



## Parenting with Love and Limits®

### CLASSIC CONTRACTS

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# Sample Contract Templates Associated with Misuse of Power Seed

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## A. Common Symptoms and Contracts Within the Family:

- Disrespect
- Chores
- Morning Contract to Get Up For School On Time
- Breaking Curfew
- Threats or Acts of Aggression
- Drug or Alcohol Abuse
- Stealing
- Lying
- Leaving Home Without Permission
- Sibling Fighting
- Manipulative Self-Harm
- Restore Trust

## B. Common Symptoms and Sample Agreements Between the Family and Environment:

- School Performance
- Ditching School
- Interface with Drug or Alcohol Programs
- Injection of Protective Factors Within the Community (Getting a job, Healthy Peer Group Involvement, Social Support Systems Involvement, Child Protective Services)

## C. Common Dance Cards that are Supplementary to Eliminate Common Interactional Undercurrents (Classic Derailing Moves)

- De-escalation of Aggression – Parent and Child
- Reduction of Caustic Communication
- How to Exit and Wait
- Aggression Monster Undercurrents (Healthy and Unhealthy)

## DISRESPECT

**RULE:** Doga's behavior will be considered **disrespectful** if he does one or more of the following:

(Healthy Undercurrent: Consistency)

- Does not comply with adult requests the first time he is asked to do something
- Argues, nags
- Uses inappropriate language (profanity & phrases such as “shut up,” “stupid”)
- Mumbles under breath
- Rolls eyes, sucks teeth, mimics parent
- Balls up fists, play fights
- & any other behaviors mother identifies as disrespectful

**REWARDS:** (Healthy undercurrents: Consistency and Nurturance)

<b>Daily Reward</b> = 1 ticket	<b>What tickets can get you:</b>
<b>Bonus Rewards:</b>	
7 straight days = 2 extra tickets	1 = extra 30 minutes of TV <u>or</u> computer
14 straight days = 5 extra tickets	3 = 1 hour late bedtime
30 straight days = 10 extra tickets + \$5	10 = medium pizza
<b>Next 30 straight days</b> = 20 extra tickets	20 = new video or CD
	40 = hip hop shirt
	100 = \$20

*Tickets can only be redeemed on days Doga is in good standing with no offenses.*

**CONSEQUENCES:** (Healthy undercurrents: Consistency)

**1<sup>st</sup> Offense** = no ticket + no TV (in any room) for 24 hours

**2<sup>nd</sup> Offense** = no ticket + no TV (in any room) & no computer for 48 hours

**3<sup>rd</sup> Offense** = no ticket + no TV (in any room), computer, & phone for 72 hours

Backup Plans: With TV, dad disconnects cable; with computer, mom disables password; with phone, mom suspends service, with Doga paying reactivation fee to reconnect.

**MOTHER'S ROLE:** (Healthy undercurrents: Consistency and Supportive Communication)

- One verbal warning per day (if needed)
- Consequences will be administered with short & to the point language, with calm voice.
- If Doga gets angry or argues, mother will exit & wait. Doga following mother = “nerdy” shoes for 24 hours.

**VILLAGE ROLE:** (Healthy undercurrents: Supportive Communication & Nurturance)

Maternal aunts, maternal grandmother, & family friend Hawa will help mother smother Doga with love (hugs, kind words, homemade meals).

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Doga

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Date

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Mom

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Date

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## Chore List for James

**Rule #1:** The following chores must be completed **by 7pm for mom's inspection**, Monday – Friday:  
**(Healthy Undercurrent: Consistency)**

- Clean Room (fold up bed, pick up dirty clothes, all stuff off floor, and book bag ready for next day and beside front door)
- Take Trash Out –Bedroom, Bathroom, Kitchen
- Wipe down dining room table and sweep floor
- Tuesdays and Thursdays wash, dry and put away dinner dishes

**Rewards:** (Healthy undercurrents: Consistency and Nurturance)

Daily Reward = \$1 Bill + a checkmark on the Bonus calendar

Bonus Rewards

- 5 days = Spend one night at friend's house (parent approval) or friend stays over (Fri or Sat night)
- 14 straight days = Eat out at Red Lobster on the upcoming weekend
- 21 straight days = \$25 for shopping trip to mall on the upcoming Saturday (mom will provide transportation and you may take two friends)

**Consequences:** (Healthy undercurrents: Consistency)

\* First Offense: No daily reward + level 1 grounding for 24 hours (level 1 grounding means you must remain in the house and have no contact with friends via phone and no computer usage)

\* Second Offense: No daily reward + level 2 grounding for 24 hours (level 2 grounding means you must remain in the house with no contact with friends via phone and no computer usage + no TV or video gaming)

\* Third Offense: No daily reward + level 2 grounding for 48 hours

Consequences start over each Monday

Parent's Role: (Healthy undercurrents: Consistency, Supportive Communication, and Nurturance)

- Mom and Dad will give James One Positive Teen Report a Day for the Next 30 Days
- Mom and Dad will go on one special outing with James 1x per week on Thursday for the next month (4 times in the month)
- Mom and Dad will hug James daily at bedtime

Additional Dance Cards to decrease Caustic Communication and Tension:

