Effective Discipline For Teens
Ages 13 - 17

Presented by Military & Family Life Counselors
Objective

» Developmental Considerations for Teens
» Maintaining Good Communication
» Discipline Guidelines
» Establishing Rules and Limits
» Natural and Logical Consequences
» Working With Other Caregivers
» Special Considerations When a Parent Deploys
» Knowing When To Seek Help
Overview

» The word “discipline” means to teach – it does not mean to punish or control

» Effective discipline teaches self-control, enhances self-esteem, teaches respect for others

» Teens need caring adults to help them control their behavior
Developmental Considerations

- Lots of physical and hormonal changes
- Has impulsive behaviors
- Increased need for privacy
- Highly sensitive to criticism
- Thinking philosophically and questioning parent’s values
Discipline Guidelines

» Teens want discipline
» Remain calm
» Avoid criticism
» Be a good role model
Establishing Rules & Limits

Rules and limits provide children with a sense of stability:

» Establish age appropriate rules and limits
» Have your child participate in setting rules and consequences
» Be consistent
Setting Consequences

» Set consequences that can be completed quickly, then give the teen a chance to try again

» Establish trust

» Use natural and logical consequences
Natural Consequences

» A natural result of the behavior
» Not imposed by the parent
» Allows the teen to own the problem and face the consequences
» Teaches self-discipline
Logical Consequences

» Imposed on the teen by the parent as a result of the teen’s behavior
» Should be logically related to the behavior
» Makes the teen accountable for their choices and behaviors
» Allows their problems to belong to them – not to you
Aggressive Behaviors

» Should be dealt with immediately
» Consequences should be very firm
» Communicate that the behavior is unacceptable and non-negotiable
Working With Other Caregivers

» Coordinate discipline methods
» Share discipline issues
» Report positive behavior
Special Considerations
When A Parent Deploys

» Many changes occur in the teen’s world
» Moods may fluctuate more than usual
» Discipline problems may increase
» Preparing your teen can help
Knowing When To Seek Help

» Your teen’s behavior seems to be out of control
» Established discipline methods aren’t working
» You believe your teen could be a danger to themselves or others
» Your teen becomes isolated and withdrawn from friends
» There is evidence of drug use
» Always seek help if you think you’re at risk for hurting a child or adolescent
Taking Care of Yourself

» Be kind to yourself
» Pamper yourself whenever you can
» Give yourself credit for the good job you have done
» Seek support from other parents and peers
Conclusion

» Family rules and limits provide teens with a sense of stability

» Effective discipline teaches self-control

» Experiencing the natural and logical consequences of their choices teaches teens self-discipline

» Special considerations should be made when a parent deploys

» Seek help if you have concerns about your teen and usual discipline methods don’t help
Questions
» Military Community Services
» Chaplain and Local Clergy
» Military OneSource  (800) 342-9647
» TRICARE   www.tricare.osd.mil
» Behavioral Health Service
References

» www.survivingdeployment.com
» www.wholefamily.com
» www.familyeducation.com
» www.parenting.org
» Child and Youth Health, www.cyh.com
» www.familyeducation.com
» www.lifespan.org