



Consequences for Teens Tip Sheet

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(twelvetalks.com/workshops)

More effective consequences:

- In some way help to repair or address problems created through the behavior
- Have an end-point or can be completed (e.g., or over when a task is finished)
- Can be monitored easily
- Are agreed upon in advance by all adults in the teen's life

Less effective consequences are:

- Creates more difficulty for you than for them
- Overly harsh or long-term
- Create a lot of anxiety or social embarrassment
- Are frightening (which only creates short term changes)

Possible consequences:

- Fixing the problem (returning/paying a person back, doing the missed chores, an apology)
- Extra chores, community service, especially when related to problems caused by behavior
- Loss of privileges for a set period of time (can't use the car, reduction of phone data, earlier curfew, cannot sleep over at friend's house)
- Fines or loss of allowance (particularly if you provide allowance for them to manage for things like entertainment, clothes, shoes, phone, etc.)
- Grounding— more effective if short and doesn't cut off positive coping outlet and/or all social contact
- Loss of phone or video games— perhaps for 1 or 2 hours while working on resolving the problem or doing the missed school work/chores/etc.
- Sympathizing— but not rescuing from—outside consequences such as paying their own tickets, dealing with school problems, facing or apologizing to someone who is angry with them

Of course, testing boundaries is normal teenage behavior. When this happens:

- Remind your teen of the previous discussion and which specific boundaries were agreed upon. Ask them to identify how their behavior did or didn't match their agreements
- Cooperatively decide, if possible, on a consequence that fits the behavior, preferably based on your previous conversations about consequences. Then... follow through on consequences
- Try to not bring up past problems once the consequences are complete and/or reparations are made