

Our House Rules

Rules should be specific enough that you do not have to guess. Review them whenever your routine, home, or responsibilities change. Mark one choice for each item.

ACTIVITY	ALLOWED	ASK FIRST	NOT WHILE ALONE
Using the microwave	☐	☐	☐
Using the stove or oven	☐	☐	☐
Using knives or other sharp tools	☐	☐	☐
Using small appliances	☐	☐	☐
Going outside or leaving the property	☐	☐	☐
Having friends over	☐	☐	☐
Going to a friend's home	☐	☐	☐
Answering calls or messages	☐	☐	☐
Answering the door	☐	☐	☐
Using games, apps, or social media	☐	☐	☐
Taking a bath or shower	☐	☐	☐
Caring for pets	☐	☐	☐
Caring for a younger sibling	☐	☐	☐

Our rule if the plan changes

Stop. Contact a grownup. Wait for a clear answer before doing something outside the plan.

A separate decision

Being ready to be home alone does not automatically mean being ready to care for a younger sibling. That needs its own plan and rules with your grownups.

Our decisions

Our other family rule: _____

Our plan if a rule is broken: _____

Review date: _____ My initials: _____ Grownup initials: _____