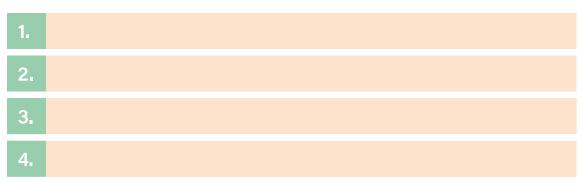
Worksheet: Establishing Rules with Teenagers

Identify Core Rules

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.

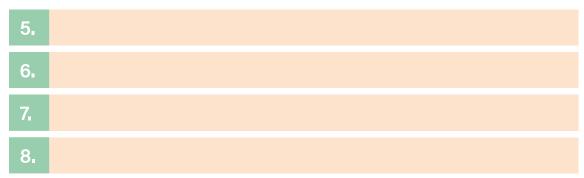
Core Rules



Identify Negotiable Rules

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



Discuss Rules with your Teenagers

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).