Sometimes clear communication takes the written word. Below is a parenting contract for your personal use. Use the print button on this page to print it out. Please feel free to use as it is or make it your own.

**Parents and Teens Contract: Dating**

I know being allow to go out on dates is a privilege. I respect that my parents love me and want to keep me safe. My parents respect that I am becoming a young adult and want the privilege of dating openly. With that in mind, we agree:

1. To keep communicating about our family values on dating, relationships and physical contact, including sexual relations. (Define your family values below or on a separate but attached sheet.)
2. I will introduce my date to my parents before I will be able to go out alone on a date with him/her. I understand that I may go out on group dates with friends my parents know without introductions, but still keeping open communication.
3. I will not date anyone ________ years older than me or anyone ________ years younger than me.
4. I am allowed to go on ______ dates per week, this includes visiting at each other's homes but not group or school outings.
5. I will be home - in the door and date gone - by my curfew.
6. I will tell my parents where I am going to be and with whom for the entire time I am gone.
7. My responsibilities come first. (Define responsibilities below or on the back side of this page.) I will keep up with these responsibilities or possibly lose my dating privileges.

The consequences for not following through with these limits on dating are: (Break it down to first offense, second offense, etc.)