- Mom or Dad will use the Anti-Button Pushing Strategy of Exit and Wait if James is (a) Not doing what he is told or (b) Talking back or Yelling; (c) with these statements:

**Not Following Directions**

“James we love you but what you are saying is disrespectful. I am going to leave and cool down for 3 minutes. If I come back and you are not doing what I asked the contract that we signed together will be enforced. I know you want to make the right decision because I looking forward to giving you a reward tonight”

**Yelling or Talking Back**

“James we love you but what you are saying is disrespectful. I am going to leave and cool down for 3 minutes. If I come back and you are still talking back or yelling the contract that we signed together will be enforced. I know you want to make the right decision because I looking forward to giving you a reward tonight”

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Mom and Dad

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Date

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James

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Date

## Nathan's Morning Contract

The following routine is expected of Nathan every school morning. If one or more of the following are not done, Nathan will be breaking the contract. ([Healthy Undercurrents: Consistency and Supportive Communication](#))

- Nathan will set his phone alarm clock the night before for 5:40 AM
- Nathan will be out of bed by 5:50 AM
- Nathan will be ready for school and in the car 6:20AM OR when Dad instructs him to get in the car.

\*Nathan will receive one reminder from Mom/Dad before a consequence is given

### Rewards: ([Healthy Undercurrents: Consistency and Nurturance](#))

Daily Reward for following contract = 30 minutes of extra computer time.

5 straight school days of following contract = Trip to Starbucks and Friends can come over on the upcoming weekend

10 straight school days of following the contract = Guys night out with dad and Zach + \$25 Gift Card to Best Buy

### Consequences: ([Healthy Undercurrent: Consistency](#))

1<sup>st</sup> Offense = No computer time for 24 hours including the morning time.

2<sup>nd</sup> Offense = No computer time for 48 hours + Friends will not be allowed to come over on the weekend

3<sup>rd</sup> Offense = No computer time for remainder of the week.

\*The only way for Nathan to earn computer/game time back is to follow contract.

\* OFFENSES START OVER EVERY MONDAY

### Parents and Village Role: ([Healthy Undercurrents: Consistency, Supportive Communication, De-escalation techniques & Nurturance](#))

#### Mom's Role

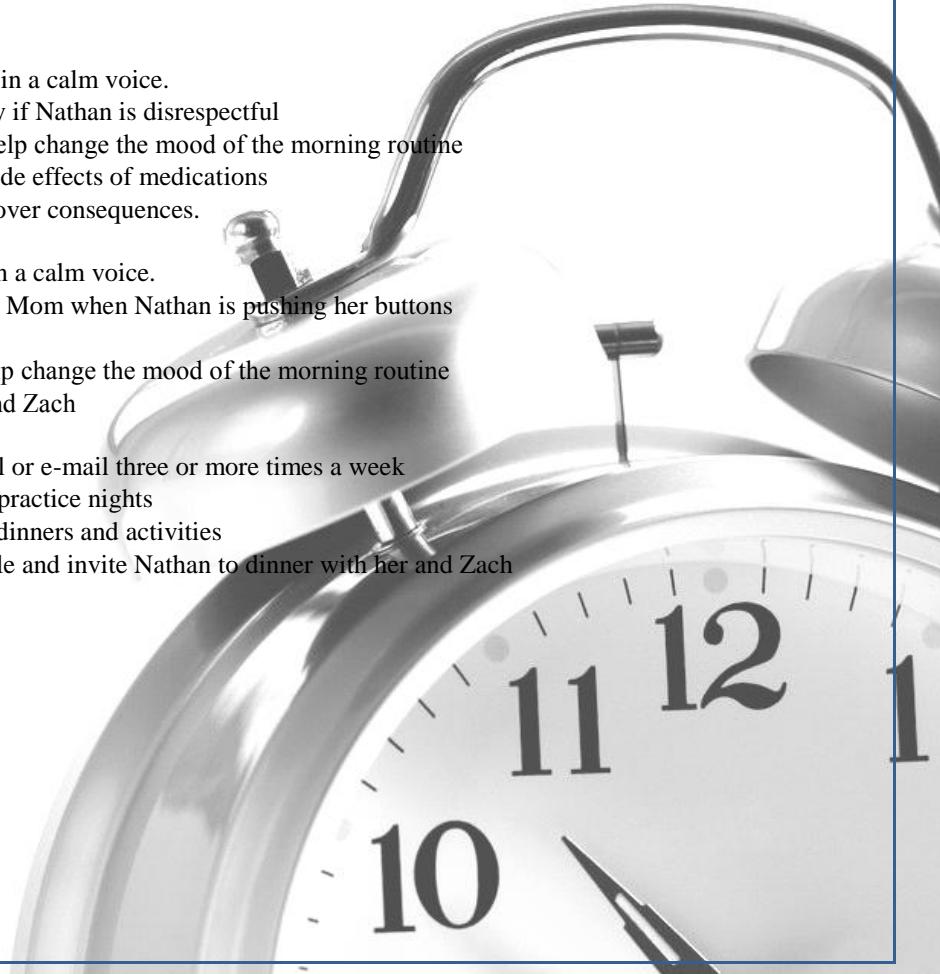
- Mom will administer consequences in a calm voice.
- Mom will use exit and wait strategy if Nathan is disrespectful
- Mom will use “secret strategy” to help change the mood of the morning routine
- Contact doctor regarding possible side effects of medications
- Mom will not bargain with Nathan over consequences.

