

# NO-FIGHT STUDY AGREEMENTS™

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Turn nightly arguments into  
clear, calm agreements (—  
(especially for high-ability kids)



## WHY THIS EXISTS

### Problem:

Every afternoon or evening:

- You remind your child to study.
- They argue, stall, or melt down.
- You get angry or end up nagging.
- Everyone feels guilty by bedtime.

This isn't just "bad attitude." It's usually a system problem:

- No clear agreement about when study happens.
- No shared definition of "done".
- Consequences are random or emotional ("Fine, no iPad!").
- Kids feel like study is something being done *to* them, not something they chose.

*Give you a simple, written agreement + word-for-word scripts so that study time:*

- *Starts at clearly agreed times*
- *Ends with less arguing*
- *Builds your child's self-management, not just compliance*

## HOW THE NO-FIGHT AGREEMENT WORKS

There are **3 parts**:

1. **Reset conversation** – a calm 10–15 minute chat (with a script) to reset the pattern.
2. **Study Agreement Contract** – child chooses their blocks, you both agree on rules.
3. **Check-in script & consequences** – specific phrases you BOTH know in advance.

### Important mindsets:

- This is not about winning. It's about designing a system together.
- The child must feel they have real choices inside clear boundaries.
- Once the agreement is signed, you follow the script, not your mood.

## STEP 1: RESET CONVERSATION (WORD-FOR-WORD SCRIPT)

Use this once to set up the agreement (not in the heat of an argument).

### 1. Start with calm acknowledgement

"Hey, I want to talk about study time for a moment – not to tell you off, but to make it easier for both of us."

"Lately it feels like every time we talk about homework or study, we end up arguing. I don't like that, and I don't think you do either."

### 2. Take shared responsibility

"I think part of this is my fault. We don't really have a clear plan. I remind you... you push back... and it turns into a fight. That's not fair on you."

"So I want to change the system so you have more say, and we both know exactly what the plan is."

### 3. Shift into collaboration

"You're old enough now that I don't want to chase you all night. What I do want is a clear agreement: you choose your study blocks, I agree to them, and then we both stick to the plan."

"If we can agree on that, I promise I'll stop nagging as long as you stick to what we agree."

Then ask: "Are you willing to try this with me for the next 2 weeks as a trial?"

If they say yes → move to Step 2.

If they say no → calmly reply:

"That's okay, but then I will still decide the rules for now. I'd rather we design them together. Think about it."

(You can revisit the conversation later; most kids will prefer having a say.)

## STEP 2: DESIGNING THE STUDY AGREEMENT (GUIDELINES)

**Non-negotiables (you decide):**

- Minimum total time on school days (e.g. 60–90 minutes).
- Tech boundaries (e.g. no gaming / social during blocks).
- Non-moveable commitments (e.g. tuition, music lesson, sport training times).

### Child's negotiables (they choose):

- Exact time slots (e.g. 4:30–5:00, 7:00–7:30).
- Order of subjects.
- Short break structure (e.g. 25 mins work, 5 mins break).
- Whether they want you to sit beside them, be in the same room, or just be "on call" for help.

### Explain it plainly:

"Here are the things I must protect: sleep, health, and a minimum amount of study. Inside that, you get to design your own schedule. Deal?"

## STUDY AGREEMENT CONTRACT (TEMPLATE)

### NO-FIGHT STUDY AGREEMENT™

(2-week trial – we will review on: \_\_\_ / \_\_\_ / \_\_\_\_)

Student name: \_\_\_\_\_

Parent/Carer name: \_\_\_\_\_

#### 1. Our weekly baseline (school days)

Minimum total study time per school day:

☐ 45 mins ☐ 60 mins ☐ 75 mins ☐ 90 mins ☐ Other: \_\_\_\_\_

Chosen study blocks (child chooses, parent approves):

Day	Block 1 (time)	Block 2 (time)	Optional Block 3	Notes (activities / tuition)
Mon				
Tue				
Wed				
Thu				
Fri				

#### 2. What "study" means in our house

During a study block, study can include:

- Homework tasks due soon
- Revision (notes, flashcards, practice questions)

- Reading for English / wide reading
- Practice papers for Selective / OC / Scholarship / HSC
- Projects / assignments

**Study does not include:**

- Gaming of any kind
- YouTube / social media (unless specifically pre-agreed for a project)
- Random web browsing unrelated to school work

**We agree that during a block:**

Phone is on: ☐ airplane mode ☐ in another room ☐ "Do Not Disturb"

Notifications: ☐ off on laptop ☐ messaging apps closed

### 3. Parent promises

I (parent/carer) agree to:

- Stop nagging about study outside the agreed blocks.
- Use only the check-in script below during study time.
- Respect your break times if you are sticking to the agreement.
- Review results calmly at the end of the 2-week trial.

Parent signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### 4. Student promises

I (student) agree to:

- Start each study block within 5 minutes of the agreed time.
- Use the block for real study (as defined above).
- Put my phone on the agreed setting during blocks.
- Accept the agreed consequences if I choose not to follow the plan.
- Give this a fair try for 2 weeks, then talk honestly about what worked / didn't work.

