



The Graham Family Contract Example



Here is an example how I would use the contract with my own family. Be creative and use the knowledge of your own family to make the rules best suited for you.

House Rules (your house, your rules)

1. No backtalking
2. Do your chores without being told
3. Be nice to your siblings
4. Do homework and chores before playing or screen time

Technology Rules

1. No giving out personal information on the internet
2. No talking or communicating to another person unless approved by Mom or Dad
3. No cyberbullying
4. No changing setting unless approved by Mom or Dad

Screen Time Rules

1. Each child in the Lee family is only allowed 1 hour of screen time each day.
2. Each child in the Lee family is only allowed 10 min of screen time in the morning before school
3. Each child in the Lee family is only allowed screen time if the following things are complete and checked by either Mom or Dad
 - a. Chores
 - b. Homework
 - c. Played outside for at least 30 min

Activities to do Instead of Screen Time:

- Play outside with friends or family
- Write a story
- Practice a sport
- Pickup a new hobby (ex: instrument, photography, chess)
- Read a book

Possible Consequences:

- No screen time for 1 day
- No hanging out with friends for a week
- Doing any chore Mom or Dad say for a week
- No sports for a week
- Sitting in time out

All members of the Graham Family, please sign below to make your lasting promise.

_____ signature: _____

_____ signature: _____

_____ signature: _____

_____ signature: _____

*All rules and consequences are in complete control of the caregivers of the Lee family. Mom and Dad have the right to change any rule or consequence that he or she wants.