3 Rules/Expectations
Use: 8-16 years old

Rules/ Expectations	Monday	Tuesday	Wednesday	Thursday	Friday
Talk Nice/No Teasing					
Tell Truth/No Excuse Making					
Helpful/No Bullying					

Points:
0= Not Successful (<25% of time)
1= Partially successful (25% to 75% of the time)
2= Met goals successfully (>75% of the time)

Rewards: (example below)
3 pts = Ticket   2 Tickets = Reward

Define Expectations (example)
Talk Nice/No Teasing = making fun of others, calling other kids mean words
Tell Truth/No Excuse Making = tell lies to avoid trouble or consequences
Helpful/No Bullying = Tripping others, pushing , hitting.

Note: "The Step-by-Step Approach"- if your child does a Behavior 10 times a week, and you want your child to stop the behavior completely… it may not be possible for your child to stop all at once. This is a common reason why interventions do not work. It is often best to set a goal for getting a reward somewhere in the middle of how often a Behavior is seen (Example = 10 times hitting), to what the final goal will be (Example = 0).   Use smaller steps that slowly raise the bar and move toward the final goal. ("ok last week you only did the behavior 5 times, that is very good. For this week the new goal is to do it no more than 3 times. I know you can do this.")

Starting point for getting a reward:
Number of times unwanted behavior happens/ Divided by half = goal for that week

Example Week #1: $\underline{\text{Hit ten times}}$ = Reward for week   or $\underline{10} = 5$
                                  2   2
If successful, Then
Week #2: $\underline{\text{Hit 5 times}}$= Reward for week   or $\underline{5} = 3$
                        2   2

If not successful, Then continue week #1 goal of hit 5 or fewer times.
         OR   Change the goal to something the child will be successful doing (example: 7 times).