

Simpson Family Contract

Flagstaff Counseling Center

Education

1. Bart will complete his school assignments and study from 4 to 5 PM from Monday through Thursday when school is in session. He will show his completed assignments to Marge. If he has no school assignments, then he can use the time to read any book of his choice.
2. If Bart uses study time for any other purpose, then he will lose triple that amount of time the following Saturday morning. He may not leave the house on Saturday until the study time is completed.
3. If Bart completes his studies, and turns in all his assignments, then he will be rewarded each week with movie tickets and money for refreshments. He may attend a movie with his parents or his friends.
4. Bart will attend school so that he can develop intellectually and have a good career. If he skips school, then he will be grounded for one week.

Chores

1. Everyone in the family contributes to the daily responsibilities of running the household. Bart will empty the trash and recycling. He will also load and run the dishwasher each day. He will receive one dollar in allowance each day those chores are completed, and nothing on the days when those chores aren't done.
2. If there is snow, then Bart will shovel the driveway and the sidewalks. He will receive five dollars for shoveling.
3. His parents will determine whether the chores are adequately done or not. His allowance income will be paid once per week.

Whereabouts

1. Bart will always let his parents know where he is going at all times. He will call them or text them if his plans change and he goes somewhere else.
2. Marge and Homer will call his friend's parents to arrange any sleepovers.
3. Bart has a 9 PM curfew on school nights and a 12 PM curfew on weekends. Those hours apply to the summer too. If he comes home after curfew, then the time will be tripled and subtracted from his curfew time the next Friday night.

Privacy

1. Bart's room belongs to him. He can decorate his room any way that he wishes as long as it does not present sexually explicit or violent images.
2. Bart will clean his room every Saturday. Homer or Marge will inspect his room to make sure that it is sufficiently picked up and cleaned. If it is not adequate, then Bart may not leave the house until it is done.
3. He may not hide alcohol, drugs, or paraphernalia anywhere in the house.
4. Bart will place his dirty clothes in the laundry hamper. If they are left anywhere else, then it is his responsibility to wash them.

Appearance

1. Bart has a right to dress however he chooses, unless it violates the school dress code. He may wear any fashion or hairstyle, as long as it is not sexually explicit or imply gang membership.
2. Bart may not physically alter his body, through tattoos or piercings, until he is an adult.

Cell Phone

1. Bart may not use his cell phone to either call or text during his study time or after 9 PM any day of the week. If friends call or text during those times, then he will call back the next day. His parents may request printouts of this texts from the cell phone carrier if there are any questions about his cell phone usage.
2. Bart may have any music on his cell phone as long as it isn't sexually explicit or violent. Gangsta rap is an example of sexually explicit and violent music.
3. Bart will not take sexually explicit photos on his cell phone. If friends sext him or send him sexual photos, then he will delete them.
4. If Bart does not follow these rules for his cell phone, then his parents will take away his cell phone for one week. If there are repeated abuses of these cell phone rules, then his parents will remove texting from his phone plan. If Bart is unable to use his cell phone responsibly, even if it is a gift or he purchased it himself, then his parents will contact the cell phone carrier and turn off his cell phone.

Internet

1. Bart may have a Facebook page or any another social media page that is intended for adolescents. He agrees to show his parents his webpages if they request to see them.
2. Bart may play any single player or multi-player video games that are rated for teenagers or general audiences. He may play no more than two hours per day.
3. Bart is not allowed to access or download any Internet pornography. He will not participate in any sexually explicit chat rooms or instant messaging. His parents may review the websites that he has visited at any time. If necessary, his parents may add accountability software to his tablet, computer, or cell phone.
4. If Bart cannot manage his screen time, then his parents will disconnect the router in the house and store it in the trunk of the family car for two days.
5. If a friend texts or posts about wanting to do self-harm, then Bart will tell his parents and they will take responsible actions to insure that everyone is safe.
6. If Bart follows the rules above, he will be rewarded with a new video game every three months. If he violates them, then he will grounded until he writes a five page essay about what he has learned.

Sexuality

1. Sexuality is a normal part of living, and his parents assume that Bart will engage in some sexual experimentation during adolescence. His parents discourage him from having sexual intercourse until he is an adult. Sex requires relationship skills and maturity.
2. His parents agree to provide him with healthy sexuality education that is appropriate for his age. They may occur through school, church, or parent-child discussions.

Alcohol and Drugs

1. Bart agrees not to use alcohol, inhalants, or drugs. If he decides to use alcohol, inhalants, or drugs against his parent’s wishes, then he should call his parents on his cell phone to get a ride home. It is worse to drive while intoxicated, or ride with an intoxicated friend, than it is to experiment with alcohol or drugs.
2. Cigarette smoking is harmful. His parents discourage him from smoking.
3. The first time that Bart is found using or possessing alcohol, inhalants, or drugs, he will write a five page essay about substance use by teenagers. He will re-write the essay until it is well researched and unbiased. His parents will throw out alcohol, drugs, and paraphernalia.
4. The second time that Bart is found possessing or using alcohol, inhalants, or drugs, Homer and Marge will notify the police. The juvenile justice system will determine whether Bart will receive counseling, community service, or substance abuse treatment.

Honesty and Respect

1. Honesty is an essential quality for genuine respect to exist between parents and teens. Swearing at his parents is never acceptable. If Bart is found lying to his parents, then he will be grounded until he writes a five page paper on the importance of honesty in all human relationships.
2. It is essential to keep the lines of communication open between everyone in the family. Any problem can be resolved through communication and caring.

Renegotiation

Bart, Homer, and Marge will renegotiate the contract in one month. Each family member may introduce new concerns and recommend changes.

Bart Simpson

Homer Simpson

Marge Simpson

Andy Hogg, Ph.D.