

EQ in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

NAVIGATING RELATIONSHIPS IN TIGHT QUARTERS Part 3: Building a Family Social Contract

This assignment requires working with at least one – but preferably all – of your family members who live with you. Watch the EQ in your PJs – Navigating Relationships, Part 3 video together and do the steps below. Each person will need his/her own paper to write something for each of the • bullet points. [If you cannot do it with your family, write what you *wish* your Family Social Contract was.]

BUILDING A FAMILY SOCIAL CONTRACT

STEP 1: Think of Norms

- How do you want to be treated? How do you think your family members want to be treated?
- How do you want to treat each other when there is a problem?

STEP 2: List Three Norms

“Norms” are not rules. They are agreements about how to treat each other.

- List three norms about how you think you and your family should treat each other.

STEP 3: Lobby

- Why do you think each of your “norms” is a good idea? (Write why – then share with your family why you think your norm is important.)

STEP 4: Compile

Choose one person to write down all the norms. Mix up the order. (e.g., write the first norm from each person, then the second norm, etc.)

STEP 5: Vote

Put a tally mark next to **four** norms you think are most important – but not one you created.

STEP 6: Narrow Down

Agree on your top five or more norms. You may need to combine some that are similar.

STEP 7: Write Up Contract

Have one person, or work together, to write up the contract.

STEP 8: Sign It

Make it official. Just like any important agreement, have everyone sign it in pen.

STEP 9: Post It

Where can you post it where all family members will see it regularly?



Calling FOUL

What do you do if someone breaks a norm on the Family Social Contract?

→ Turn a negative into a positive with an apology and two “put ups.”

If someone feels offended or that a norm has been violated, s/he calls, “FOUL!”

The other person then says, “Sorry” and two kind things about that person (including at least one about his/her personality/character).

PASSWORD to Video 4: What is another name for agreements about how to treat each other? _____

[all small letters, no caps]