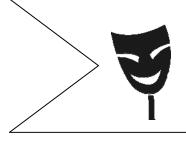
Rewards and Consequences Menu



When creating rules, remember the following:

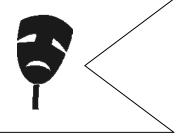
A rule should be the opposite of what you don't want.

Write the rule in a positive way.

Be clear and concise – No loopholes!

Have up to three rules at a time.

Anyone should know if the rule has been followed.



Rewards are Optional Privileges

Verbal praise should always be given genuinely and enthusiastically!

- 1. Additional one-on-one time with significant adult
- 2. Increased allowance/money
- 3. Extended curfew
- 4. Extended bedtime
- 5. Going to do something special (e.g., movie, park, mall, etc.)
- 6. Getting to choose what's for dinner
- 7. Allowing friends over for longer periods of time/sleepovers
- 8. Buying youth something s/he wants
- 9. Pardon on chores for one day
- 10. Extending time on phone, computer, television, game system, etc.
- 11. Playing a game with youth/engaging in activity decided on by youth
- 12. Sleeping later than usual on weekends/holidays
- 13. Choosing what to watch on television
- 14. Cooking the child his/her favorite dinner
- 15. Renting a movie

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Consequences are Chosen from Optional Privileges

Consequences are given when you are calm.

- 1. Removing gaming systems (e.g., Nintendo, Play Station, Game Cube, etc.)
- 2. Withholding allowances/money
- 3. Removing music
- 4. Removing movies/television
- 5. Reducing phone privileges
- 6. Earlier curfew
- 7. Earlier bedtime
- 8. No friends over
- 9. Not being allowed outside (grounding)
- 10. Removing computer
- 11. Additional chores (e.g., cleaning, yard work, etc.)
- 12. Writing rules over and over again
- 13. Writing an essay related to reason for consequence
- 14. Additional school time and/or work
- 15. Time out

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