



# 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 AND 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?

# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Service



# REFERENCES

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THANK YOU