



Consequence Contract for Harrison Parents and Harrison Child

Name/Date:

Consequences:
(circle all that apply:)

Extra:

Social Grounding

No Phone

No Social Media

Specific Event(s)

Terms and Conditions:

1. Toolkit Notebook Shall Be Completed Each Day.
(Gratitude Journal, Self- Acceptance Journal.) Five things shall be listed each day in each journal: 5 things you're grateful for, and 5 positive things about you.
2. Weekly Check-ins with _____. (This could be the School Guidance Counselor, The Principal, A Therapist, Pastor, Youth Group Leader, etc etc.)
3. Weekly Check-ins with Mom and Dad.
4. A Three-Page Paper on the Following Topic: _____(i.e. *Self-Acceptance and Friendships*)_____.

Specifics for Paper:

Paragraph 1:

"What Happens When I Sell Myself Out and Fall Into Peer Pressure By Changing My Beliefs to Meet Someone Else's Expectations."

Paragraph 2:

"How I Suffer When I Lead a Double Life."

Paragraph 3:

"What am I responsible for in a Friendship? What is my friend responsible for?"

Paragraph 4:

"What am I looking for in a friend group?"

Paragraph 5:

“Practical Ways I Can Distance Myself from People who are Exhibiting Toxic Behavior/How to Realistically Handle Peer Pressure.”

Paragraph 6:

“Why I’m worth Choosing Friends Who are Going to Support My Positive Life Choices.”

Conclusion: 3 sentences about what have I learned through this experience? (Including, but not limited to the topic of Owning My Behavior and not Blaming Others.

Additional Expectations:

*I will follow my list of Daily Esteemable Acts (i.e. Chores, Helping Someone Else Out, Acts of Service)

*All of This will be Completed with a Good Attitude. Failure to have a good attitude will delay without asking why and giving my opinions. Otherwise I will extend my grounding and my privileges back by ONE day per incident.

*I will cheerfully and with a GOOD ATTITUDE help out and participate in family activities with a demeanor of kindness and a pleasant spirit.

*Science has proven better success is reached when goals are written down, I will make a list of 5 goals I set as a result of this experience.

*I understand having a phone/using the cars/etc. is a privilege and not a right.

*I understand my allowance will be on hold until _____(Date)_____, and IF THE CONDITIONS of this contract are met at that time, my allowance will resume. Otherwise an extension will be evoked at the discretion of my parents, and addendums may be made by them at any time.

Additional Terms and Conditions, Specific to this Child and Incident:

SIGNED:

DATE:

Father’s Name Printed_____

Father’s Signature_____

Mother’s Name Printed_____

Mother's Signature _____

Child's Name Printed: _____

Child's Signature: _____