



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
_____	_____	_____	_____

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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