

## **FAMILY MEETING RULES**

By having family meetings, each person in the family gets a chance to let other family members know what they are thinking, feeling and doing. By having family meetings, each person in the family can be a part of solving problems and making family rules.

1. Family meetings will be held at least 1 time each week.
2. Any family member may call an emergency family meeting to talk about something that cannot wait until the next scheduled meeting. Emergency meetings should be called when something out of the ordinary (either good or bad) happens at school, work, home, or with friends; for example, something that is either dangerous or very exciting.
3. The rules and schedule of family meetings will be the same each week; the only way to change the existing rules or schedule of family meetings is to make changes during a family meeting.
4. Each family member is responsible for his/her own behavior during family meetings. Each family member is responsible for acting in a safe manner during family meetings (this means no aggressive physical contact during family meetings). Each family member is responsible for acting in a respectful manner during family meetings (this means talking rather than shouting or name calling when you disagree; listening to what people have to say and asking questions rather than jumping to conclusions). Each Family member is responsible for being honest rather than dishonest; this means telling people what you think and how you feel rather than keeping things to yourself or blaming other people.