



Teen Proposal Form

Asking for more freedom? Put it in writing: what you want, what you'll do, and a trial to show it works.

From _____ To _____ Date _____

1. My proposal

What I'm asking for

Why it matters to me

2. What I'll do in return

1.

2.

3.

3. The trial

Trial length in days	Starts	Ends	Check-in day
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How we'll know it's going well

4. If the trial slips

If I slip during the trial, we agree to

5. Parent's answer

☐ Yes, let's try it ☐ Yes, with these changes ☐ Not yet. Let's talk again on _____

Changes we agreed

6. After the trial

☐ It worked. This is the new normal. ☐ Let's extend the trial by this many days _____

Teen signature _____ Parent signature _____ Date _____

Not a legal document. A shared agreement between people who trust each other.



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