

Family Contract

Family communication works best when everyone understands what is expected of one another. While every household is unique, one thing remains the same—youth thrive when expectations are clear, communication is respectful, and trust is built over time.

These Family Contracts are designed to help families have meaningful conversations before problems occur. We designed a customizable template to meet your family's values, beliefs, routines, and expectations. Rather than focusing on punishment, these agreements encourage teamwork, responsibility, safety, and accountability.

These agreements are not meant to control your children. Instead, they are intended to create a partnership between guardians and youth where both sides understand their responsibilities.

As you complete each section together, encourage open discussion. Listen carefully to one another's concerns, ideas, and goals. Remember that compromise is healthy when everyone is working toward the same objective—a safe, respectful, honest, and supportive family.

These contracts are most effective when they are reviewed regularly. Families change, children grow, responsibilities increase, and privileges expand over time. Set aside time every few months to revisit your agreement and make changes as needed. Most importantly, remember that trust is built through consistency—not perfection. Mistakes will happen.

What matters most is how families communicate, learn, and move forward together. We hope these agreements help your family strengthen communication, build confidence, encourage independence, and create lasting trust.

**If you would like a digital copy
or additional copies
visit hvcoalition.org
or email
hvcoalition.info@gmail.com**

Family Contract

1. Parties

This agreement is made between:

_____ and _____
Youth's name Parent/Guardian's Name

Youth agrees to the following;

I will be honest, even when I don't feel like it.

I will be respectful towards everyone in this home.

I will apply myself in school and other activities.

I will not threaten to do harm to myself or others.

I will not vape, drink or take drugs that are not prescribed to me.

I will keep my promises and strive to be trustworthy,

If I feel unsafe or uncomfortable, I will call you or trusted adult for a ride home.

I will talk to you when I am upset or confused - even if I am afraid you may get angry.

I commit to this agreement and will be accountable for my choices. I promise to respect and honor our relationship.

Signature: _____ Date: _____

Parent/guardian agrees to the following;

I will provide you housing, food and clothing.

I will make myself available to you whenever you need me, even when I am "busy".

I will provide a comfortable, safe and mutually respectful place to talk honestly.

I will listen and not judge you for things that do not make sense to me.

I will ask clarifying questions when needed.

I will love you for who you are and encourage you to become your best.

I will never see you as a failure, even when you make mistakes.

I will hold you accountable for the healthy and the harmful choices you make, and work through the positive and negative consequences of those choices with you.

As your parent/guardian, I commit to this agreement and more importantly to you. I promise to help you in ways that will empower you to become and independent, healthy young adult.

Signature: _____ Date: _____

Online Safety and Usage

Youth Promise

I will not share personal information such as my address, phone number, where I go to school or my parent/guardian's work information with anyone I do not know. This includes social networking and game sites/apps.

I will not respond to messages or posts that are mean, inappropriate, hurtful in anyway. I will be a supportive good friend to those I communicate with.

I will tell my parent/guardian or a trusted adult right away if I am in danger or if something is inappropriate or makes me feel uncomfortable.

I will tell my parent/guardian or a trusted adult if someone I know is in trouble or danger.

I will not send, forward, post, comment or share any picture of myself or others that could be seen as illegal, mean, inappropriate or meant to be private. If I receive a picture that could be of inappropriate content, I will get my parent/guardian involved.

I will never meet anyone that I only know from online.

I will not approve a "follower" or "friend" who I do not know. I will not "follow" any strangers.

I will assist my parent/guardian if they ask for help on how an app/program works and show them everything I know about it.

I will not share our family's private matters online.

I will not use, look at or touch my phone while operating a motor vehicle or at any other time the use may put me or others in danger. This includes the camera, phone and texting.

If I break any of the above rules the agreed upon consequence will be _____

Parent/Guardian's Promise

I will take interest in what you are doing online and what apps/programs you are using.

If I do not understand how an app/program works I will ask, listen and learn.

I will always listen when you come to me with a concern, idea, request or problem relating to your online activity.

As long as the conversation remains open and honest, we can communicate kindly, no yelling, and will be respectful towards each other.

I will lead by example and will not use my phone for any reason while I am operating a car unless it is hands free and can be done in a safe manner,

If you tell me about someone who is in danger, I may need to talk to someone for assistance (School, police, doctor, professional, etc). This does not mean you are in trouble, have done anything wrong or I am upset but I may need some help from people with more experience and/or resources.

If I have a concern, I have the right to access your digital accounts.

I will frequently check your online activity to assure appropriateness and safety.

I have the right to limit the amount of time you use technology and the internet. I also realize that if you follow this contract and continue to grow and keep my trust I can increase the amount of time for technology.

I will learn about the safety features and parental controls for the devices you use.

I understand that everyone makes mistakes. If you make a mistake and tell me, we will work through it together to learn from it and do everything we can to ensure it does not happen again. (This does not mean there will not be a consequence but we will learn from it)

As a family, other rules we agree to are;

Signature: _____

Date: _____

Signature: _____

Date: _____

Household Tasks

Expectation: Chores are to be done well and in a timely manner.

The following chores are expected to be done at the times shown;

Consequence: _____

Honesty

Expectation: Telling the truth is expected at all times, It is fully expected that you will take responsibility for your actions when confronted by a parent/guardian or other responsible adult.

Consequence: _____

Substance Misuse

Expectation: Smoking/vaping, drinking and using any recreational or prescription medication, is illegal for your age, and underage use can have serious legal and life altering consequences. You may take medications that have been prescribed to you according to the directions for the prescription. You may take non-prescription medication upon a parent/guardian's approval.

Targeted ads, negative influences are all around you. It is likely that you may be pressured to try or offered substances throughout your pre-teen/ teen years. As we continue to focus on open, honest and continuous conversations, it is our hope that you will discuss these circumstances with us prior to your involvement.

Consequence: _____

Communication via phone, internet and social media

Expectation:

Phone calls are allowed until _____ on weekdays and until _____ on weekends

Texting is allowed until _____ on weekdays and until _____ on weekends

Phone use not allowed during _____

Allowed social media platforms are _____

Consequence: _____

Video games and computer use

Expectation:

Video games are allowed until _____ on weekdays and until _____ on weekends

Video games/computer games are to be limited to _____ hours per day.

Allowed games/gaming platforms/ and video game ratings are; _____

Inappropriate/ age restricted sites and foul language is not acceptable computer use. Sharing our names, address, personal information, passwords, financial account information or photos without prior parental approval are also not allowed.

Consequence: _____

Curfew

Expectation:

Conditions:

Consequence: _____

School behavior and grades

Expectation:

Consequence: _____

Friends and friends in the house

Expectation:

Consequence: _____

Contract review and adjustments

We, as a family, will review this contract every ____ months, and make necessary changes, Our next review date: _____

Please use the section below, if there are additional privileges you would like to adopt as a family.

Privilege:

Expectation:

Consequence: _____

Privilege:

Expectation:

Consequence: _____

Privilege:

Expectation:

Consequence: _____

Signature: _____ **Date:** _____

Signature: _____ **Date:** _____