

## Coach Agreement: My Pledge to My Teen

1. My intention is to assist and support you in creating your life just the way you want it.
2. I will be safe for you. Therefore, I will not judge, criticize, embarrass, or hurt you.
3. I will listen to your concerns, needs, values, goals, and beliefs without judgment.
4. I will allow you to discover and explore what is true for you and will assist you in seeing your own possibilities.
5. I honor you and your ability to find your own answers. I will never rescue or try to "fix" you.
6. I will create a safe and supportive environment for you to grow.
7. My feedback will be genuine and authentic.
8. When appropriate, my goal is to explore alternative ideas and solutions with you, to allow you to decide what is best for you. In doing so, you will become empowered to see your own opportunities and possibilities.
9. I honor privacy and will hold everything you say in confidence unless: you are saying or I suspect you are going to do harm to yourself or someone else, or someone is harming you. I am required to report such things. I will take my concern to school authorities, but never to a parent or guardian.
10. I will let you know 24-48 hours in advance if I cannot attend a meeting we have scheduled. If an emergency arises and I must miss an appointment, I will contact you and/or the school.
11. I plan to meet with you every week when school is in session. We will not meet on school holidays or during school breaks. We will only meet during school hours or immediately before or after school, and always on the school campus in designated areas.
12. What we discuss is ALL about you and what is important to you.
13. If we have a conversation that leaves me questioning your safety or well-being, I have a duty to report my concerns to the appropriate authorities.

Signed \_\_\_\_\_

Date \_\_\_\_\_