

Household Expectations and Guidelines

These expectations function to foster mutual respect, encourage communication and harmony, and enhance personal growth. This worksheet is a tool for communicating the expectations and guidelines. The best use of this tool is to clarify measurable and observable outcomes. This is meant to facilitate a discussion and is subject to periodic review. This agreement is voluntary and made in good faith for the purpose of maintaining safety and well-being in the home.

Likes/Dislikes (food, music, extracurricular activities, etc.)

Phone/Texting Usage (making and receiving calls-whether with house phone or cell phone, appropriate/inappropriate times for texting i.e.: not at the dinner table, etc.)

Computer/Electronics/Media (time, website browsing, etc.):

Language (prohibited language (e.g. profanity, threats) and recommended language (e.g. courteous and respectful language)

Time Management (lights out/quiet time, meal times, curfew times, etc.)

Social Contacts/Friends/Dating (visiting in the home, staying at friends, dances, outings, etc.)

Identity Considerations (may focus on a number of different areas including cultural, religious, spiritual, gender and sexual identities)

Respecting Privacy/Personal Space/Boundaries in the home (restricting areas, knocking before entering, etc.)

Respecting Personal Possessions (using something that belongs to someone else or lending your belongings to someone else, getting permission, etc.)

Encouraged Behaviors (sharing responsibility in specific household chores, responsible medication management, voicing personal or relational struggles, talking through disagreements respectfully, etc.)

Unacceptable Conduct (e.g. whereabouts unknown, drug and alcohol use/abuse, not home when expected, any type of aggression, etc.)

School/Employment/Volunteer Opportunities (priority, goals, study/work/volunteer hours, etc.)

Money/Income/Budgeting (saving a certain %, budgeting for bills, car, gas, phone, etc.)

Other (hygiene, cigarette smoking, pets, special considerations, miscellaneous)

Rewards/Incentives/Corrective Actions (conditions/violations, expectations, outcomes, etc.)

Signature of Young Adult

Date

Signature of Caregiver/Provider

Date