



# BEHAVIOUR CONTRACT GUIDELINES

Before creating your teen behaviour contract, read the article at <https://www.theyarethefuture.co.uk/teenage-behaviour-contracts/>.

Keep it simple. What is your highest priority to keep everyone safe and healthy? Work on that behaviour.

Keep it collaborative. Contracts can't be imposed on teenagers. They need to buy into it and work with you.

# GOAL

(TARGET BEHAVIOUR): \_\_\_\_\_



\_\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE \_\_\_\_\_

\_\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE \_\_\_\_\_

\_\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE \_\_\_\_\_

CURRENT DATE: \_\_\_\_\_

DATE WE WILL REVIEW CONTRACT: \_\_\_\_\_

# EXAMPLE BEHAVIOUR CONTRACT

GOAL (TARGET BEHAVIOUR): **FRED WILL NOT DAMAGE THE DOORS/FURNITURE WHEN ANGRY**



\_\_\_\_**FRED**\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_**GOING FOR A RUN OR USING MY PUNCH BAG WHEN ANGRY INSTEAD OF DAMAGING THE HOUSE**\_\_\_\_\_

SIGNATURE \_\_\_\_\_*Fred R*\_\_\_\_\_

\_\_\_\_**DAD**\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_**REMINDING FRED TO USE HIS PUNCH BAG MORE OFTEN, PRAISING FRED FOR STAYING CALM**\_\_\_\_\_

SIGNATURE \_\_\_\_\_*Janine Reid*\_\_\_\_\_

\_\_\_\_**MUM**\_\_\_\_ (NAME) COMMITS TO \_\_\_\_\_**TRYING TO STAY CALM SO I DON'T ESCALATE FRED, REMINDING FRED TO USE HIS PUNCH BAG**\_\_\_\_\_

SIGNATURE \_\_\_\_\_*Tom Reid*\_\_\_\_\_

CURRENT DATE: \_\_\_\_**18TH JANUARY**\_\_\_\_

DATE WE WILL REVIEW CONTRACT: **END OF FEBRUARY**