

Thinking Ahead About Rules and Limits

It is helpful to set limits in advance, before a question becomes a conflict. Here are some topics parents might consider:

DATING

When can it start and what are the rules?

CURFEW

What will it be during the week? On weekends? What are the consequences for breaking curfews?

GRADES

What are the minimum requirements? What happens if these requirements are not met?

FRIENDS

What are the rules about going to a friend's house? Having friends over?

FAMILY CHORES

What will be the ongoing responsibilities? When are chores to be done? What happens if they are not completed on time?

CLOTHES AND APPEARANCE

What are reasonable standards for school? Other times?

MEETING 4 HANDOUT 1

ROOM

How often should it be cleaned, and what are reasonable standards?

MUSIC, MOVIES, AND TV

When? What kinds? How much?

FAMILY ACTIVITIES

At which family activities is attendance required?

JOBS

Babysitting? Working after school? Is a job expected in the summer? How can the money be used?

ALCOHOL AND OTHER DRUGS

*What will be the consequences for using tobacco, alcohol, or any other drugs?
What are the rules about attending parties?*

All of these issues require rules and consequences for breaking those rules. The challenge for parents is to determine what is negotiable and what is not. In any case, an adolescent's limits should be reasonable and clear.