

# PARENTING PLAN FOR ADOLESCENT

## SAFETY

In the house by week-day and week-end curfew time  
Parents must know where you are at all times  
Parents must know phone numbers to reach you  
No Alcohol  
No Drugs  
No driving with those who have been drinking

## CITIZENSHIP/BEHAVIOR

No hitting  
No name-calling  
Discussion is OK but no arguing  
Respect others belongings  
Help when asked  
Pitch in as a team member  
Eat dinner with family

## LIFE SKILLS

When you take something out put it away  
Help with cooking dinner and clean up  
Do your own laundry  
Keep your room and bathroom clean  
Good personal hygiene  
Manage money responsibly  
No driving tickets or accidents

## SCHOOL

Relate to school as your job  
Study before play, TV, Video or computer  
Assignments in on time  
Grades one letter below tested ability

## CONSEQUENCES

Loss of allowance  
Loss of privileges  
Loss of free time in weekend  
Loss of Video, TV or computer  
Restriction of driving privileges  
Drug testing

## REWARDS

More privileges  
More free time with friends  
Use of car  
More TV, Video and computer time  
Special rewards

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