



Consistency Plan

Below is a suggested structure for planning and recording how you intend implementing consistent expectations in your household.

It focuses on identifying parameters, planning fair consequences, which can be routinely actioned, and deciding how your plans will be communicated.

The completed table below is a *sample only*. You are free to use any elements relevant to you, however a printable blank form can be found on the following page for your use.

Household Expectation	Consistent Consequence
School night bedtime is 10.30pm	Stay home on following weekend
Mobile phone left charging in kitchen overnight on school days Attend all school lessons each day	Mobile phone confiscated for 48hrs Negotiate with school to catch up on work and stay home on following weekend
No use of alcohol or drugs	Removal of technology – computer, phone, tv, consoles for fortnight. Stay home weekends.
Keep bedroom free of dirty clothes	Clothes will not be washed unless they are taken to the laundry
How these will be communicated	
<ul style="list-style-type: none"> • Discussed with each family member individually • Identify these as non-negotiable • Copy laminated and pinned on fridge 	

Household Expectation	Consistent Consequence
How these will be communicated	

Signed as agreed to by:

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