

Behavioral Contracts

Behavioral Contracts, or contingency contracts, are written agreements between at least two individuals in which one or both agree upon certain behaviors. It is a document specifying an agreed-upon cause and effect between the completion of a specified behavior and the earning of a specific reward. Most Behavioral Contracts include three components: the behavior, the reward, and the reporting sheet. There are many types of Behavioral Contracts that can lead to positive behavioral change. These contracts can be organized as a one-party or two-party contracts. Contracts can support behaviors students would like to change on their own, as well as agreements between teacher, student, and parent where each party agrees upon a certain individual behavioral goal. In these materials, you will learn about Behavioral Contracts, how they are effective, the research supporting the use of Behavioral Contracts, their benefits and challenges, and how to evaluate treatment integrity and social validity.