A fair-share household job agreement

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use this for one household responsibility agreed with your teenager. It is not a behaviour contract. Take account of health, disability, school demands and any existing caring responsibilities.

The job

What the job is: _____

What it includes from start to finish: _____

What a safe and adequate result looks like: _____

What it does not include: _____

Example: “Put the clean towels in the cupboard. It does not include running the washing machine or sorting everyone’s clothes.”

Learning and support

What needs to be shown or explained first: _____

Equipment or access needs: _____

Who can help if something is unclear: _____

Do not assign tasks involving hazards your teenager cannot safely manage. Needing help does not mean they have failed to contribute.

Continue: A fair-share household job agreement

Timing and reminders

When it will usually happen: _____

A reminder we have agreed: _____

How to tell someone if the plan needs changing: _____

The rest of the week

Other demands we need to take into account: _____

A responsibility that may need sharing or reducing: _____

Time we want to protect for rest and ordinary life: _____

Review

When we will talk again: _____

What was clear: _____

What needs adjusting: _____

If caring tasks are affecting education, friendships or wellbeing, ask about support for young carers through school or local services. Action for Children explains the role of young carers. A clearer rota cannot solve an excessive workload on its own.

Browse all free resources.

More help for your family

Make the job clear, teach what is needed and review the workload without turning home into a scorecard.