#### Dad's Role:

- Dad will administer consequences in a calm voice.
- Dad will use secret signal to remind Mom when Nathan is pushing her buttons
- Dad will use exit and wait strategy
- Dad will use “secret strategy” to help change the mood of the morning routine
- Weekly “guys time” with Nathan and Zach

#### Zach & Roxanne's Role:

- Check in with Nathan via phone call or e-mail three or more times a week
- Will stop by with burgers on guitar practice nights
- Encourage Nathan to attend family dinners and activities
- Roxanne will remind Zach of his role and invite Nathan to dinner with her and Zach



## CURFEW

Jeffrey will be considered late if he is one minute past **9:00 pm** according to his parents' watch. He must be physically inside the house & must check in with his parents upon return home. If he needs assistance with a ride home, he must ask his parents by 7:00 pm.

**REWARDS:** (Healthy Undercurrents of Consistency and Nurturance)  
Rewards will be given each night at 9pm.

Daily Reward = 1 hour computer time to be used the evening the reward is given.

Bonus Rewards:

- 6 straight days = pizza with Louis, David, & Melvin
- 14 straight days = 2 movie tickets; call from Uncle John
- 30 straight days = cell phone with \_\_\_\_\_ pre-paid minutes

**CONSEQUENCES:** (Healthy Undercurrents of Consistency and No Empty Threats)

1<sup>st</sup> Offense = No daily or bonus rewards + no video games for 24 hours

2<sup>nd</sup> Offense = No daily or bonus rewards + no video games for 72 hours+ police called

3<sup>rd</sup> Offense = No daily or bonus rewards + police called + game system & games sold (items of comparable value can also be used)

*The first day of each month, Jeffrey starts over at 1<sup>st</sup> offense.*

**FAMILY ROLE:** (Healthy Undercurrents of Role Clarity, Consistency, and Supportive Communication)

- Marie & Yves will work as a team & will help each be consistent with Jeffrey.
- Consequences will be administered with short & to the point language.
- If Jeffrey escalates, parents will exit & wait.
- Family will participate in game night or outing together once a week.

## TYLER'S NO VIOLENCE CONTRACT

If Tyler commits any of the following aggressive behaviors, he will receive consequences listed below, with no warnings given.

### **Aggressive Behaviors (Accountability- Healthy Undercurrent- for both caregiver and child)**

- Shoving, hitting, or any other act of physical aggression to any adult or sibling
- Hitting or throwing any objects in anger
- Threatening language (determined by parent)
- Threatening body language, such as squaring off, etc. (determined by parent)

### **Consequences:**

- **For any acts of violence (1<sup>st</sup> and 2<sup>nd</sup> behaviors on list above) = (Accountability- Healthy Undercurrent)**

**1<sup>st</sup> Offense = Grounded (no TV, phone, video games, no friends, etc) for 14 straight days + personal items held in storage for 30 days**

**2<sup>nd</sup> Offense = If any aggressive behaviors in 30 days personal items held in storage will be sold on EBAY through an EBAY store in Tampa\*\* and parents keep the money + Police will be called immediately & charges filed. (Safety undercurrent)**

**3<sup>rd</sup> Offense = Grounded (no TV, phone, video games, no friends, etc) for 21 straight days + personal items immediately sold + Police will be called immediately & charges filed. (Safety undercurrent)**

- **For any threats of violence= 1<sup>st</sup> Offense grounding will happen any time threats occur**

### **Any Property Damage- (Accountability- Healthy Undercurrent)**

- Parent assesses cost of damage
- Parent posts extra chores at minimum wage to cover cost or large % of cost on refrigerator. If chores not completed within 24 hours of posting and to parents satisfaction Tyler's personal items sold immediately at E-Bay store to cover the cost.
- If Tyler cannot fix must pay for someone to fix and cost added to final amount

### **Parent Role:**

- If Tyler is escalating, parent is to **exit & wait** immediately & refrain from any further interaction with youth.- (**De-escalation Tactic + Safety= Healthy Undercurrents**)
- Issue a positive teen report for once a day to catch Tyler doing something right—(**Playfulness Softness- Healthy Undercurrent**)
- 1<sup>st</sup> 30 straight days of no threats or acts of aggression = celebration day- (**Softness Nurturance-HC**)
- Next 60 straight days of no threats or acts of aggression = camping trip
- Parents will have on Refrig. A no violence calendar and mark of days with Tyler- (**De-escalation Tactic- Healthy Undercurrent**)

### **My "Super Nanny" Role**

- To help jump start the family, I will come by the house and review the contract and role play exit and wait strategies
- If violence occurs, please contact me immediately and I will come over ASAP to be a support, remind you of your role in the contract, and coordinate with your therapist.

## Contract for No Drug or Alcohol Use

Hayden will be in violation of the no drug or alcohol use rule if he does one or more of the following: ([Healthy Undercurrents: Consistency + Safety](#))

- Test dirty or levels rise (one time only grace period) on a randomly assigned UA or refuses to take the UA when asked by either parent.
- Test on any alcohol level on a Breathalyzer or refuses to take the Breathalyzer when asked by either parent.
- Parents will test randomly at least 2 x per month or when needed.

