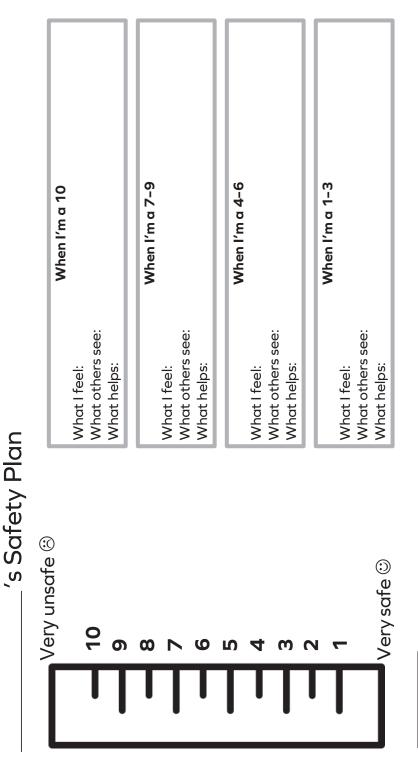
Appendix

TEMPLATES FOR PLANS TO KEEP YOUR TEEN SAFE



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1. Privilege 1: ____

Behaviors that can't happen to earn this privilege:

a.

b.

c.

Behaviors that *must* happen to earn this privilege:

d.

e.

f.

If a-f not followed:

2. Privilege 2:

Behaviors that *can't* happen to earn this privilege:

a.

b.

c.

Behaviors that *must* happen to earn this privilege:

d.

e.

f.

If a-f not followed:

3. Privilege 3: ____

Behaviors that can't happen to earn this privilege:

```
a.
b.
c.
Behaviors that must happen to earn this privilege:
d.
e.
f.
```

If a-f not followed:

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Christina 's Behavior Plan

1. **Privilege 1:** Going out with friends without supervision

Behaviors that can't happen to earn this privilege:

a. Using cannabis

b. Cutting

c.

Behaviors that *must* happen to earn this privilege:

d. Daily check-in regarding safety

e. Go to school at least 4/5 days per week

f. Complete homework at least 4/5 days per week

If a-f not followed: Only allowed to hang out with friends at our house with parent present in the home until $\underline{a-f}$ followed for 3 weeks. Can go out with friends again if a-f followed for those 3 weeks.

2. Privilege 2: Unmonitored use of personal smartphone

Behaviors that can't happen to earn this privilege:

a. Looking at cutting-related social media content

b. Talking to strangers on social media

c. Accessing and using personal smartphone at night

Behaviors that *must* happen to earn this privilege:

d. Engage in one of your nonscreen coping skills at least 30 min/day

e.

f.

If a-f not followed: Parents will check smartphone content/history nightly for I month. Unmonitored access will be granted if $\underline{a-f}$ followed for I month.

3. Privilege 3: Evening use of personal smartphone

Behaviors that *can't* happen to earn this privilege:

a.

b.

c.

Behaviors that must happen to earn this privilege:

d. Take dog for a walk nightly for at least 10 minutes

e. Eat dinner with family nightly

f.

If a-f not followed: No evening use of personal smartphone on days when $\underline{d+e}$ aren't done.

1. Use of "device X" at "X time" (most problematic device and most problematic time of use)

Behaviors that *can't* happen to earn that use:

a. b.

c.

Behaviors that *must* happen to earn that use:

d. e.

.

f.

If a-f not followed:

2. Access to "device X" will be taken away if:

Behaviors that *can't* happen to earn device access:

- a.
- b.
- c.

Behaviors that *must* happen to earn device access:

d.

e.

f

If a-f not followed:

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