

# Worksheet: Establishing Rules with Teenagers

## Identify Core Rules

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Think about what the core rules are in your house for your children – the ones that are non-negotiable and which you must insist your children and teenagers keep. This should generally be kept to a minimum and centre on safety, education and respect.

### Core Rules

1.

2.

3.

4.

## Identify Negotiable Rules

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What rules (or parts of rules) can you negotiate with teenagers. What things are important to them that you happy for them to decide within limits?

### Negotiable Rules

5.

6.

7.

8.

## Discuss Rules with your Teenagers

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Plan to sit down with your children and teenagers to discuss the core rules of the house. It is a good idea to encourage children to come up with ideas to identify the rules first. This helps them take ownership and you may be surprised that there is a lot of consensus.

(Of course as a parent you are in charge – you have a veto on any inappropriate rules).