If Hayden comes home and has red eyes or it looks like he has been smoking or smells of alcohol or drugs a UA or alcohol test will be administered immediately.

If Hayden DOES NOT have raising levels after the first UA only and then tests 100% clean for each test thereafter or does not have any levels on a Breathalyzer AND TAKES THE TEST WHEN ASKED. Hayden will receive the following rewards:

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

- First time he has a drop in levels after 1<sup>st</sup> Random Test or 100% clean = Gets to keep his cell phone back & gets to have approved friends over or go out on Friday and Saturday with approved friends to approved places
- Each test thereafter at 100% Clean= Gets to keep phone & privilege of having approved friends over or going out with approved friends to approved places + free large pizza to share with friends in our home

**Bonus Rewards:** ([Healthy Undercurrents: Consistency, Safety and Nurturance](#))

- 30 days of testing clean = Shopping trip with 2 friends to be mutually decided by parents and Hayden + \$25 gift card to the mall

**Consequences:** ([Healthy Undercurrents: Consistency and Safety](#))

If Hayden tests dirty or has raising levels or refuses either test the following will occur:

**1<sup>st</sup> Offense =** Hayden will immediately surrender his cell phone + will not be able to have friends over or go out with friends until next random test is 100% clean.

**2<sup>nd</sup> Offense=** Hayden will immediately surrender his cell phone + no friends + no TV until next random test is 100% clean.

**3<sup>rd</sup> Offense=** Hayden will immediately surrender his cell phone and landline + no friends + no TV until next random test is 100% clean + a personal item will be sold on E-Bay to cover the cost of the previous three UA's.

**Parents Role:** ([Healthy Undercurrents: Supportive Communication and Nurturance](#))

- Parents will use Short and To the Point language when giving the consequence or administering the test
- Parents will not engage in an argument over taking Hayden's cell phone – but will instead calmly deactivate the phone and Hayden will have to pay the reactivation fee when he earns the phone back
- Parents will give Hayden a Positive Teen Report for 30 straight days and will then continue to give PTR's periodically.

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Hayden

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Date

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Parents

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Date

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## No Stealing Agreement

**Nick's behavior will be considered stealing if he does one or more of the following:** (Accountability and Consistency)

- Takes anything that belongs to someone else without their permission or approval (proved by parents through random checks)
- Mother will complete random checks through Nick's belongings. Any refusal to allow for checks will result in an automatic pawning of one of Nick's possessions.

To help remove the impulse to steal, Nick will complete the Florida Safety Council Theft Class. Nick's mother will write the Florida Safety Council Board to apply for a free scholarship for Nick to be able to attend the class. This application will be completed and mailed by Aug.4, 2009.

### Celebration Day (Consistency and Nurturance)

- If Nick has gone 10 days without any incidents of stealing, he will be rewarded with one token with a value of \$10.
- After Nick has earned 5 tokens, he will be rewarded with a Celebration of \$50 to pay for skate sneakers only.

### Negative Consequences (Consistency and Accountability)

1st offense = Nick will have to publicly (face to face) apologize to all involved. Nick will also write an apology letter to all involved. Parties involved will determine how Nick will pay restitution to them. One hour of service hours = every \$10 stolen.

If Nick has not completed his restitution within two weeks of the time of the offense, one of his possessions will be removed and pawned. Parties involved have the freedom to contact the police to file charges.

2nd offense = One of Nick's items will be automatically pawned. Nick will have to complete restitution as determined by the parties involved.

**What If:** If Nick refuses to comply with any of the above consequences, the police will be called, and charges will be filed.

### Mother's Role: (Supportive Communication, Consistency and Accountability, and Nurturance)

- Consequence will be administered with short and to the point language
- If Nick escalates, his mother will exit and wait
- Mother will do random checks through Nick's property.
- Mother will give Nick a PTR daily for 30 days

### Coach's Role: (Nurturance and Accountability)

- Coach will provide regular encouragement to Nick to obey this contract during daily practices

**Nick's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Mom's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Village Signature (Coach)** \_\_\_\_\_

**Date** \_\_\_\_\_

## Leaving without Permission Contract

Christian will be breaking the contract if one or more of the following happen:

**(Healthy Undercurrents: Safety + Consistency)**

- Leaving the house after Mom/Step-Dad has instructed him to stay home
- Walking out of the house and down the street when he gets angry
- Getting into the car with someone without permission from parents
- Not coming home at night when parents have given permission to go out for a set period of time
- Leaving the house during the night

**CELEBRATION DAYS:** **(Healthy Undercurrents: Consistency, Safety & Nurturance)**

**Fourteen Straight Days** = If Christian follows the contract for 14 straight days, he will be treated to a movie night with one friend. Mom and Step-Dad will buy movie tickets.

**Thirty Straight Days** = If Christian follows the contract for 30 days, he will receive a shopping day with \$50.00 to spend how he chooses.

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

**1<sup>st</sup> offense** = Christian will lose entire wardrobe, including shoes for 1 week. Mom will provide Christian with the only clothing he is allowed to wear + he will be dropped off and picked up at school by Mom, Step-Dad, or Papa for 1 week.

