



Effective Discipline for Teens

Agree upon and support clear family rules.	Teens must know the rules before they can follow them. Make the rules in a family discussion.
Explain that the family is a team.	Encourage the view that the family works as a team. On this team, each person helps the others.
Remain patient and firm while making sure that your teen is completing a task.	Check in with your teen if the task does not seem to be complete. Ask your teen when he or she thinks the task will be done.
Avoid criticism and blame when your teen breaks a rule.	There could be a good reason your teen did not follow a rule. Don't make assumptions about why your teen failed to follow the rule. Assumptions keep the teen from sharing experiences with you.
Celebrate positive behavior with enthusiasm.	When a teen behaves appropriately, show what that means to you. Your positive response encourages the same behavior in the future.
Allow your teen to speak up.	Allow your teen time to talk about what happened and why. You may learn a lot about your teen's maturity and what your teen still needs to practice.
Talk about your concerns before you talk about consequences.	First explain your worry about a teen's misbehavior. Then consider the consequences.
Understand your teen's right to make decisions.	You do not have control over your teen. Your teen may make decisions that you view as unhealthy. Focus on teaching your teen that behaviors have consequences. You are a part of those consequences
Offer guidance.	Offer support when your teen discusses a challenging situation.
Make connections before giving consequences.	Listen to your teen's point of view. Then discuss without criticism.

