

# BEHAVIOR CONTRACT

## An Introduction

A behavior contract (or contingency contract), is a written agreement between at least two individuals in which one or both individuals agree to demonstrate certain behavior(s). Behavior contracts specify a contingent relation between the completion of a specified behavior and access to/delivery of, a specified reward for one or more parties (Cooper, Heron, & Heward, 2007). There are three core components to most contracts: the behavior, the reward, and the recording sheet. In summation, the contract specifies the person(s) to perform the task(s), the scope and sequence of the task(s), and the circumstances (or criterion) for task completion.

**Behavior.** When specifying the behavior or task, it is important to include four pieces of information: *who*, *what*, *when*, and *how well* (Cooper et al., 2007). *Who* is the person(s) who will perform the behavior(s) and receive the reward. *What* refers the behavior(s) to be performed. *When* identifies the time – such as day and time or every school day – by which the behavior must be completed. *How well* specifies the levels of performance or standards to meet criterion.

**Reward.** Similarly, equally specific detail is necessary to describe the reward component of the behavior contract. *Who* is the person(s) who will judge the behavior and control delivery of the reward. *What* is the reward itself. *When* identifies the time the person(s) earning the reward can be received by the person who met the specified expectations. *How much* specifies the amount of reward (e.g., dosage) that can be earned by performing the behavior and meeting criteria.

**Recording sheet.** The recording sheet is designed to serve as (1) a prompt for all parties to review the contract regularly and (2) a method for recording behavior performance.

## Types of Behavior Contracts

Behavior contracts can be between one or more parties. One party contracts can also be referred to as unilateral contracts or self-contracts. In one-person contracts the individual desires to change his or her own behavior, and to assist in the behavior change process, this individual arranges

reinforcement or punishment contingencies with a contingency manager. In two or more-party contracts, with each party focusing on a given behavior change. These can be quid pro quo which means, each parties before change is the reinforcement for the other party. Or they can be parallel contracts, in which each person agrees to implement a behavior change desired by the other person in the contract but the specified rewards for their respective behavior change is not contingent upon the other party's performance.

## Ci3T Supports Library: Behavior Contract

In these materials, you will find resources to help you design, implement and evaluate behavior contracts in your classroom or setting. In the implementation materials you will find a sample Behavior Contract Tier 2 Grid. Additionally, you will find a procedural integrity (PI) checklist, sample behavior contracts (e.g., parallel, quid pro quo), treatment integrity checklist, as well as social validity forms for both the student and teacher. In the resources folder, you will find a step by step guide "Designing a behavior contract," a behavior contract brief, and finally a resource guide of available websites, books, and articles that go into much more detail on behavior contract.

## Examples

	<b>One-Party Contracts</b>	<b>Two-Party Contracts</b>		<b>Three or more-Party Contract</b>
		<i>Two Party - Quid Pro Quo Contract</i>	<i>Two Party - Parallel Contract</i>	
<b>Definition</b>	The individual desires to change his or her own behavior, and to assist in the behavior change process, this individual arranges reinforcement or punishment contingencies with a contingency manager	One person's behavior change is the reinforcer for another person's behavior change.	Each person agrees to implement a behavior change desired by the other person in the contract. In contrast to the quid pro quo contract, both parties can arrange rewards for their respective behavior change not contingent upon the other party's performance.	A two-party contract modified to include three or more parties
<b>Example</b>	Logan wants to write three drafts to his persuasive writing assignment to boost his grades during language arts. Logan will make three revisions during study hall before it is due next week. Mrs. Ferrario has agreed to offer additional feedback on the final draft before the assignment is due if Logan meets his goal.	Jenna and her teacher Mr. Harris met and agreed that Jenna's grades in journalism were hindered by her low-engagement. Mr. Harris was concerned that Jenna would not complete her assignment by the next issue. Jenna felt that Mr. Harris was constantly micro-managing her each period. They agreed Mr. Harris would not check in on Jenna's progress until the end of the day Thursday, and Jenna would complete her assignment 15 minutes before the end of class Thursday. In this contract, Jenna was able to avoid being micro-managed, and Mr. Harris felt the task would be completed.	Jenna and her teacher Mr. Harris met and agreed that Jenna's grades in journalism were hindered by her low-engagement. Mr. Harris was concerned that Jenna would not complete her assignment by the next issue. Jenna felt that Mr. Harris was constantly micro-managing her each period. They agreed Mr. Harris would not check in on Jenna's progress until the end of the day Thursday, and Jenna would complete her assignment 15 minutes before the end of class Thursday. In this contract, if Jenna completes her task before the last 15 minutes of class Thursday she choose an article or photographic submission for the next issue. If Mr. Harris refrains from checking on Jenna until the end of the day Thursday, he will be selected as the featured teacher in the next issue.	Logan's mom is worried about Logan's off-task behavior during language arts. Logan meets with Mrs. Ferrario who drafts a contract between all three parties. If Logan completes three drafts of his persuasive writing assignment Mrs. Ferrario will provide additional feedback before the assignment is due. If Logan's mom edits Logan's paper three nights in a row she and Mrs. Ferrario will get to lead the weekly PBIS drawing on Friday.