**2<sup>nd</sup> offense** = Loss of wardrobe + 24 hour watch (Mom or Step-Dad will be with Christian 24 hours a day, including school and sleeping hours. This will be put into place because Christian cannot be trusted to make safe decisions and follow the rules of the house).

**3<sup>rd</sup> offense** = Loss of wardrobe + Wanted Poster will be posted at school and in neighborhood (Wanted poster will offer cash reward to any person that calls Mom with Christian's whereabouts after midnight on any given night of the week).

*\*If at any time Mom learns of Christian's whereabouts, she will call the police and have them pick him up and bring him home.*

**Mom's Role:** **(Healthy Undercurrents: Safety, Consistency & Supportive Communication)**

Mom will call police if Christian leaves without permission

Administer consequences in calm voice with short and to the point language

Create Wanted Poster and check with school/neighborhood association about posting items

Check in with Christian on daily basis

**Step-Dad's Role:** **(Healthy Undercurrents: Safety, Consistency & Supportive Communication)**

Administer consequences in calm voice with short and to the point language

Speak with neighbor about writing down any license plate# that picks Christian up

Check in with Christian on daily basis

**Papa's Role:** **(Healthy Undercurrents: Safety and Consistency)**

Support family by picking up Christian at school when necessary and helping Mom when she is working and needs someone to check on Christian.

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Christian

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Date

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Parents

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Date

## NO SIBLING FIGHTING CONTRACT

Jessica and Megan will be in violation of this rule for no sibling fighting if they do any of the following:  
**(Consistency and Accountability)**

- Name Calling
- Hitting, pinching, slapping, pushing, shoving, holding down or wrestling, or any other physical attempt to hurt the other person
- Entering the sibling's bedroom without their permission
- Teasing and making fun of the other person
- Taking sibling's possessions without permission (i.e. clothes, hats, jewelry, shoes, socks, etc.)
- Parents have the right to add to this list with one verbal warning before giving a consequence

**REWARDS:** (Consistency and Nurturance)

Daily Reward = 1 ticket	What Jessica's tickets can get her =	What Megan's tickets can get her =
<b>Bonus rewards:</b> <b>3 straight days</b> = 2 extra tickets <b>6 straight days</b> = 3 extra tickets <b>9 straight days</b> = 4 extra tickets	5 = one Webkinz 10 = Chinese food/Orange Chicken Meal 20 = new bra 40 = Victoria Secret pajamas or sweat suit (limit \$35)	5 = a new book 10 = free meal with family at Mexican Restaurant 20 = free eyebrow wax 40 = Victoria's Secret apparel (limit of \$35)

Tickets can only be redeemed on days that Jessica or Megan is in good standing with no offenses.

**CONSEQUENCES:** (Consistency and Accountability)

Jessica's Consequences:	Megan's Consequences:
<u>1<sup>st</sup> Offense:</u> No daily reward + must be in own room one hour before bedtime with no TV or iPod privileges.	<u>1<sup>st</sup> Offense:</u> No daily reward + no cell phone or landline phone for the rest of that day and the next day.
<u>2<sup>nd</sup> Offense:</u> No daily reward + must be in own room one hour before bedtime with no TV or iPod privileges + must immediately sweep the entire first floor of the house	<u>2<sup>nd</sup> Offense:</u> No daily reward + no cell phone or landline phone + no computer usage for the rest of that day and the next day
<u>3<sup>rd</sup> Offense:</u> No daily reward + must be in own room one hour before bedtime with no TV or iPod privileges + must immediately sweep the entire first and second floor of the house	<u>3<sup>rd</sup> Offense:</u> No daily reward + no cell phone or landline phone + no computer usage for the rest of that day and the next day + no going anywhere or having any friends over to the house for the upcoming weekend (Friday night through Sunday night). If the 3 <sup>rd</sup> offense occurs on a weekend, the consequence will be administered the following weekend)

Megan and Jessica start fresh with offenses each Monday.

**PARENTS ROLE:** (Supportive Communication and Consistency)

- One verbal warning will be given daily
- Consequences will be administered with short and to the point language and with a calm voice
- If Megan or Jessica argue or are disrespectful when the consequence is being given, parent will Exit and Wait immediately. If either girl attempts to follow the parent, then a favorite article of clothing will be given to charity.

## Contract for Safety

Because of our love for Jennifer, we are expressing the following expectations for Jennifer. Our desire is that Jennifer lives a safe, healthy, happy life. ([Safety, Accountability & Consistency](#))

**Rule for Safety:** Jennifer will cause no harm to her body. In order to build our trust in Jennifer, her mother will do daily body checks for any destruction to her skin.

Skin destructions will be defined as:

- burns
- Puncture with any sharp object
- Cuts with any object
- No unauthorized tattoos or piercing
- Scratches or friction marks or burns
- Picking at sores, scabs, or abrasions

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

### **Celebrations!** ([Safety, Accountability, Consistency & Nurturance](#))

- For each week that Jennifer is found to be free of any destruction to her skin, the family will celebrate by going out to dinner at a restaurant of Jennifer's choice.
- If Jennifer goes for 30 days with no destruction of her skin, she will be able to go on a shopping trip with mom and spend \$50.

