

## **THE FREEDOM CONTRACT**

**BELIEVABILITY:** giving adequate and accurate information.

**PREDICTABILITY:** keeping promises and agreements.

**RESPONSIBILITY:** taking care of business at home, at school, and out in the world.

**MUTUALITY:** Living on two-way terms with parents.

**AVAILABILITY:** Being willing to discuss parental concerns when need arises.

**CIVILITY:** Communicating with courtesy and respect.

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**When the adolescent meets the terms of the contract, parents are more inclined to risk more freedom; not meet the terms, and they are inclined to refuse or even reduce existing freedoms.**