

CONTINGENCY CONTRACT (Sample)

I, _____, (the child) and we _____ and _____, (the parents) enter into the following behavioral contract in order to create order and harmony in our home. This contract will be reviewed _____ months from the date of signing, at which time it is subject to either being continued or renegotiated.

By agreeing to the terms and conditions of this behavioral contract, all parties understand and accept that they are bound by the contract and are not free to vary from the terms and conditions.

I _____, (the child) agree that I will perform the behaviors listed below in the manner they are set forth and described.

1. I will obey all authority at home, school, church, and in the community.
2. I will complete all my homework in a timely manner Monday through Friday.
3. I will ride the school bus at 7:00 am and attend school every day.
4. I will be home from school on time unless otherwise permitted by my parents.
5. I will not get online or on the phone, watch TV, listen to music, or play video game during the homework hours of 7:00 pm to 10:00 pm Monday through Friday.
6. I will not fight or argue with or provoke my sister and brother.
7. I will not swear or use obscene gestures to my sister and other people under any circumstances.
8. I will behave appropriately in the car and not play inside, around, or on top of the car.
9. _____.
10. _____.

I _____, (the child) agree that should I violate the contract by failing to perform the behaviors set out above that I will be choosing to suffer the following consequences.

1. Write a letter of genuine apology to the person that I have disobeyed or disrespected.
2. Write "I will not disobey again and break the rules" _____ times.
3. Voluntarily ground myself for 20 minutes in the bathroom with the understanding that I can only read textbooks or do my homework while I am grounded.

4. Scrub tub, tile, and toilet in two bathrooms (downstairs and upstairs).
5. Write a two-page essay on why I shouldn't have broken the rule I just broke.
6. Lose my privilege to watch TV, get online or phone, or play video game for _____ day(s).
7. _____.

We, _____ and _____, (the parents) agree that every month if _____, (the child) performs the behaviors as outlined above, that in addition to escaping any of the negative consequences outlined above, he/she will have earned the right to one of the following privileges.

1. _____ additional hours to be online.
2. A pizza party with up to 3 friends.
3. Dinner at a favorite restaurant.
4. \$10 allowance.
5. _____.
6. _____.

Both parties acknowledge that this contract is entered into voluntarily and that the terms and conditions will be respected. If performance is accomplished, parents agree that the child shall not be denied privileges and other consequences.

_____ (the child) agrees that if he/she fails to perform that it is him/her and not his/her parents who have chosen to forfeit the consequences, and he/she will not whine, complain, or rebel.

Parent

Child

Parent

Date

Date