

## The fundamentals

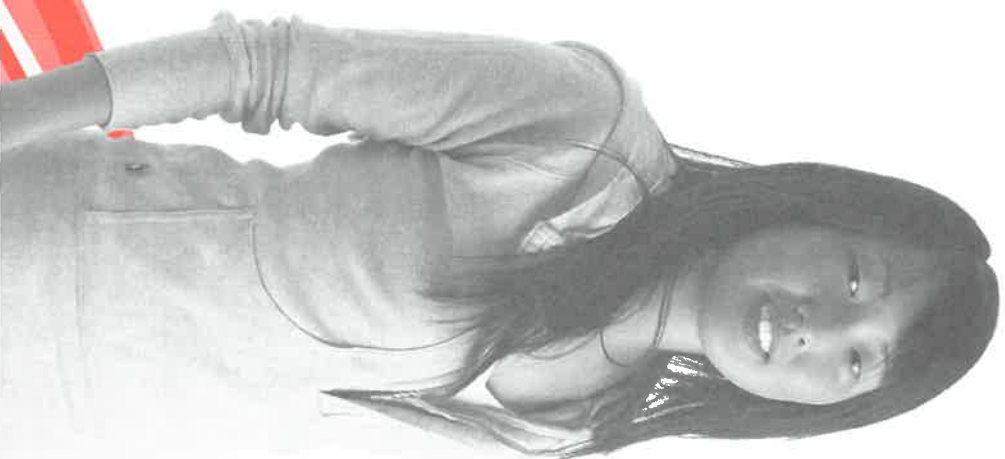
# of good Discipline

- Set standards. Don't assume teenagers know what you expect. Tell them.
- Apply standards consistently.
- Show concern for teens' self worth. Teenagers need to know that they are worthwhile and loved even when their behaviors are unacceptable.



# Discipline: for teens

Dealing with teenagers requires patience, wisdom and effective discipline.



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# What teenagers need

## Reasonable academic standards

The assumption is that teenagers need to be pushed, that they're not performing to ability. Although that's true for many, others push themselves too hard, and that can be just as damaging. Parents need to be sensitive to their child's abilities and attitudes.

## Consistent guidelines for behavior

Teens must accept responsibility for their actions.

## Respect

Teenagers feel respected when parents listen, share feelings and explain the rationale for decisions.

## Good role models

Teens need responsible adults with high standards who care about their welfare.

## Positive peer pressure

Respect the fact that peer pressure exists, but tell your children when you think pressure is leading them in the wrong direction—and why. Foster relationships that are positive.

## Conference tips

1. Contact the teacher first.
2. Listen with an open mind.
3. Share your feelings and concerns calmly.
4. Remember that your goal is to resolve the problem, not to fix blame.
5. If you feel the problem has not been resolved, ask for a joint conference with a guidance counselor or the principal. Cooperation between the school and parents makes the job easier for everyone.

## Discipline and school: how parents can help

### Understand the school's discipline code

Most districts have a written discipline policy that outlines unacceptable behavior and establishes penalties. Support that policy.

### Encourage regular attendance

Understand the policies of the school. Sometimes academic standing is affected by absences. The school needs to know if there is a special problem. Check to see that your child makes up any work missed during an absence. Let your child know that the school makes records available to employers, and employers put a high premium on regular attendance. Recognize that frequent absences are often a sign of other problems.

### Attend parent-teacher conferences

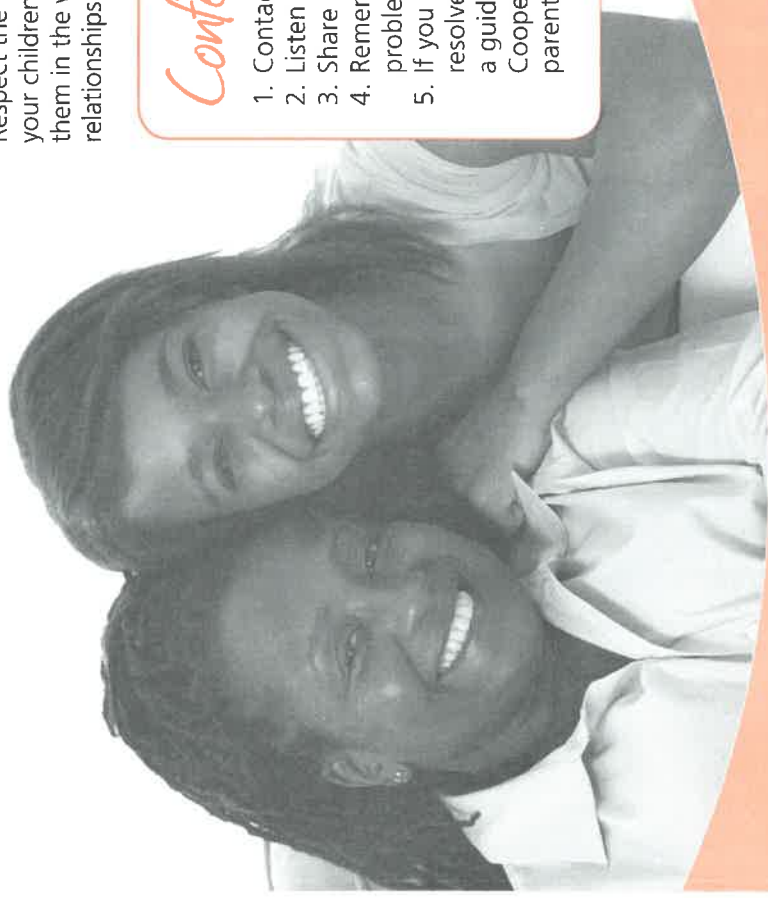
Every school conducts regularly scheduled conferences. Parents of teenagers often neglect these conferences.

### Look at conferences as an opportunity to:

- Learn what is happening and how you can help.
- Provide information to help the teacher work with your child.
- Ask about the evaluation system. What do grades mean? How are they determined?

### Work with teachers

Teachers welcome the interest and help of parents.



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