

DO'S AND DON'TS:

DISCIPLINING PRE-TEENS & TEENS

DO'S:

- Set **clear, age-appropriate rules** together with your teen, including responsibilities, boundaries, and what good behaviour looks like.
- **Praise** specific actions and **reward positive behaviour** to encourage repetition.
- Let natural consequences play out where safe, and ensure imposed consequences are **logical** and **proportionate** to the behaviour.
- Have **calm, open conversations**. Ask questions, listen, and validate their feelings without compromising your authority.
- **Involve** your teen in rule-setting and **adjust** rules gradually as they demonstrate greater maturity.
- **Model the behaviour you expect**, including how to handle mistakes and make amends.
- Be **patient** and **consistent**. When conflict happens:
 - Pause before reacting
 - Listen to understand
 - Discuss solutions and consequences together
 - Follow through consistently



DON'TS:

- **Yell, threaten**, or use **physical punishment**. This damages trust and models the wrong behaviour.
- **Over-punish** or apply consequences that have **no clear connection** to the behaviour.
- Make threats you will not follow through on, or back down inconsistently.
- **Micromanage** personal choices like clothing or hobbies if they pose no threat to safety.
- **Punish without explaining why**. Teens need to understand the reasoning to learn from it.
- **Humiliate** your teen or make **comparisons** with siblings or others.

