



Tweens and Teens: Boundaries and Discipline

Effective Discipline

Definition:

Activity or experiences that provide mental or physical training

- Instruction
- Encouragement
- Correction

Purpose:

- Teach teens to live according to family values
- Help teen develop self-discipline to independently manage their lives in a healthy way



Best Teaching Practices

1. Avoid all criticism, blame, shame or judgment

Focus on teen's decisions and possible outcomes

Avoid statements such as:

- How could you do this? or
- Your sister never behaved like this!

Instead use statements like this:

We don't agree with your decision to stay out beyond curfew because we believe it puts you in danger without supervision. As a result you will need to skip going out tonight.

2. Celebrate positive behavior often and enthusiastically!

- Be enthusiastic and specific when pointing out positive behavior!
- Negativity Bias: leads us to focus
- on the negative
- Practice praise to change this
- Point out teen's maturity and things they do well (especially for discouraged and acting out teens)





3. Expect your teen to speak up and have opinions

- Let teen know they will get to share their side of things
- Be ready to listen to explanation of what occurred and why
- DON'T make assumptions
- Teens like it when adults listen and try to understand their experiences

4. Express concern before consequences

- Start with empathy. Make sure the teen is ok and feeling alright.
- Sometimes misbehavior is a signal that something is wrong.
 - ***Tell us what is going on with you*** before we talk about what needs to happen as a result of your behavior.
- I see you have been failing to submit homework in math class.
Help me understand what is going on for you.

