The word of the week is

 LAX

Lax is an adjective.

**Definition:** **Lax**: not strict, careless, loose

**Used in a sentence:**

He kept the bandage lax so it would not constrict the blood flow.

Her parents are very lax about the rules and she never gets grounded.

Because Henry was so lax about turning in his homework assignments, his grade dropped from an A to a C.