



Your family name here

Date_____

Topic: Electronics Use

Rule: Electronics (outside of school work) are permitted on weekdays (Sun-Thur) from 630p-830p. Electronics time CANNOT start until after homework is completed. Electronics are permitted on Fridays and Saturdays from 630p-930p.

John’s responsibilities:

- 1) Complete homework before electronics use
- 2) Plan appropriately for ending electronics use at designated end time.
- 3) End electronics time on-time.

Parents responsibilities:

- 1) Ensure John has access to electronics/internet during allotted electronics time.
- 2) Continue to pay for family to have internet access.
- 3) Monitors Johns’ electronics use to ensure it continues to be a healthy part of his daily routines

Failure of John to meet responsibilities: loss of access to electronics for one day. Repeated failure to meet responsibilities will result in longer periods of electronics restriction.

Failure of parents to meet responsibilities: extended electronics use time on agreed upon day.

Reward: John continues to have electronics time daily.
Parents and John have less arguments about electronics time.

Review/revisions: Anyone can request contract be reviewed/revised at any time.

Parent(s) Signature:_____

Date:_____

Teen Signature:_____

Date:_____



Your family name here

Date_____

Topic:

Rule:

Teen's responsibilities:

Parents responsibilities:

Consequences for failing to meet responsibilities:

Reward for meeting responsibilities:

Review/revisions: Anyone can request contract be reviewed/revised at any time.

Parent(s) Signature:_____

Date:_____

Teen Signature:_____

Date:_____