

BEHAVIOR CONTRACTS

A method to help improve student behavior

What is it?

A behavior contract is a technique used by teachers to improve student behavior by ways of positive reinforcement .



Who does it work for?

Behavior contracts can be successful for *any* inclusive learner as well as students with ADHD, emotional disturbance, and Autism. Also works well for tackling behaviors such as tantrums and physical aggression.



Steps to Create a Behavior Contract:

1. Create a main goal by determining the behavioral objective for the student
2. Through parent, teacher, and student communication, determine the target behavior(s) that need to be modified
3. Monitor the students day-to-day and weekly progress by using charts and tables with visuals
4. Look at past performance to determine if the student is reaching their behavior goals and if not, determine what changes can still be made.
5. A reward contingency will be put in place that specifies what the students earns if goals are met and possible consequences if student does not meet goals.

Why use a behavior contract?



Behavior contracts have been shown to correct behaviors such as physical aggression, unacceptable verbalizations, tantrums, neglecting school work, and other negative behaviors. Contracts have also been shown to increase student's attitude, self-esteem, and confidence. While also increasing the rate of goal completion and parent-teacher communication.

Chart example:

Home Note					
Name _____		Week of _____			
Behavior	Mon	Tues	Wed	Thurs	Fri
Stay in Seat/ place	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊
Keep hands/feet to self	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊
Follow Directions	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊
Complete work	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊
Overall	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊
Notes					

parent signature: _____

<http://special.ed.about.com>

References

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- Ruth, W. J. (1996). Goal Setting and Behavior Contracting for Students with Emotional and Behavioral Difficulties: Analysis of Daily, Weekly, and Total Goal Attainment. *Psychology in Schools, 33*, 153-158.
- Smith, S. E. (1994). Parent-initiated contracts: an intervention for school-related behaviors. *Elementary School Guidance & Counseling, 28*182-187.