

Setting Boundaries for Teen Behavior

1. *Show respect*-you are your child's main role model.
2. *Cool off*-take a 15 minute break but return to finish the conversation.
3. *Set clear family rules and boundaries*-involve teenagers in setting rules, talk about the reasons behind the rules, know the consequences ahead of time, do not make consequences so harsh that you or your teen can't follow through, allow your teen to gradually earn more freedom.
4. *Focus on privileges, not punishments* (i.e. using the car, phone, video games, time with friend, etc.)
5. *Focus on the bigger picture*-what is most important? Pick your battles.
6. *Address behavior immediately*-point out the behavior and remind them it's unacceptable.
7. *Remember, you are the parent.* It's your job to stay calm and in control.
8. *Don't try to deal with a situation if you aren't able to control your emotions.* It's ok to walk away for 15-30 minutes.
9. *Stay true to your word*-be steady and consistent.
10. *Build strong relationships*-spending positive time together reinforces trust and communication.
11. *Get to know your teen's friends and their parents*-and let them know your rules and expectations.
12. *Family time matters*-at least once a week (i.e. walk, dinner, movie, board game, etc.)
13. *Teen brains don't work the same as adult brains*-amygdala vs. frontal cortex (acts impulsively, accidents, choose dangerous or risky behavior, misunderstand social cues and emotions.)
14. *Keep Trying!*-it's exhausting, but this phase won't last forever.

Remember that your patience and understanding are helping teach your teen the skills they need to make healthy choices, communicate clearly, and become successful adults.