### **Consequences** ([Safety, Accountability & Consistency](#))

- First Offense:
  - The first instance of skin destruction found by either Mom or Dad will result in Jennifer losing two days of social contact with friends and she must remain in the house for two days except for driving back and forth to school. Additionally, Jennifer will lose the privilege of driving the truck, and will only be able to drive the old red Jeep. Once Jennifer has gone for two weeks with no further skin destruction, she may resume driving the truck.
- Second Offense:
  - If a second instance of skin destruction occurs within one month of a first instance, Jennifer will lose social contact with friends and she must remain in the house for 7 days including the upcoming weekend, additionally, Jennifer will be taken back and forth to school by either mom or dad for the next 5 school days.
- Third Offense:
  - If a third instance of skin destruction occurs within one month of the second instance, she will participate in a "town meeting" with Mom, Dad, and any others they choose to include in the meeting. This meeting may result in a new contract with more serious consequences.

NOTE: If Jennifer refuses to allow a body check by her mother, the First Offense Consequence will automatically go into effect.

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Client

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Date

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Parent(s)

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Date

## RESTORING TRUST AND NURTURANCE

Mom will give **VIRGINIA** one trust coupon each day if she does any of the following:

- Does her chores without being asked
- Babysits the younger children in the morning
- Talks with mom about interests, needs and/or concerns for a minimum of 15 minutes
- Talk to stepdad without yelling or cursing and speaks in a respectful tone
- Chooses to go in a group or take her sister with her when going on a date with a boy
- Lets Mom check her cell phone messages whenever Mom asks

What **VIRGINIA** earns with trust coupons:

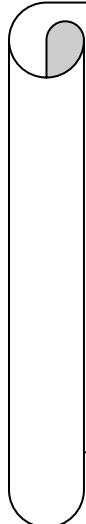
- 5 coupons = Virginia can keep her cell phone all the time
- 8 coupons = Virginia can go out with friends one time (outing and friends approved by Mom)
- 30 coupons = Virginia can get her driving permit and begin driver's education

Consequences **VIRGINIA** will have if she does any of the following to lose trust:

- If Virginia fails to do her chores or has to be reminded for 3 days = Virginia will have to give her cell phone to Mom at 10 PM each day until she earns the right to keep it again.
- If Virginia gets in an argument with stepdad = Virginia will lose the privilege of going out with her friends on the following weekend



You earned this trust coupon because you demonstrated that you are trustworthy by:



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## School Success

Jason will break the rule for School Success if he does one or more of the following: (*Healthy Undercurrents: Consistency & Parental Unity*)

- Does not complete all of his class assignments each day.
- Does not follow his class rules regarding his class behavior as indicated by a call or email from his classroom teacher
- Does not spend 1 hour a school night at the kitchen table working on school work only (this may include studying for a test, completing assignments, or completing reading assignments relating to a school subject)
- Fails to bring home his weekly report from his teacher on Friday.

### **REWARDS:** (*Healthy Undercurrents: Consistency, Parental Unity & Nurturance*)

Rewards will be given each weeknight at 9pm by parents together

Daily Reward = 1 token*	What tokens can get you:
<b>Bonus Rewards:</b> <u>5 straight days</u> with no violations including a positive weekly report from his teacher = 3 extra tokens <u>Ten straight days</u> with no violations including two positive weekly reports from his teacher = 5 extra tokens <u>One complete month</u> with no violations including 4 positive weekly reports from his teacher = 10 extra tokens	<u>1 token</u> = 30 minutes cell phone use or 30 minutes on parent's computer (minutes may be saved, but cannot exceed 1 hour a day) <u>3 tokens</u> = 1 hour cell phone use or 1 hour computer use <u>10 tokens</u> = have one friend over for a sleepover on either the following Friday or Saturday night. <u>20 tokens</u> = \$15 to go to a movie with a friend

\*Tickets can only be redeemed on days Jason is in good standing with no offenses

### **CONSEQUENCES:** (*Healthy Undercurrent: Consistency and Parental Unity*)

**1<sup>st</sup> Offense** = No token that day + XBox removed for rest of that day plus **one** additional day

**2<sup>nd</sup> Offense** = No token that day + XBox removed for rest of that day plus **two** straight additional days

**3<sup>rd</sup> Offense** = No token that day + XBox removed for rest of that day plus **three** straight additional days

### **PARENTS ROLE:** (*Healthy Undercurrents: Consistency, Parental Unity, Supportive Communication & Nurturance*)

- Dad will use Button buster #3 - Exit and Wait immediately after giving a consequence
- Mom and Dad will talk privately each night before bed about how the contract went that day and will NOT discuss Jason's behavior in front of Jason
- Parents will set a meeting with Jason's teacher immediately if they receive a negative weekly report.
- Parents will use the button busters #3-Short and to the Point, #3-Exit and Wait, and a calm voice to avoid being "hooked" into an argument with Jason around his school performance
- Parents will give Jason an unconditional PTR for the next 30 days whether or not Jason obeys this contract.

### **CLASSROOM TEACHER'S ROLE:** (*Village mobilized*)

- Teacher will send home the weekly report each Friday.
- Upon request by Jason's parent, teacher will meet with family to troubleshoot contract.

