



*Because I Love You™*

Parent and Youth Support Groups

## BASIC HOUSE RULES

(Please add/delete as fits your needs)

1. There will be no physical or verbal abuse to anyone living in this house. (Include name-calling if an issue). Verbal abuse includes yelling.
2. Your room must be clean before you leave the house in the morning. (Adjust to your desires.)
3. Dishes are not to be left in the sink. Wash, dry and put away / place in dishwasher.
4. Telephone curfew is \_\_\_\_\_. No calls in or out after that time. No long distance or toll calls without prior permission.
5. You will attend school daily and keep your homework current. You will get grades of \_\_\_\_ or better. All classes must be attended.
6. Clean common areas after each use. Do not leave belongings around the house.
7. Do not 'borrow' from anyone in the house without permission.
8. Curfew Is Sunday through Thursday; Friday and Saturday. You will call in by \_\_\_\_\_ if you do not come home directly from school.
9. No one in the home without a parent in attendance.
10. There will no television between the hours of \_\_\_\_\_ to \_\_\_\_\_ OR: There will be no television after (9:00 p.m.) Sunday through (6:00 p.m.) Friday. (Whatever works for you)?
11. Chores must be done as per attached list, by the time specified on the list.
12. There will no drugs and / or alcohol allowed in or around the house.
13. You are responsible for the actions of your friends while they are in our house.

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14. No sleeping over at another's home without 24-hour notice, my talking to the other parent and the address and telephone number of that person.

15. You must, at all times, let me know your whereabouts, including the name and phone number of where you are.

16. Music curfew.

17. Rules re: smoking.

The rules below are selected from many different families. They are simply a guideline to consider when making your own HOUSE RULES.

#### COMMON HOUSE RULES

\*No physical or verbal abuse to family members or property.

\*Treat family and property with respect.(Be polite)

\*Phone calls to be ended by 9:30 PM on school nights, 10:30 on other nights.

\*Bath & bedroom to be maintained by 10:00 AM on non-school days, 7:30 AM on school days.

\*Attend all of your scheduled classes at school daily.

\*Homework completed daily before \_\_\_\_\_ (8:00 PM, T.V., Dinner hour, play time, etc.)

\*No drugs, pills, drug paraphernalia, tobacco or alcohol.

\*Lights out and in bed by 10:00 PM on school nights.

\*Clean up after yourself before leaving that room.\*Do chores daily, on time, as posted.

\*Curfew on weekends & holidays is 11:00 PM.

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- \*No friends in house unless a parent is present.
- \*Obtain permission before leaving the house.
- \*Do not use anyone else's property without permission.

We suggest starting with no more than 10 house rules, less is O.K. However many you start with, you must be ready to enforce them. Don't have rules you are not ready to give consequences for if violated. Try to include some rules your child is already following. The negative behavior column on your "Parents Homework Sheet" is a good indicator of what rules are needed in your home. Remember, if you find yourself repeating something to your child over and over again, maybe it needs to be a house rule. As time and behavior change, so can your house rules. We suggest typing or writing your house rules on paper, not carving them in stone.

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