



# USA High School Programs

## Host Family Guidelines and Expectations

Please review the expectations about your household rules within the first week after your student arrives. This list is created to help discuss the guidelines and expectations. It is by no means complete and you can write your own rules on the second page as you go through it.

### FOOD

- Dinner time? Are meals eaten together?
- Are there any special requirements (food allergies, vegetarian food, etc.)?
- Taking food from the fridge and purchasing extra food items, snacks or sodas.
- School lunch: who is paying for it and who is preparing it?
- Who does the dishes? Who cleans after the meals?

### STUDENT'S ROOM

- Who and when is responsible for cleaning the room?
- Can food be eaten in the room?
- If friends are in the room, can the door be closed?

### BATHROOM

- Is there a morning bathroom schedule?
- Who and when cleans the bathroom?
- Where to put wet towels?
- What cannot be flushed into the toilet?

### LAUNDRY

- Does your student do his/her own laundry? What is the student responsible for?
- What can and cannot go in the washer?
- How often is laundry done?

### FRIENDS AND CURFEW

- Inviting friends at home (including when parents are not home).
- Going out with or visiting friends after school, staying at a friend's house, sleepovers.
- Meeting friends before student goes out with them.
- Curfew time? Keeping in touch if plans change.

### TELEPHONE/TEXT MESSAGING

- Guidelines for using the house phone; limit on phone calls/messaging; long distance calls.
- What is the best way for the student to call home (calling card, Skype)?
- Is the student getting his/her own cell phone?
- Note: Student is responsible for paying their part of the telephone bill

### HOME COMPUTER AND INTERNET

- See a sheet titled Questionnaire on Computer Use Privileges.

### TRANSPORTATION

- How can the student arrange for a ride to and from school, movie theater, mall, etc.? Is the student expected to pay for rides, gas money?
- Getting rides from friends. s

### MISCELLANEOUS

- Expectations regarding participation in family activities.
- Expectations about attending religious services.
- What are the guidelines with young siblings?
- What are the guidelines with pets?

