



Expectations, norms, and discipline with youth



How do I begin?

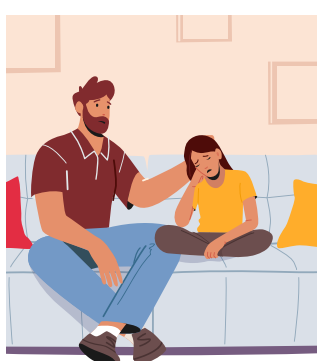


- In a safe place without distractions, include the youth in a conversation about specific house norms/limits.



- Write down 3-5 norms.
Consider:

- | | |
|----------------------|----------|
| phone/video game use | language |
| hours of sleep | chores |
| homework | curfew |



- Discuss and agree on specific, reasonable positive and negative consequences for meeting or not meeting each norm/limit.



Positive Consequences:

- verbal praise
- extra free time
- special food
- choose activity/game
- 1-on-1 time with parent or sponsor doing something both enjoy
- stay up late on weekend



Negative Consequences:

- less phone/video game time
- extra chores
- early bedtime on weekend
- not allowed to go out with friends



- Sign the agreement with norms and consequences. The norms and consequences can be adjusted as time goes on.

An example

