



Negotiating Rules with Teenagers

@John_Sharry

The teenage years are often marked by a push for independence and increased conflict with parents over rules and boundaries.

Negotiating and agreeing rules with teenagers is a crucial part of parenting. Here are 4 tips....

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TIP 1

CORE RULES

What are the core rules that you need to hold as a parent so you can help your teenager grow up well and keep your home peaceful?

Usually, I suggest to parents, keeping these core rules to a minimum, centred on important things such as:

- safety
- health
- education
- respect

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TIP 2

RESPECT

The key rule to keep with teenagers is **respect**. You want them to learn to negotiate their point respectfully.

How your teenager communicates with you is often as important as **what** they are communicating.

It is okay for your teenager to push for freedom and to question rules, but it is not okay for them to over-argue, badger or bully you. Equally, you need to ensure that you always communicate respectfully to your teenager.

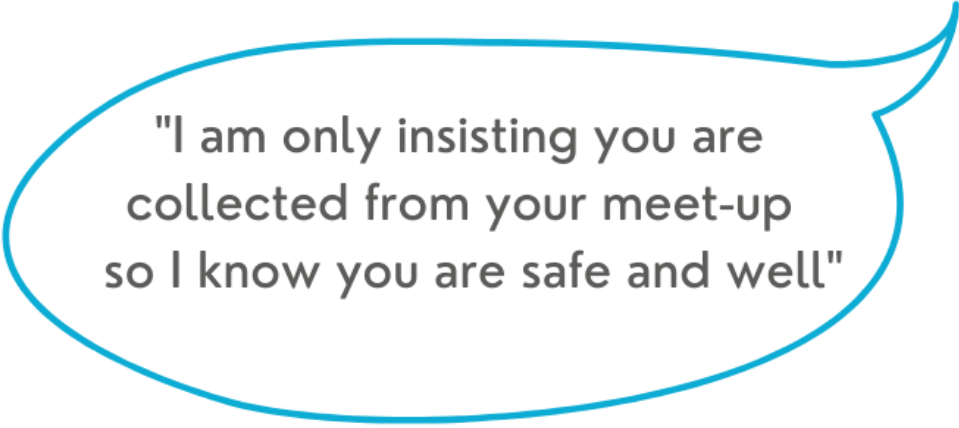
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TIP 3

COMMUNICATION

Always **listen first** to understand what is important for your teenager.

Then you can let them know your own thoughts directly and clearly - present them in a way that benefits your teenager rather than as a statement of your authority.



"I am only insisting you are collected from your meet-up so I know you are safe and well"

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TIP 4

DISPUTES

In disputes over rules with teenagers aim for a win-win.

You want to find a way for your teen to get what they want or need, while keeping the important rules.

For example....

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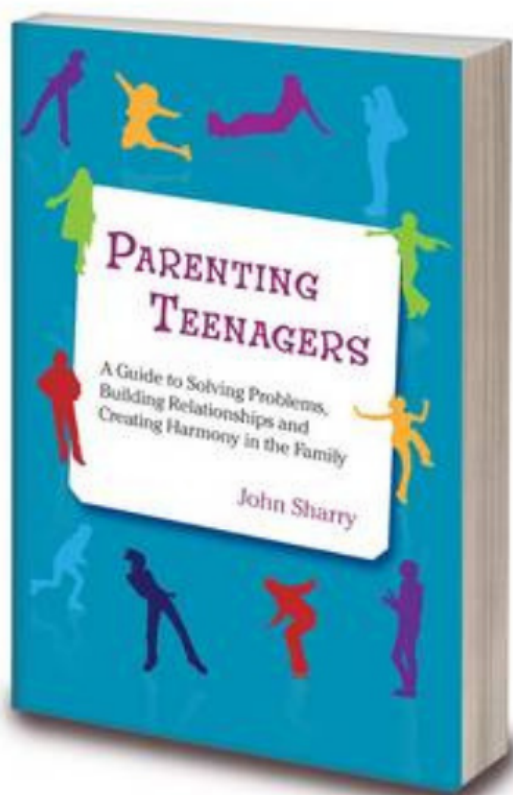
How can your teenager get out to meet their friends in a way that you feel they are safe?

Win-win solutions might include:

- accompanying them to and from venues
- inviting their friends over
- contacting their friends' parents
- keeping in phone contact

...or any other ideas that work for both of you.

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For more ideas about bringing up teenagers, read my book 'Parenting Teenagers'.

Available in libraries and to buy in all the usual places.

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