

Family & Roommate Agreement Contract

TEEN TECH & CURFEW PRE-AGREEMENT

Fill this out together, in a calm moment — before the boundary is ever tested. Once it's signed, the agreement does the holding, not you: when the moment comes, you simply point back to what's written here.

WHO THIS AGREEMENT IS BETWEEN

Parent/Guardian:

Teen:

SCREEN TIME BOUNDARIES

Weeknight cutoff:

Weekend cutoff:

Phone charges overnight in:

CURFEW

Weeknight curfew:

Weekend curfew:

IF THE AGREEMENT ISN'T KEPT

What happens — decided now, calmly, not negotiated in the moment it's broken:

Parent/Guardian — Signature

Date

Teen — Signature

Date

Family & Roommate Agreement Contract

ADULT CHILD CO-LIVING AGREEMENT

For an adult child living at home. This works like a roommate agreement, not a house rule sheet — written together, between two adults, so nothing has to be renegotiated on the spot.

HOUSEHOLD MEMBERS

Parent(s):

Adult Child:

SHARED CHORES

Who handles what, and how often:

SHARED EXPENSES

What's covered, by whom, and by when each month:

QUIET HOURS & OVERNIGHT GUESTS

Quiet hours:

Guest notice needed:

REVIEW DATE

Revisit this agreement on:

Parent(s) — Signature

Date

Adult Child — Signature

Date