

Sample Expectations 2 – Family Contribution (younger teen: 12-14)

- 1. Be responsible for your room, your homework, and your personal hygiene:**
 - Keep your bedroom, bathroom, and closet neat (clothes off floor & bed made before school/weekend).
 - Brush your teeth every morning and before bed.
 - Keep fingernails and toenails trimmed.
 - Shower regularly (if you smell or look unshowered, you'll get an infraction).
 - Do laundry by 9pm Sunday night. Put away laundry/clothing.
 - Complete your homework before late extra curricular activities.
 - Lights out by 9:20 pm on school nights. (1 infraction for each 15 minutes after these times.)

 - 2. Be responsible for getting yourself up and out the door in the morning:**
 - Get out of bed on your own by 7:00am at the latest (or we will wake you up, and you will get an infraction).
 - Prepare and eat your own breakfast and lunch. Breakfast must include some form of protein. Put your dishes in sink and put food away.
 - Be ready to leave house at 7:40 am.

 - 3. Contribute to our household:**
 - Help around the house for 10 minutes each day.
 - Ask what needs to be done or just do some of these things: set table, feed and walk animals (if applicable), empty dishwasher, do dishes, take out trash or recycling.

 - 4. Use technology responsibly:**
 - While you do homework, put your phone in charging station and turn off messaging on your computer.
 - Complete your homework before TV or computer/phone surfing.
 - Put phone in charging station in the kitchen and turn off computer before 9:30pm.
 - No phone in the car unless we've agreed upon it before the ride (e.g., we're on a road trip).
 - No phone in the kitchen, dining room, or while you are eating.
 - Phone to stay in charging station on school mornings until breakfast has been eaten, lunch made. You may check your phone at the charging station when you wake up, but the phone will remain there until the above is completed.

 - 5. Be respectful of all adults and people in our household:**
 - You don't have to like the rules of this household, but blatant disrespect is not okay.
 - Choosing to react to something you don't like with name-calling, lashing out, back-talk, disrespectful gestures will not be tolerated.
 - We don't expect you to be perfect, or to be happy when you get an infraction. We do expect you to be able to admit your mistakes without being mean or rude.
 - If an adult asks you to do or not do something, and you choose to disregard his or her request, that is disrespectful.
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- One infraction will be assessed for each violation.

 - Infractions will be written down and posted so you can see what you have and what the violation was. They are not up for negotiation. At the same time, if you want to talk about what occurred in a respectful way, you may ask nicely **one** time.

 - Infractions will not be given for behaviors that are not on this list, but this list can be changed at any time.

 - If you receive 3 infractions during the week, then at that time, you will no longer have use of your phone, time with friends, or extra curricular for the rest of the week until after you have finished "work crew" on Saturday morning.

 - Each infraction will require 15 minutes of work around the house. It is your responsibility to schedule your work crew. Your privileges will not be restored until you've completed your work.