
Parent, Child and Friends Agreement

This agreement is designed to lay the foundation for what is expected of your tween and teen when they are with certain friends. This agreement supports parents of troubled teens who are concerned with the choice of friends their child is making. For instance, when a teen decides he or she is going to defy authority, many times the friends they have been hanging out with will leave them. This is usually accompanied by a new group of negative friends.

Since peer pressure has a very strong effect on teens, parents can direct their troubled teen toward a more positive group of friends by setting clear expectations.

The following are some items that could be included in this type of contract:

Teen Expectations:

1. I agree to place my friends in groups of A, B, or C.
2. I accept I am allowed to spend _____ amount of time with each group of friends.
3. I agree to inform my parent(s) about which group of friends I am going to be with when away from home.
4. I accept that my parent(s) are allowed to meet and talk to all friends.
5. I agree that my parent(s) are allowed to speak with my friend's parent(s).
6. I agree to call my parent(s) and let them know where I am when with my friends and away from home.

Consequences:

I will accept the following consequence(s) for breaking this agreement:

Rewards:

I will receive the following reward(s) for adhering to this agreement and making good decisions and choices while with my friends _____

Teen Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Terms of this agreement will be reviewed every _____ (days, weeks, months) and changes made accordingly.