

## 10 Ways to TEACH RESPONSIBILITY to Your Teen

1. Establish family rules and be consistent about carrying out consequences if they're not followed. Rules might be about curfews, friends, and when to do homework.
2. Assign household chores and see that they're done on schedule. A chart in easy view can help.
3. Help your teen get and stay organized with schoolwork and other activities.
4. Be a good role model by meeting your own obligations completely and on time.
5. Ask for your teen's input when making family decisions. If there are problems, brainstorm solutions together.
6. Provide your teen with ways to earn, save, and manage money.
7. Allow your teen to make personal choices in certain areas. These can include dress and extracurricular activities – anything that doesn't put your teen in danger.
8. Help your teen consider the consequences of every action. Provide facts where appropriate on such issues as using tobacco or taking unwise risks.
9. Keep the channels of communication open. Listen with an open mind so your teen can discuss mistakes he or she has made, and learn from experience.
10. Encourage your teen to show concern for others and become involved in local service projects.

REMEMBER... Your teen is on the road to independence and needs your help and example to reach that goal.