

Menu of Daily Consequences and Rewards

For Ages 15–17

Consequence	Reward
Loss of TV	Additional TV time
Loss of video games	Additional video game time
Loss of computer time/social media time	Additional computer time/social media time
Loss of personal media device (e.g., PSP, iPod)	Additional time with personal media device
Loss of Internet access	Additional time on Internet
Doing additional chore	Having someone else do your chore
Not earning favored activity	Gaining additional activity
Loss of free time	Additional free time
Loss of cell phone	Additional time with cell phone
Having an earlier curfew	Gaining later curfew
Losing access to car	Gaining access to car
Losing unsupervised time with friends	Unsupervised time with friends

Ideas for favored daily activity

(PLEASE NOTE: We do not recommend taking away things like sports or music altogether because kids gain so many benefits from these activities, such as teamwork, responsibility, time management and commitment. You can, however, use extra time doing these as an incentive if that is motivating to your child)

- Craft projects (drawing, painting, sculpting, beading)
- Making something in the kitchen
- Extra time playing an instrument
- Extra time playing a sport/activity of child's choice
- Watching a movie
- Earning driving practice time

Ideas for weekly rewards

- Getting a manicure/pedicure, hair done/dyed
- Having a sleep over with friend(s)
- Going to a museum/mall/movies
- Doing activity with friend (i.e., fishing, hiking, swimming, camping, biking, going to the beach, bowling, mini-golf)
- Getting a treat/meal out
- Choosing an item from a "prize box" (assorted small items such as small gift card for fast food or store, nail polish/makeup, movie tickets, gas card)
- Contributing money toward larger purchase of child's choice

