

What will I do if my child _____ ?

Below is a common list of problems teenagers encounter. Consequence A is a negative consequence (grounding, etc.) and consequence B is a positive consequence (rewards) if he or she does not break the rule. Do not put anything down that you are not sure you will do as this teaches the adolescent that they can sometimes get away with bad choices. Both negative and positive consequences should be immediate. Be sure to clearly define behaviors as your child will look for “loopholes” to get around the rules.

1. Uses drugs or alcohol

Define:

Consequence A:

Consequence B:

2. Runs away

Define:

Consequence A:

Consequence B:

3. Skips or ditches school

Define:

Consequence A:

Consequence B:

4. Threatens to hurt him or herself

Define:

Consequence A:

Consequence B:

5. Threatens to hurt others

Define:

Consequence A:

Consequence B:

6. Leaves without permission

Define:

Consequence A:

Consequence B:

7. Does not come home at the appointed time

Define:

Consequence A:

Consequence B:

8. Steals something

Define:

Consequence A:

Consequence B:

9. Is disrespectful to us (his parents) or other adults (define disrespect)

Define:

Consequence A:

Consequence B:

10.

Define:

Consequence A:

Consequence B:

11.

Define:

Consequence A:

Consequence B: