

## REWARD PLAN FOR AMBER

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### Level 4

- Highest level of favors (within reason and parent's availability), such as
- \$40 per week (total)
- Sleepovers (Fri and Sat night), 12am weekend curfew otherwise
- Weekday social outings: 10 pm curfew (plus rides to outings)
- No limits on when you can have access to your cell phone
- Rides to go shopping, or to buy smoothies/snacks after school

### Level 3

- \$30 per week (total)
- Weekends: Sleepovers (1x/wk), 11pm curfew otherwise
- Weekday social outings: 9:30 pm curfew (plus rides to outings)
- Phone use until 9:30 PM on weekdays and 11:30 PM on weekends
- Driving practice

### Level 2

- \$20 per week (total)
- Weekends: 10pm curfew (no sleepovers)
- Weekday social outings: 9 pm curfew (no rides from parents)
- Phone use 1 hour after school, 3 hours on non-school days
- Mom does your laundry

### Level 1

- \$10 per week (total)
- No social outings, but friends can come to our house
- Phone limited to school hours and 1 hour on non-school days.

### Level 0

- No money
- No social outings
- Phone limited to school hours; No use on non-school days.

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## TARGET BEHAVIORS

### 1. Gentle voice, words, and behaviors, rated daily (use of Repair Checklist)

4 = High level of gentleness all day

OR loud/angry voice, with >80% repair checklist

OR loud/insults/swearing, with same-day 100% repair

3 = Loud/angry voice, with >50% repair checklists score

OR loud/insults/swearing with same-day repair (score >80% on the checklist)

2 = Loud/angry voice, with <50% repair checklists score

OR loud/insults/swearing, with same-day repair (score >50%)

OR physical aggression, with same-day 100% repair

1 = Loud/angry voice and insults/swearing, with <50% repair checklists score

OR physical aggression, with same-day repair (score >50%)

0 = Physical aggression, with <50% repair checklists score

### 2. Full compliance with all rules for when to be at home (e.g., curfew)

### 3. School work standards

- All homework must be turned in with at least an 80% grade per week
- All tests and quizzes must have at least a grade of 70% per week

### 4. No use of drugs or alcohol

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#### Access to Level 1 Rewards:

- 1) > 12 gentleness points in the past 7 days
- 2) All homework fully completed in the past week (required for all rewards levels)
- 3) No instances of leaving home without permission and curfew violations < 40 min (total)

#### Access to Level 2 Rewards:

- 1) > 19 gentleness points in the past 7 days (3 gentleness points almost every day)
- 2) All homework with passing grades in the past 7 days (required for rewards levels 2-4)
- 3) No instances of leaving home without permission and curfew violations < 20 min (total)
- 4) Each of the past 7 days, Amber put her phone in the designated drop spot when she did not have permission to use it. (also required for Level 3 and 4 Rewards)

#### Access to Level 3 Rewards:

- 1) > 26 gentleness points in the past 7 days (4 gentleness points almost every day)
- 2) Fully met all school work standards in the past week (also required for Level 4 Rewards)
- 3) Full compliance with rules for when to be at home (also required for Level 4 Rewards)

#### Access to Level 4 Rewards:

- 1) > 52 gentleness points in the past 14 days (4 gentleness points almost every day)
- 2) Meeting all requirements for lower reward levels

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- Each day, parents will rate target behaviors, a copy of which they will provide to you.
- A reward level is given as soon as all the conditions are met, if Amber tells her parents. Otherwise, parents will assess the reward level earned at the end of every Thursday (success since last Friday).
- Each day, parents will make only one brief request for a repair, and will only give you written feedback (in the form of the Interpersonal Repair Checklist) unless you also ask for additional spoken feedback.
- All time away from home must get prior approval from parents.
- When you earn a level of privileges you get also get everything at the lower levels
- The money you earn will pay for all snacks, drinks, entertainment, apps, activities, shopping, clothes, hair and beauty products. Parents will not buy things any of these things for you.
- Access to privilege levels 1-4 require no use of drugs or alcohol in the past week
- Each day, Amber must put her phone in the designated drop spot (on the kitchen table) when she does not have permission to use it.
- An act of physical aggression (against a person or resulting in physical damage) will result in immediately being at Level 0 privileges until two days after the completion of a full 100% repair. Otherwise, a reward level stays in effect for an entire week after it was earned.

### **Long-term reward:** trip to Paris

- 100 points will earn you the trip to the Paris
- Every week you earn level 4 privileges, you will get 5 points
- Every week you earn level 3 privileges, you will get 3 points
- Every week you earn level 2 privileges, you will get 1 point

After you earn 4 consecutive weeks of level 3 or 4 privileges you will earn a new iPhone (latest model).