

INDEPENDENCE CONTRACT TEMPLATE

_____, _____ and _____ agree to this contract as of
Student Parent Parent

_____. We all agree to do our best to follow this contract, and to talk to each
Date

other as soon as possible if we are having trouble following this contract. Also, we agree to get together and review this contract in three weeks and see how it is going, and if we want to make any changes.

This contract has 3 important parts:

1. Parent-Teen Agreement
2. Student's Guidelines for Homework, Electronics + Behavior
3. Points System
4. Optional: Allowance Addendum

Part 1: Parent & Teen Agreement

PARENT agrees to the following...

- I will provide you housing, food and clothing
- I will make myself available to you whenever you need me, even when I'm "busy"
- I will listen, and NOT overreact or judge you for things that don't make sense to me
- I will love you for you are and encourage you to become your best
- I will never see you as a failure, even when you fail
- I will hold you accountable for the choices you make, ensuring that you experience the wonderful privileges and unfortunate consequences that go with each

As your parent, I commit to this agreement and more importantly to you. I promise to help you in ways that will empower you to become an independent healthy young adult.

Signature of Parent

Signature of Parent

TEEN agrees to the following...

- I will be honest, even when I don't feel like it
- I will be respectful towards everyone in this home
- I will not threaten to do harm to myself or others
- I will not drink or take drugs
- If I feel unsafe or uncomfortable, I will call you for a ride home
- I will talk to you when I am upset or confused – even if I'm afraid you'll be angry

I commit to this agreement and will be accountable for my choices. I promise to respect you and honor our relationship.

Signature of Student

Part 2: Student's Guidelines for Homework, Electronics + Behavior

1. Homework

- Have and use a system for tracking homework
- Check online portal daily and write homework in active planner system – keep planner up to date
- Complete all homework in “Study Hall” or at home
 - At home, have a specific area free of distractions for homework
 - Spend at least 45 minutes studying at home on Mon-Thurs (if short-term homework is done, read or work on longer-term projects)
- Turn in all assignments on time (or early!)
- Ask for help if needed
 - This might mean asking a teacher for help

2. Electronics

- TV/Computer/Tablet/Phone:
 - School days: one hour max, only after homework done, if there's time
 - Phone/Tablet “live” outside room or in airplane mode until homework completed
 - Only allowed when all A & B averages reflected in online portal
- No in-app purchases without asking
- Phone:
 - Always answer calls/texts from parents (unless emergency)
 - I will not put anything on my phone (or on any electronics) that is hidden from my parents
 - I will not text or say or look at anything on the phone (or on any electronics) that I wouldn't be ok my parents knowing about/hearing/seeing
- Gaming System:
 - No gaming on school days (okay Fri/Sat/Sun, holidays or whatever last day of school is for week)
 - 2 hours max on days allowed
- Computer/Tablet:
 - Download necessary website/app blockers in order to decrease distractibility and increase productivity (FocusMe, Cold Turkey, Freedom, Self Control, etc)

3. Behavior

- School-specific:

- Stay on task in class
- Do not be on Tablet except when permitted by teacher
- Do not be disruptive in class, talking or otherwise
- Self-monitor; Parents may find out if warnings or detentions (correspondence from school)

- Other:
 - Get ready for school on time on my own
 - Including brushing my teeth, making my lunch
 - Eat healthy foods and limit unhealthy foods/drinks
 - Avoid places, objects, situations that are unsafe, such as going off by yourself, drugs, alcohol and people doing drugs or drinking alcohol
 - Have daily conversations with my parents and peers/adults about something other than apps, videos or videos games
 - Revisit this section every two weeks to check-in

Part 3: Points System

Student will participate with the family by doing chores/activities to total weekly/daily points as follows:

Monday through Friday: 5 points total
Saturday: 4 points
Sunday: 4 points

Points are awarded as follows:

- Each week that Student completes the above minimum = 20 points
- Each week that Student abides by all the Part 2 Guidelines for Homework, Behavior & Electronics = 20 points
- Extra points can be earned as follows:
 - A on a test = 15 points
 - A on a book report = 25 points
 - Chores/activities done after minimum completed = 1pt or 3pts each as listed
 - Other points Student or Parents agree on (for example, a big project in the yard, turning in assignments early, general good behavior, courtesy, helpfulness, etc)
 - Parents to reward at their discretion or per discussion with student
- Student to track points on whiteboard within 24 hours. If not tracked, then lose those points. Sunday night used for weekly measurements.

Point values:

- One Point chores:
 - Pick up dog poo
 - Empty dishwasher
 - Bottles & cans
 - Take trash out
 - Take cans to street on X day
- Three Point chores:
 - Fold & put away laundry
 - Walk dog 30 min.
 - Reading a non-school book 30 minutes

Point deductions:

- Any assignment in PowerSchool with a D or F: 5 points

- Detention: 5 points lunch
- Referral: 20 points
- Not following electronics guidelines: 10 points

Points will accrue toward rewards as follows – Student can choose which reward he wants points to go toward:

- Money:
 - 15 points = \$5
- Extra Screen time:
 - 20 points = One hour screen time
- Eating out at restaurant of your choice:
 - 50 points
- Having a friend over to spend the night or for a special activity:
 - 60 points

Optional: Allowance Addendum

Allowance:

For each week that Student:

- 1) Meets all the "Part 2 Guidelines" for Homework, Electronics and Behavior;
AND
- 2) Completes at least the minimum number of "chore points" (see Part 3, "Points System"),

Parents will provide Student with an allowance of \$20.

This will be kept in a running balance that Student can draw upon that Student will keep written record of (like a bank book). In other words, Student will not receive cash at the time, but instead will "withdraw" cash from his balance when he wants to go do something involving spending money.

This will be tracked Sunday night just like the week's points for "Behavior & Chores", measuring the week that just ended.

One of the important purposes for this is for Student to manage money and budget for things he wants to do such as eating out, coffee treats, movies, etc., so this allowance is INSTEAD of Parents giving Student money on an ad-hoc basis.

*Additional bonus of \$20 at the end of the month when Student meets #1 and #2 for entire month.

By signing this agreement, you hereby agree to all of the above:

Signature of Parent

Date

Signature of Parent

Date

Signature of Student

Date