\_\_\_\_\_  
Jason

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parents

\_\_\_\_\_  
Date

\_\_\_\_\_  
Classroom Teacher

\_\_\_\_\_  
Date

## No Ditching School- Truancy

**Rule #1:** Delvon will break our “no ditching” school rule if he does one or more of the following: (Healthy Undercurrent: Consistency)

- No get up for school on his own and be on the bus at 8am.
- The parent confirms with the attendance officer each day at 3:30pm (via email) that Delvon was in school on time with full attendance of all class with no tardiness
- If you are sick and cannot attend it must be confirmed by mom, a medical doctor, or the school nurse.

### **REWARDS:** (Healthy Undercurrents: Consistency and Nurturance)

#### Daily Reward = 1 ticket\*

For each day that you follow the entire rule as stated above, you will receive 1 ticket as soon as you return home from school that afternoon.

#### What tickets can get you:

1 = extra 30 minutes cell phone card  
 3 = 2 hour cell phone card  
 10 = \$10  
 20 = new video or cd  
 40 = hip hop shirt  
 100 = \$100

\*Tickets can only be redeemed on days Delvon is in good standing with no offenses

### **NEGATIVE CONSEQUENCE:** (Healthy Undercurrent: Consistency)

For each day you fail to get up for school on your own, miss the bus, or fail to attend all classes with no tardiness the following will take place:

**1<sup>st</sup> Offense** = No ticket that day + cell phone removed for rest of that day plus two straight additional days

**2<sup>nd</sup> Offense** = No ticket that day + cell phone removed for rest of that day plus **five** straight additional days

**3<sup>rd</sup> Offense** = No ticket that day + cell phone removed for rest of that day plus **seven** straight additional days + one of your favorite video games will be sold or given away to charity

### **PARENTS ROLE:** (Healthy Undercurrents: Consistency and Supportive Communication)

- Parents will not nag Delvon in the morning – it will entirely be up to him if he follows the rule
- Parents will use short and to the point language when administering the consequence
- Parents will express praise and encouragement when they administer the rewards
- Parents will deactivate Delvon’s cell phone if he argues about the consequence and Devlon will have to pay the re-activation fee once he has earned the phone back (chores may be done to earn the value of the re-activation cost. Parents will determine the chores to be completed

### **ATTENDANCE OFFICER’S ROLE:** (Village Mobilized)

- For the next 30 days, Attendance Officer will email parent by 3:30pm daily, updating Delvon’s attendance by checking each teacher’s attendance record on the computer.

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Delvon

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Date

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Parents

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Date

---

Attendance Officer

---

Date

# Parent's Roadmap to De-Escalation of Aggression using the 5 Levels of Violence

## Level 1: Whining and Complaining

*Solution:* **IGNORE!** Don't let your buttons get pushed. Use reflectors ("nevertheless....", "regardless..."). This is where your teen is testing the waters to see what he can get away with, remain calm and firm.

## Level 2: Stubborn Refusal

*Solution:* Stay **SHORT AND TO THE POINT!** Repeat the rule and the consequence (your teen may try to change the subject), don't let your buttons get pushed. You can control the mood by staying calm and not losing your temper.

## Level 3: Verbal Abuse and Personal Attacks

*Solution:* **EXIT AND WAIT!** The longer you stay talking the more the situation will escalate. Deliver consequences for this when you are calm and NOT in the heat of the moment! Call PLL Coach at \_\_\_\_\_.

## Level 4: Threats of Violence

*Solution:* **EXIT AND WAIT!** Reasoning will NOT work right now; it will only make the situation worse! ALWAYS notify Probation Officer - Shawn at \_\_\_\_\_ and PLL Coach at \_\_\_\_\_.

## Level 5: Acts of Violence

*Solution:* **NO** more talking, CALL THE POLICE (911)!

# Dance Cards to Reduce Caustic Communication

## “Dance Cards”

---

### Scenario #1

- ❖ Mom will ask Christian to complete a task (ex. Get dressed to go do community hours).
- ❖ Christian will do the task.
- ❖ Mom will praise him and give Christian a big hug.
- ❖ The argument is avoided or defused.

NO SIGNS ARE NEEDED

\*\*\*\*\*

### Scenario #2

- ❖ Mom will ask Christian to complete a task (ex. Get dressed to go do community hours).
- ❖ Christian will not do the task.
- ❖ The therapist will hold up the beware of consequences sign.
- ❖ Mom will inform Christian that the task must be completed prior to her returning in five minutes, or he will have consequences (the argument is defused).
- ❖ The therapist will hold up the exit and wait sign, and mom will exit the room.
- ❖ Upon her return the task is completed.

THE BEWARE OF CONSEQUENCES AND EXIT & WAIT SIGNS ARE USED

\*\*\*\*\*

### Scenario # 3 (not related to compliance issues)

- ❖ Christian and Mom argue about mom spending his social security money.
- ❖ The therapist holds up the cheesecake sign.
- ❖ One or more persons say the word cheesecake (the argument is defused).
- ❖ The therapist holds up the exit & wait sign.
- ❖ Both parties leave the room.
- ❖ Later, they apologize to each other and give praise for remembering to use the exit & wait technique.

THE CHEESECAKE AND EXIT & WAIT SIGNS ARE USED

# Button Buster Exit and Wait Strategy for Parents

## What is EXIT AND WAIT?

Exit and wait is a button **buster strategy**; it is a choice you make to leave a situation before you say or do something aggressive, damaging, hurtful, or disrespectful toward your teen.

