

We the Gale Family, in Order to create a more harmonious Existence, establish Justice, insure domestic Tranquility, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this CONSTITUTION for the Gale Family.

Article I. The Basics.

SECTION 1.1. FAMILY MEMBERS.

The Gale Family shall be composed of five members: Jack Gale (kid), Max Gale (kid), Scott Gale (Dad), Karen Gale (Mom) and Rusty (dog).

Mom and Dad shall serve as Managers and executors of the Gale Family Constitution. Each shall strive to be *responsible, fair, just* and *consistent*.

SECTION 1.2. DEFINITIONS.

Ding- Broken rule.

Drop- Failure to perform chores or responsibilities *on time*.

Screen Time- Usage of television, video games, computer and hand-held games.

Week- Monday to Sunday.

SECTION 1.3. FAMILY MEETINGS.

Meetings shall occur **weekly** on Tuesday evenings. The ideas, interests and concerns of each family member shall be heard and considered, providing that they are expressed in a *calm* and *respectful* manner.

Each meeting shall cover the following topics:

Family Business

- Issues and proposals;
- Topical chat (questions, current events, etc.)
- Upcoming vacations and activities

Weekly Planning

- Dinner planning (each person selects for one weeknight);
- Calendar (upcoming parties, events, practices, etc.)

- Coordination (grocery shopping; rides to school and activities)

Chores and Responsibilities

- Review checklists
- Acknowledgement and rewards

Family Fun (games, movie, etc.)

Article II. The Rules.

SECTION 2.1. ATTITUDE & BEHAVIOR.

Purpose

To promote good decisions, as well as clear and calm communication.

Rules & Parameters

- Whining, complaining, yelling, and name-calling shall result in one verbal warning, followed by the escalating consequences, as described below.
- Hitting, kicking, or intentionally damaging property shall result in immediate Level 2 consequences.
- Lying or “parent-shopping” shall result in immediate Level 3 consequences.

Consequences

- Escalating consequences:
 1. Five-minute time out;
 2. One hour in room;
 3. Twenty-four hours without Screen Time for each subsequent infraction.

SECTION 2.2. CHORES, HOMEWORK & RESPONSIBILITY.

Purpose

To develop strong work ethic and encourage academic success.

Rules & Parameters

- Each family member shall be accountable for completing his or her chores, homework and other responsibilities on time, as defined on the Chore Chart.
- No television or video games shall be allowed until all daily chores and responsibilities have been completed.

- Chore Chart shall be reviewed at each weekly family meeting to assess performance by each individual.

Rewards

- One week without a Drop:
 - Full allowance (Jack- \$8.00; Max- \$5.00).
- Two consecutive weeks without a Drop
 - Full allowance; and
 - Sleepover with friend at our house or theirs.
- Eight consecutive weeks without a Drop
 - Full allowance; and
 - Choice of family activity.

Consequences

- One Drop during a week
 - Loss of ½ of allowance.
- Two or more Drops during a week
 - Loss of entire allowance.
- More than two Drops
 - Loss of television and video games for one day for each additional Drop.

SECTION 2.3. PROPERTY.

Purpose:

To harmoniously enjoy shared property and dutifully respect other people's possessions.

Rules & Parameters

- Shared Property shall include all televisions, gaming systems, sports equipment, and any other property not specifically received or purchased individually. Each family member shall have equal opportunity to use Shared Property.
- Personal Property shall include gifts received or purchases made by an individual, except as described above. Although encouraged to share, each family shall have the exclusive right to their own Personal Property.
- Taking Turns
 - If a family member desires to use a television or video game that is currently in use by another, he must issue a "25 Minute Warning" by giving verbal notice and setting a timer for 25 minutes.

- Current user shall give up control of television or video game immediately when timer sounds.

Consequences

- Each Property Ding shall result in a one-day Screen Time suspension.

SECTION 2.4. SCREEN TIME.

Purpose

To encourage active lifestyle and healthy hobbies by limiting Screen Time to approximately one hour per day during school week and three hours per day on weekends.

