Talking is Power

SETTING LIMITS WITH YOUR TEEN

By creating boundaries together, you create a 'contract' with your teen on what is and is not okay. This can help them be safe in their ever increasing independence, as well as help them to make sound decisions for their future. It also lets them know you care and support them.

STEP 1: START CARING ADULT CONVO'S

Sit down with key people in your youth's life to agree on what the most important boundaries are, which are negotiable and when, and what will the consequence be if broken.

STEP 2: LET THE NEGOTIATIONS BEGIN!

Talk WITH your youth about the boundaries you feel are important for them and tell them why. Ask for feedback. If there is space to negotiate on things you disagree with, do that. However, stand firm and state your case if there's something that is just non-negotiable in your view. Ask your youth what boundaries they'd like you, as their caring adult, stick to.

STEP 3: AND, LET THE NEGOTIATIONS CONTINUE...

Boundaries will shift as your young person becomes more mature, or breaks your agreements. Talk through the shifts of these boundaries, as they happen and agree (or keep negotiating!) on how you will move forward.

STEP 4: FOLLOW THRU WITH CONSEQUENCES

We test boundaries, that's what we ALL do! When this happens, remind youth of your agreements and how they did not meet that agreement. Ask them what the agreed upon consequence is and follow through with it.

Remember, Talking is Power. Help guide your young person towards responsible behavior while they are in your care so that they become capable, self regulating, awesome adults who can carry on our culture.

WHAT WORKS: Connection & Humor

DOESN'T WORK: Control & Intimidation

TEXT "EMPOWER" TO 97779

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