

## CONTRACT FOR ADULT CHILD LIVING AT HOME

As an adult living in our home, you are expected to be responsible and respectful of us and our rules.

The following rules are non-negotiable (check all that apply):

- You must not have illegal drugs in our home or anywhere on our property.
- You must be respectful and considerate to all members of this household at all times.
- You must engage in an employment or education activity while living at home, including working, searching for a job, volunteering, attending school, or participating in job training or a professional certification program.
- You must have our permission before using or taking our car.
- You must ask for our approval before inviting visitors or overnight guests.
- You must observe our household's "quiet hours," from \_\_\_\_\_ p.m. to \_\_\_\_\_ a.m.
- You must notify us if you will be out past \_\_\_\_\_ a.m./p.m., or if you will be spending the night elsewhere.
- You must attend any family meetings that we schedule.
- You must pay for the fuel, maintenance, and any other expenses for your own vehicle.
- You must contribute \$ \_\_\_\_\_ to household expenses.

You will be responsible for the following household chores, errands, and projects:

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You will maintain the cleanliness and organization of your living space and our home and property, do your own laundry and dishes, and take all responsibilities for your pet.

Additionally, you will complete these household chores in the agreed-upon timeframe:

- [ ] \_\_\_\_\_ frequency: \_\_\_\_\_
- [ ] \_\_\_\_\_ frequency: \_\_\_\_\_
- [ ] \_\_\_\_\_ frequency: \_\_\_\_\_

You are allowed to use the family car with our approval, provided you (check all that apply):

- [ ] Made a request for its use 12 hours in advance.
- [ ] Have met that day's household responsibilities.
- [ ] Are willing to complete a family errand while using the car, such as \_\_\_\_\_.
- [ ] Return the car at or before the agreed-upon time.
- [ ] Contribute money toward fuel once a week.

You are expected to observe our policy on alcohol use as follows:

(check one)

- [ ] We don't allow alcohol use in the house.
- [ ] We allow respectful and responsible use of alcohol.
- [ ] Other: \_\_\_\_\_

You are expected to observe our policy on marijuana use (*in states where it is legal*):

(check one)

We don't allow marijuana use in the house or on our property.

Smoking is permitted in your bedroom only.

Smoking is permitted outdoors only.

Other: \_\_\_\_\_

You are expected to observe our policy on cigarette smoking as follows:

(check one)

Smoking is permitted in your bedroom only.

Smoking is permitted throughout the house.

Cigarette smoking is permitted outdoors only, and cigarette butts must be disposed of properly, not thrown on the ground.

Other: \_\_\_\_\_

We all agree to these basic rules in the spirit of having a warm and loving home, where we all can be happy.

If rules are broken, we agree to meet and to resolve the problems calmly and respectfully. If problems cannot be resolved, we agree to seek outside guidance with a member of the clergy, a counselor, or other professional advisor.

Adult Child Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_