

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

16. _____
17. _____
18. _____
19. _____

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

16. _____
17. _____
18. _____
19. _____