PARENT – TEEN
RESPECTFUL **C**ONFLICT **A**GREEMENT

The purpose of this agreement is to create a safe environment for conversations when we are in conflict.

1. We agree that we are on the same team.

2. We agree to review this agreement weekly and before attempting to resolve any conflict. We each agree to do our best to uphold this agreement.

3. We will begin the conversation by reviewing our Communications Agreement, and if felt necessary by either party, RCA Safety Guidelines.

4. If either of us need a "time out" to cool off we agree *in advance* that the first time out will be for 15 minutes. The person requesting the time out agrees to state something like: "I need a time out for 15 minutes, I will come back to the conversation."

5. We agree to limit discussions of tough topics to 10 minutes. A timer can be used if either party (parent or teen) wishes. When the time is up we will either agree to reschedule a time to complete the conversation. We agree not to attempt to discuss tough topics before 9:00 AM or after 9:00 PM.

6. We agree we will not call each other names, use offensive language or shame.

7. We agree we will not be physically or emotionally abusive. This includes, and is not limited to, shoving, hitting, door slamming or throwing objects. We also agree not to engage in threatening behavior that we know the other person fears, such as threatening abandonment or exile. If either one of us is in fear of the other due to the conflict we agree to be honest about our feelings.

8. We agree to identify the issue that needs discussion and to keep the conversation about the issue at hand.

9. We agree not to attempt to resolve a conflict or engage in "fighting" behavior at the following times; while driving; during the school day or workday (by text) or at a place of employment and/or when either person is feeling low, vulnerable, tired, hungry or "not up to the task".

10. We also agree not to attempt to resolve conflict while in public or around other family members. If conflict erupts during these times we agree to acknowledge the upset feelings and agree not to walk away from the upset person, rather to treat the upset person with kindness.

We enter into this agreement willingly:

_____ _____ _____

Parent Teen Date