It is a way of taking responsibility by leaving temporarily so that you can regain control of your body and mind and so that your teen won't be the person in control of your mood.

## Why EXIT AND WAIT?

Exit and wait to protect yourself and your teen from your mouth and/or any physical altercation.

The issue is safety and to prevent any wounding to each other.

## When to EXIT AND WAIT?

Exit and wait before you are ready to explode. You start to feel yourself getting angry and frustrated. Your voice is rising. You're thinking something like "My kid isn't listening to me." You are getting drug into an argument with your teen like a fish on a hook. You are ALMOST past the point of no return. You're gonna blow—unless you GET OUT NOW.

## How to EXIT AND WAIT?

Here is a simple memory aide that can help you exit and wait effectively:

Recognize – Retreat – Relax – Return

- |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Recognize = | Remember your first signs of anger??? These are important triggers.<br>Also, learn to recognize when you are starting to argue with your teen, this is a vital trigger that it is time to exit and wait.                                                                                                                                                                                                                                                                                               |
| Retreat =   | Leave. Get out. This is no time to make one last point. Don't make any excuses or explanations. Nothing you can say will be good enough.                                                                                                                                                                                                                                                                                                                                                               |
| Relax =     | Go somewhere and do something that helps you relax for a little while.<br>(Take a long walk; Read a book; Take a bubble bath; Drink some decaffeinated coffee; Exercise; etc.)<br><br>DON'T talk with someone who will only throw fuel on your fire ("Man, your kid is really disrespectful; you should go back in there and tell them off, etc.")<br><br>DON'T drink alcohol.                                                                                                                         |
| Return =    | REMEMBER, the goal is to feel better and to let go of your anger.<br>Now comes the hardest part, going back to the scene of the argument.<br>You must use button busters and consistency with your kid's behavioral contract. This is vital. REMEMBER; don't expect your teen to be in a good mood. Maybe they will, maybe they won't. But, don't go back until you are prepared to keep your cool. It is important that you don't forget that your teen needs your love despite their wrong behavior. |

# Button Filter Exit and Wait Strategy for Teens

## What is EXIT AND WAIT?

It is taking a time Out. It is a choice you make ahead of time with your parents to leave a situation before you say or do something aggressive, damaging, hurtful or disrespectful.

It is a way of taking responsibility by leaving for a while so that you can get back control of your body and mind.

## Why EXIT AND WAIT?

You exit and wait to protect yourself and your parents from your mouth and/or fists. The issue is safety and to prevent any emotional wounding to yourself and to your parents.

## When to EXIT AND WAIT?

Exit and wait when you notice things like - *you are starting to glare, your eyebrows furrow, you get sarcastic, you get a vacant facial expression, start to snap or tap fingers, etc.* You're thinking something like "I can't take it anymore" or other negative thoughts about your parents. You are ALMOST past the point of no return. You're gonna blow—unless you GET OUT NOW.

## How to EXIT AND WAIT?

Here is a simple memory aide that can help you exit and wait effectively:

Recognize – Retreat – Relax – Return

Recognize = Remember the first signs of anger. Recognize when *you are starting to glare, your eyebrows furrow, you get sarcastic, you get a vacant facial expression, start to snap or tap fingers, etc.* These are important triggers for you to ask your parent if you can exit and wait.

Retreat = Leave. Get out. Remember, it is vital that the adults agree ahead of time for you to exit and wait.

Relax = Go somewhere pre-planned between you and your parents and do something that helps you relax. (*Play dominos. Do puzzles. Take a walk. Draw, etc.*)  
REMEMBER, the goal is to feel better and to let go of your anger.  
DON'T keep thinking about what made you angry...let it go.

Return = This means to come back. It might be the hardest part. Going back to the scene of the argument means you will have to work things out.  
REMEMBER; don't expect the parent you got mad at to be in a good mood. Maybe they will, maybe they won't. But, when you go back, you must be prepared to listen and obey.

## Roadmap to Defeat the Aggression Monster

Unhelpful Actions, Thoughts & Beliefs  
That feed this monster

Helpful Actions, Thoughts, &  
Beliefs that will starve this  
monster

Caustic Communication

Calm Voice, Use of  
Exit & Wait and Short  
and to the Point

Unforgiveness

Forgiveness

Bitterness

Letting go of the  
past

Dad is unworkable

Dad  
is  
misunderstood

Mom is too rigid

Mom lacks  
support

Boys will be boys

Boys are accountable

Aggression is necessary

Aggression is not the  
Answer

**"BOY BECOMES MONSTER"**

THE CYCLE OF VIOLENCE LIVES ON FROM GENERATION TO GENERATION

**VENOM**



**ANTI  
VENOM**

**UNHEALTHY  
UNDERCURRENTS**

- Unforgiveness
- Bitterness
- Parents not on the same page
- Inconsistency
- Caustic Communication
- Unhelpful beliefs:
  - *mom is rigid*
  - *Dad is unworkable*
  - *Violence is excusable*

**HEALTHY  
UNDERCURRENTS**

- Forgiveness
- Letting go of the past
- Parents on same page
- Consistency
- Calm Voice
- Helpful beliefs:
  - *mom .....*
  - .....
  - .....