**Contract for No Self-Harm**

Because of my love for Madonna, I am expressing the following expectations for Madonna. My desire is that Madonna lives a safe, healthy, happy life.

**Rule for No Self-Harm**: Madonna will cause no harm to her body. In order to gain trust in Madonna, her mother will do random body checks for any destruction to her skin. (Healthy Undercurrents: Safety and Consistency)

Destruction to skin is Defined As:

 Burns

 Puncture with any sharp object

 Cuts with any object

 Scratches or friction marks

If Madonna makes any verbal threats to harm herself, she must immediately submit to a body check by mom.

If Madonna feels like self-harming she will contact her mom immediately.

**Rewards:** (Healthy Undercurrents: Safety, Consistency, and Nurturance)

 For 7 straight days that Madonna is found to be free of any self-harm to her skin=

Madonna and her mom will celebrate with a mother & daughter rent a movie night (Madonna picks the movie – with mom’s final approval)

 For 14 straight days that Madonna is found to be free of any self-harm to her skin= Madonna and mom will celebrate by having a mother & daughter special day and doing an activity from the pre-written list that Madonna and mom agreed on.

**Consequences:** (Healthy Undercurrents: Safety and Consistency)

 1st Offense: Madonna will lose her cell phone for 48 hours

 2nd Offense: Madonna will have her bedroom door removed and will lose her cell phone for 7 days.

 3rd Offense: Madonna will go on a 24 hour watch plan

**Parent/Village Roles:** (Safety, Consistency, Nurturance, and Village Support)

 **Mom**’**s Role**

* When mom has concerns she will first talk to Madonna about her concerns before bring the concern to anyone else in their PLL support group.
* Mom reserves the right to call 911 or take Madonna to the hospital if she threatens to harm herself or does an act of self-harm and mom thinks she is being too unsafe for her to handle.

 **Aunt Donna**

* Aunt Donna will call Madonna daily at 5pm and ask her to identify 3 feelings she had that day. She will then ask her about her self-harm behaviors and if she has had any. She will praise Madonna if she hasn’t had any self-harm behaviors. If Madonna reports any threats or acts of self-harm, she will come over to the house and discuss with mom and Madonna.
* Aunt Donna will encourage Madonna to use her listed coping skills.

Madonna Date

Mom Date

Aunt Donna Date