviors just can't be tolerated. Whenever parents see this sort of behavior it's usually seen as a sign that you need extra supervision and guidance.

#### CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of success with controlling anger will help maintain privileges and *may* also lead to the following changes in a future contract:

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### CHOOSING FRIENDS

Skip this part—this section isn't relevant to our family right now.

While we're all responsible for our own behavior and can't blame others for our own actions, there are times when the company we keep can get in the way of making healthier decisions. Your parents have the following expectations concerning your choice of friends, how and with whom you spend your time:

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#### CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of success with friends will help maintain privileges and *may* also lead to the following changes in a future contract:

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### SHOWING GOOD JUDGEMENT

#### ALCOHOL & DRUG USE

Skip this part—this section isn't relevant to our family right now.

Parents have a duty to do everything possible to keep their kids healthy and safe, including prevention of alcohol and drug use. Drug and alcohol use cannot be tolerated. Your parents are prepared to take the following steps to address a potential drug and/or alcohol use problem:

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#### CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

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⇒ A pattern of abstinence from drug & alcohol use will help maintain privileges and *may* also lead to the following changes in a future contract:

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**CIGARETTE SMOKING**

Skip this part—this section isn't relevant to our family right now.

Parents have a duty to do everything possible to keep their kids healthy and safe, which may include the expectation that cigarettes are not used. Your parents are prepared to take the following steps to address a potential tobacco addiction or cigarette usage:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of abstinence from tobacco use will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**RUNNING AWAY**

Skip this part—this section isn't relevant to our family right now.

Parents have a duty to do everything possible to keep their kids healthy and safe, which may include the expectation that they know where their kids are at all times and the belief that running away causes more problems than it solves. Your parents are prepared to take the following steps to address the risk of running away:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of good judgment on your part will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**LEGAL PROBLEMS & RESPONSIBILITY**

Skip this part—this section isn't relevant to our family right now.

Unlawful behavior cannot be tolerated—you are expected to avoid any circumstances or engage in any behaviors which lead to breaking the law. Your parents are prepared to take the following steps in response to violations of the law or a risk of breaking the law:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of good judgment on your part will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**COMMITMENT TO IMPROVEMENT**

**INVOLVEMENT IN COUNSELING**

Skip this part—this section isn't relevant to our family right now.

A decision has been made that individual and/or family counseling is an important part of improving behavior, relationships and building a better future. Your parents want to encourage and support your active participation in counseling and have the following basic expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of good judgment regarding participation in counseling will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**MEDICATION COMPLIANCE**

Skip this part—this section isn't relevant to our family right now.

A decision has been made that use of medicine as prescribed by your doctor may offer a way of helping to improve behavior and build a better future. Your parents want to encourage and support your proper use of prescribed medicine and have the following basic expectations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of good judgment regarding participation in counseling will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

**ALERTING OTHERS TO TOUGH TIMES**

Skip this part—this section isn't relevant to our family right now.

There may be times when you get quite discouraged or have trouble sticking with the plan for improving your mood, behavior, success at school and relationships with others. Sometimes you might doubt that it's still worth trying to get better and you may even feel like "giving up". You're expected to alert others when you're going through a seriously tough time. Here's the plan for when you are really struggling:

\_\_\_\_\_  
\_\_\_\_\_

CONSEQUENCES & PRIVILEGES

✓ Cooperation with these expectations will help you to maintain the following privileges:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

⇒ A pattern of good judgment regarding participation in counseling will help maintain privileges and *may* also lead to the following changes in a future contract:

\_\_\_\_\_  
\_\_\_\_\_

*I am agreeing to abide by the system of behavioral expectations, consequences and privileges as described above. My signature indicates that I truly plan to make every effort to follow the terms described above, in good faith, until such time this agreement is re-negotiated.*

\_\_\_\_\_  
Parent/Guardian signature      Date

\_\_\_\_\_  
Child/Teenager Signature      Date