Student signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## CHECK-IN & CONSEQUENCE SCRIPT (WORD-FOR-WORD)

The idea: once the contract is signed, you stop improvising and use the script.

### A. Starting a study block

At the scheduled time:

**Parent: "It's [time]. Do you want to start now, or in 5 minutes as per the agreement?"**

If they delay past 5 minutes:

Parent: "Our agreement says we start within 5 minutes. If you choose not to start now, you're also choosing [insert agreed consequence]. What do you want to do?"

Then stop talking. Let them decide.

## B. If they are off-task during the block

Parent: "Quick check – are you on your agreed task right now?"

If yes → say:

"Okay, thanks for staying with it. I'll leave you to it."

If no → say:

"Right now you're choosing [Instagram / gaming / etc.] instead of study. That means you're also choosing [consequence]. Is that what you want to choose?"

Again, pause and let them think.

## C. Ending the block

At the end of the block:

"Your study block is finished. Do you feel you did a 'tick' or 'cross' for that one?"

You can lightly track on a weekly sheet:

Day	Block 1	Block 2	Block 3
Mon	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
...			

This gives data for the 2-week review.

## CONSEQUENCE MENU (YOU CHOOSE TOGETHER)

Consequences should be:

- **Pre-agreed**
- **Proportionate**
- **Linked to freedom and trust, not punishment for its own sake**

Pick one primary consequence and optionally one secondary.

### 1. Screen-time linked

If you finish all agreed blocks on a school day → you keep your normal screen time.

If you skip a block by choice →

- lose X minutes of screen time that day, or
- screens only after all core tasks are done.

#### Example line in the contract:

"If I skip a study block without a valid reason (sick, family emergency), I lose 30 minutes of recreational screen time that evening."

### 2. Weekend / social linked

Each skipped block = one "token".

If your child accumulates 2+ tokens by Friday:

- They lose one small weekend privilege (e.g. one cafe trip, one gaming session), OR
- They must "repay" the time with extra study block on Saturday.

### 3. Positive hooks (optional)

Also add positive reinforcement:

If they complete all planned blocks for 10 days:

- they choose a family outing from a pre-agreed list, or
- they get a small one-off treat / experience, or
- they design one "fun project block" (e.g. coding project, creative writing, passion project) as a reward.

*consequences are mechanical, not emotional.*

*"We're not arguing; we're just following the agreement we both signed."*

## TROUBLESHOOTING COMMON PROBLEMS

### Problem 1: "They agreed but now they're refusing."

Stay calm; point back to the paper.

**"We agreed on this together. I'm not changing the agreement mid-way, but we can review it on [review date]. Right now we follow what we wrote."**

If they consistently refuse, make the next version of the agreement smaller, not bigger (e.g. only 1 block per day, but non-negotiable).

## **Problem 2: "They work, but the quality is poor."**

Add a quality rule in the contract:

**"A block only counts as 'done' if: the homework is complete and legible, or I attempted X practice questions honestly, or I spent 20 minutes doing active revision (flashcards/notes/practice), not just staring at pages."**

You can have a weekly check:

**"Show me your best piece of work from this week. Do you think you used the time well?"**

## **Problem 3: "They're overwhelmed and shut down."**

For selective-level kids, this is common.

- Reduce each block to 20–25 minutes.
- Let them choose which subject each day.
- Break tasks into micro-steps: "Open the book → find the page → do Q1–3 only → small break → Q4–6."

You can add a line in the agreement:

**"If I feel overwhelmed, I will say: 'I need a mini-break, then I'll do 5 minutes on just one tiny part.'"**

## **Problem 4: "I (the parent) can't stop nagging."**

Add a rule for yourself:

**"I will only mention study at: the start of each block, and our agreed weekly review time."**

If you slip, repair it:

**"I'm sorry, I nagged outside our agreed times. I'll do better tomorrow. Let's go back to the system."**

This models responsibility and makes it easier for your child to honour their side.



## 2-WEEK REVIEW TEMPLATE

After 2 weeks, sit down for 10–15 minutes and fill this together.

### 1. WHAT WORKED WELL?

**Child:**

"The parts that worked for me were..."

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**Parent:**

"The parts that worked for me were..."

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### 2. WHAT DIDN'T WORK?

**Child:**

"The parts that didn't work were..."

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**Parent:**

"The parts that didn't work were..."

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### 3. WHAT WILL WE CHANGE FOR THE NEXT 2 WEEKS?

- ☐ Number of blocks per day
- ☐ Length of each block
- ☐ Study start times
- ☐ Consequences
- ☐ Where I study (desk / dining table / library)
- ☐ How much help I want from Mum/Dad

Write the 1–2 biggest changes at the bottom of the original contract, both initial again, and repeat for another 2 weeks.

## FINAL IDEA TO GIVE PARENTS

*"We're not aiming for perfect behaviour.  
We're building a habit system that reduces arguments and slowly  
builds your ability to manage yourself."*

No-Fight Study Agreements are simply:

- Clear times
- Clear definitions of study
- Clear consequences
- Clear review points

...wrapped in respectful language so your child feels like a partner, not a prisoner.

You can adapt the structure for:

- Homework only (younger kids)
- Selective/OC/Scholarship prep
- HSC / VCE / ATAR students

The framework stays the same; only the content of the blocks changes.