Rules & Parameters

- Screen Time Restrictions
 - No Screen Time shall be allowed during weekday mornings.
 - During weekday evenings, Screen Time shall be allowed only after all homework and chores are complete.
- Unless restricted or otherwise stated, Jack and Max shall be allowed Screen Time. However, at any time, Mom or Dad can provide verbal warning that Screen Time is ending and set a timer for 25 minutes.
 - Screen Time shall cease immediately when the timer sounds.
 - If Screen Time must end sooner for any reason (i.e. bad sportsmanship or schedule constraints), Jack and Max shall comply without complaint.
 - If unusual circumstances cause Screen Time to be lesser or greater than target, Mom or Dad may adjust Screen Time allowed in subsequent days.

Consequences

- Each Screen Time Ding shall result in a one-day Screen Time suspension.

SECTION 2.5. BEDTIME.

Purpose

- To develop healthy sleep habits.

Rules & Parameters

- Jack and Max shall be individually responsible for being ready for bed, including brushed teeth, by their assigned bed time (Max- 8:30pm; Jack- 9:15pm).

- If circumstances require Jack or Max to stay up past their bed time, each shall be prepared for bed within 15 minutes of arriving home or warning from Mom or Dad.

Rewards

- If Jack or Max makes it to bed on time each night between Sunday and Thursday, then he can stay up until 10:00pm on Friday and Saturday night.

Consequences

- Each Bedtime Ding shall result in a bedtime thirty minutes earlier the following night.

SECTION 2.6. MEALS & NUTRITION.

Purpose

To develop good eating habits, simplify meal preparation, and encourage self-sufficiency.

Rules & Parameters

Breakfast, Lunch, Snacks

- Jack and Max shall be responsible for preparing their own breakfasts, lunches and snacks, unless Mom or Dad offers.
- No meals or snacks requiring preparation shall be allowed within twenty minutes of scheduled exit time.

Dinner & Dessert

- Each family member shall choose one dinner meal per week.
- In order to qualify, a meal must:
 - ✓ Be reasonably healthy and easy to prepare.
 - ✓ Include at least one vegetable.
 - ✓ Receive approval by at least one other person.
- If someone chooses not to eat a prepared dinner, he or she can prepare an alternative meal for themselves (i.e bread & butter, left-overs, etc.).
- Dessert shall be available only to kids who eat enough dinner, as determined by Mom or Dad.

SECTION 2.7. FRIENDS & VISITORS.

Purpose

To minimize arguments, encourage healthy friendships, and create a pleasant environment for visitors.

Rules & Parameters

Privacy

- If someone visits Jack or Max, the other brother shall allow them to play alone, if requested to do so.
- If a visitor does not come specifically to see Jack or Max, then both shall be allowed to play.

Responsibility

- Each family member shall responsible for ensuring that their visitors respect house rules.
- If a visitor breaks a rule, Jack or Max shall tell him or her to stop immediately. If the behavior continues, he shall tell Mom or Dad.

Visiting & Hanging Out

- No visitors shall be allowed in the house when Mom and Dad are both gone.
- Jack and Max shall not be allowed to “hang out” with friends that both Mom *and* Dad consider unacceptable because of age, attitude or behavior.

Consequences

- Each Friends and Visitors Ding shall result in a one-day Screen Time suspension *and* no playing with the visitor for seven days.
- Any Ding associated with the “Visiting & Hanging Out” clause shall result in a *minimum* grounding of one week.

SECTION 2.8. PERSONAL HYGIENE

Purpose

To promote health and cleanliness.

Rules & Parameters

- Jack and Max shall each be responsible for getting himself dressed in *clean* clothes every day.
- Jack and Max shall shower every morning before school; alternatively, they can bathe the night before.

Consequences

- First Personal Hygiene Ding shall result in a warning.
- Each Personal Hygiene Ding thereafter shall result in a one-day Screen Time suspension.

Article III. Process and Authority.

SECTION 3.1. AMENDMENTS.

Mom *and* Dad must both approve each amendment to the Family Constitution before it can take effect.

Routine Amendments can be proposed, considered and approved during any weekly Family Meeting.

Annual Amendments shall be completed prior to the beginning of each IUSD school year. During the process, each family member shall help identify and resolve important upcoming issues (i.e. driver's license) for the year.

SECTION 3.2. RATIFICATION.

The Ratification of the Gale Family Constitution shall occur upon the understanding and signature of all Members of the Gale Family.

On this ___ day of _____, We the Members of the Gale Family hereby ratify the Gale Family Constitution of 2008.

Scott Gale

Karen Gale

Jack Gale

Max Gale