

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 output 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

