



## Tween & Teens: Planning for Independence Part 2

Making plans with teens to try doing things on their own can help them succeed. Working together on independence can also put your mind a little more at ease. Try these 7 steps to teach and support independence.

### Key Takeaways:

1. Identify Opportunities
2. Plan in Advance
3. Discuss Concerns
4. Develop Rules to Keep Safe
5. Reward Positive Behavior
6. Plan Consequences  
(if applicable)
7. Follow-Up Session

