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Behavioral Contract

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Abstract

The purpose of this poster is to answer the questions: a) How can behavior contracts be utilized in the classroom; and b) How effective are behavioral contracts in a classroom behavior management system? The related research includes an article that demonstrated the effectiveness of using behavioral contracts with middle school students who were labeled with Emotional and Behavioral Disorders (EBD). When behavior contracts were in place the inappropriate behavior within the classroom decreased. Behavior contracts seem to be effective for behavior modification of middle school students. It is recommended that behavior contracts be considered for use in classrooms or individual behavior modification plans.

BEHAVIORAL CONTRACT

14 BENEFICIAL RULES

1. Make objectives, goals, or contracts and agreements.
2. Review with others to clarify and understand objectives.
3. Monitor for compliance.
4. Assess the contract and make adjustments.
5. Review the contract and make adjustments.
6. Monitor for compliance.
7. Assess the contract and make adjustments.
8. Review the contract and make adjustments.
9. Monitor for compliance.
10. Assess the contract and make adjustments.
11. Review the contract and make adjustments.
12. Monitor for compliance.
13. Assess the contract and make adjustments.
14. Review the contract and make adjustments.

1. Monitor for compliance.
2. Assess the contract and make adjustments.
3. Review the contract and make adjustments.
4. Monitor for compliance.
5. Assess the contract and make adjustments.
6. Review the contract and make adjustments.
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11. Assess the contract and make adjustments.
12. Review the contract and make adjustments.
13. Monitor for compliance.
14. Assess the contract and make adjustments.



DEFINITION

A behavioral contract is a written document between an instructor and student which specifies (a) expected behaviors, (b) positive and negative consequences, and (c) time frame of the contract with review dates. The contract is then signed by the instructor, student, and others who participate in the contract.

RATIONALE

Behavioral contracts are a practical and creative way for instructors to help students of all ages improve various problematic behaviors, such as classroom and social behavior, substance abuse, and school attendance.

WHERE CAN IT BE USED?

- At Home
- At School
- At Work
- In Marriage

EXAMPLES

RESEARCH

Behavioral contracts have been shown to be effective in improving student behavior in various settings, including classrooms, workplaces, and homes. Research indicates that contracts are most effective when they are specific, measurable, and achievable.

SOURCES

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Definition

A behavioral contract is a written document between an instructor and student which specifies: (a) expected behaviors; (b) positive and negative consequences; and (c) time frame of the contract with review dates. The contract is then signed by the instructor, student, and others who participate in the contract. (Utah State Office of Education)

Where can it be used?

School Home
Work Marriage

Rationale

Behavioral contracts are a practical and creative way for instructors to help students of all ages improve various problematic behaviors, such as: Classroom and social behavior, substance abuse, and school attendance. (Utah State Office of Education)

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Name _____

Week of _____

Behavior Contract



Sitting crisscross,
hands in lap



Listening and
following directions

Keeping hands
and feet to self

Name _____

Week of _____

Behavior Contract



Sitting crisscross,
hands in lap



Listening and
following directions



Will not run or walk
away from the
teacher

	Mon.	Tues.	Wed.	Thurs.	
Fri. Calendar					
Writer's Workshop					
ELA					
Lunch					
Centers					
PE/Art/Music					
Science/SS					
Recess					
Math					

	Mon.	Tues.	Wed.	Thurs.	
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Science/SS					
Recess					
Math					

Behavior Contract

Goal: _____ agrees to give 100% effort in

When this goal is reached, he or she will earn _____

Signatures

Student _____ Date _____

Teacher/Parent _____ Date _____

Consequence _____

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Poster-APACitation

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