

Set boundaries

People need to know where they stand by telling them what is and is not acceptable, this is especially true for young people.

Decide what boundaries are necessary in your family and share these with your child.

- Make boundaries realistic & achievable so you can stick to them
- Try not to let the boundaries bend
- Give a reason for the boundary e.g. I need you home by x to keep you safe.

Be consistent

Stand strong and stick to your boundaries. Don't bend them—it might seem like a nice thing to do at the time but it blurs what is acceptable.

When under pressure from your child use the broken record approach. Repeat your expectation calmly and with as little emotion as possible; they may get annoyed but your message stays clear.

Don't say things you can't follow through

Before you use a 'if you do that then...' sentence/threat make sure you will be able to follow through with it.

If you say 'if you don't do your homework then you won't be able to go to the party', stick to it or don't say it at all.

You might have a difficult time in the short term teaching your child that you mean what you say but they will soon catch on.

Some useful boundaries

- Limit the amount of time spent on electronic devices, social media and gaming.
- Set a time for them to be back home in the evening.
- Check homework has been completed.
- Put away phones during meal times.
- Speak politely to one another.

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Ways to manage adolescent behaviour



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Link behaviour to consequences

When things go right and your child sticks to the boundaries then reward them. This doesn't have to be an expensive phone! Do something that they enjoy; praise them, smile, make them a hot chocolate.

When things go wrong and your child crosses a boundary make sure you have already thought through the consequences for this

Make time

Teenagers can seem like they don't want their parents company a lot of the time. Finding a regular time to be together is still important. Try:

- Joining them in something they enjoy e.g. playing on their PlayStation.
- Take an interest in their interests even if its watching silly videos on you tube or

Give them space

This age group like to spend time on their own, often in their bedroom. Do give them the chance to enjoy this time and have a bit of (reasonable) control over their own space.

Focus on the good stuff & be nice

6:1 is the ratio to remember; that's 6 positive comments to one negative.

Research has shown that this ratio tends to bring out the best in people.

Although it may sometimes seem hard, try to spot the good stuff your teenager does (however small) and tell them.

Try not to bear a grudge

They will get it wrong, boundaries will be crossed. Once you have told them the consequences move on if possible.

Sentences like 'you always...' or 'you never...' make them feel guilty and annoyed, making it more likely for them to react badly.

Did you know?

We have created a number of these leaflets to help with a variety of issues. The full list of topics is on the back of this leaflet.

If you drop us an email we will send them to you.



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Achieving Excellence Together

Give them a choice

Teenagers have a growing desire to be independent. Try giving them choices rather than backing them into a corner, you may get a better response.

Useful websites

Www.familylives.org.uk

Www.relate.org.uk

Www.youngminds.org.uk

Young minds confidential parents helpline 0808 802 5544

Other leaflets available

- Loss ● Anger ● Anxiety ● Sleep ● Bullying
- Coping with parents breaking up (leaflets for parents as well) ● Lockdown
 - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
 - ADHD ● Depression ● Workload ● Work stress ● Confidence
- Building Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email wellbeing@purbeck.dorset.sch.uk and we will send them to you