Sample tough caring contract

Tough Caring Contract

(Written or verbal, individual or group)

If you see me doing something unsafe, approaching an unsafe condition, or slipping into automatic behavior, would you let me know? I agree to do the same for you. I will accept your intervention as an act of caring about my health and safety. I agree to intervene for the same reason. I will take you information and give information with trust and respect, so we can mutually benefit.

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(add additional lines as needed – or remove them)

Whether the individuals involved use the above wording or come up with their own version, the intent should be to perpetuate the belief in mutual trust and respect. We must believe in protecting everyone from needless harm.