Our Family Respect Plan

Fill this in together at a calm time. These rules help parents and teens speak and act with respect.

Our agreement	Starting idea	What our family agrees to
How we speak	No insults, mocking or name-calling from anyone.	
How we pause	Anyone can ask for a 20-minute break, then return.	
Our main rules	Choose two or three priorities, such as curfew and phone use.	
Consequences	Agree in advance. Keep them fair and time-limited.	
Repair	Apologize and fix harm where possible.	
Faith and connection	Choose a regular time to talk, outside of conflict.	
Weekly review	Discuss what is working and what needs to change.	Day and time:

Parent(s): _____

Teen: _____

Date: _____ Review date: _____

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