

# Family Agreements

When group members are on the same page about important values and commitments, it can create a sense of safety and boost feelings of happiness in the brain. Family agreements can also strengthen relationships and support kids of all ages in making responsible choices.

## HOW TO USE

- Use the guide below to create simple family agreements
- Print a copy of this page or write your responses on a piece of paper
- Hang your agreements in a central location, such as on the refrigerator



## Have a family meeting

Discuss what is most important to your family. A good way to decide on your shared values is to ask, "What do we expect of each other?" Kindness, fairness and cleanliness are examples that may come up. Write your shared values here:



## Choose small commitments

What steps can each person take to support your shared values? Work together to choose 3-5 activities that you will commit to doing, such as completing school work or turning off screens at least an hour before bedtime. Write them here:



## Remind one another

Hang a small sign by the door to remind family members of your agreements whenever they are leaving the house. Include a quote (e.g., "Respect yourself and others"), an image or another cue that reminds family members about what is important.



## Revisit your agreements

Get together often to talk about how things are going and decide if you need to make any adjustments. Schedule a family meeting if you are noticing difficulties or want to praise the family for sticking with it!

*Adapted from Conscious Discipline (2020)*