**Family Responsibility Station**

Nothing in Life is Free ☺

**Olivia/Gavin**

They are working for screen time (video games, computer time, phone, ipad, etc) on the weekend. Time can be used all at once or spread throughout the weekend.

They each have the opportunity to earn up to 30 minutes per day by completing the baseline tasks for a total of 3.5 hours per week.

Additional time may be gained by completing various tasks. Time increments are deducted for not completing baseline tasks on their own, or for showing disrespect/dishonesty.

To earn back some time lost, they may complete a 3-part apology letter.

Record total minutes earned each day

**Sarah**

Sarah is working for the ability to use her phone when she comes home from school up until 10pm.

Once Sarah completes all baseline tasks without being asked, she is given the phone from 5pm (4:30?) – 8pm. In order to gain additional time, she must complete additional tasks.

Time is deducted for not completing baseline tasks without being asked, or showing disrespect/dishonesty.

To earn back some time lost, they may complete a 3-part apology letter.

Record total minutes earned each day. To ensure weekend use, Sarah must have 1 complete week of baseline tasks, but deductions to her 10pm time will be incurred for disrespect/dishonesty.

**In Our Family, Disrespect:**

**Looks Like:**

**Sounds Like:**

**Feels Like:**

**3 Part Apology Letter**

Dear ,

**I am sorry for** (what did I do wrong?)

**because** (why is this not a good choice?)

**In the future, I will** (what will I do next time to show I have learned and am making a smart choice?)

Love,

**Family Responsibility Station**

Sarah

Baseline Responsibilities = ability to use phone from 5-8

Additional Family Contributions = 30 more minutes of phone time each

Not completing Baseline Tasks = lose 1 hour of phone time

Completing Task *after being asked once* = 30 minutes gained back

**Deductions:**

Disrespect to anyone = 1 hour lost. To gain back 30 mins, must complete 3-part apology letter.

Dishonesty = 1 hour lost. To gain back 30 mins, must complete 3 part apology letter.

**+1 Hour Household Tasks**

* Choosing to work out a problem positively
* Making another family member feel good about themselves
* Helping to clean someone else’s room

**+30 Minute Household Tasks:**

* Load or unload dishwasher
* Sweep kitchen
* Vacuum kitchen
* Vacuum common areas
* Dust common areas
* Help Hailey with Homework
* Help Brody with task
* Pick up something that ISN’T YOURS

**Family Responsibility Station**

Baseline Responsibilities = 10 minutes of screen time each (30 mins/day)

Additional Family Contributions = 15 minutes of screen time each

Not completing Baseline Tasks = lose 30 minutes of screen time

Completing Task *after being asked once* = 10 minutes gained back

Gavin/Olivia

**Deductions:**

Disrespect to anyone = 1 hour lost. To gain back 30 mins, must complete 3-part apology letter.

Dishonesty = 1 hour lost. To gain back 30 mins, must complete 3 part apology letter.

**+15 Minute Household Tasks:**

* Choosing to work out a problem positively
* Making another family member feel good about themselves
* Helping to clean someone else’s room

**+10 Minute Household Tasks:**

* Load or unload dishwasher
* Sweep kitchen
* Vacuum kitchen
* Vacuum common areas
* Dust common areas
* Help Hailey with Homework
* Help Brody with task
* Pick up something that ISN’T YOURS