

A. What parents typically want from their teen

They want their teen to show them their **loyalty** and appreciation. For example, will:

- a. tell the truth to at least one parent when asked for the truth
- b. come to mom/dad or another responsible adult when troubled
- c. listen to, acknowledge and consider carefully what mom/dad says
- d. remain calm when asked to explain behavior or actions to mom/dad
- e. acknowledge wrongdoing or admit to mistakes and apologize if appropriate
- f. be open and direct with negative feelings towards mom/dad (in a private place and in a respectful tone of voice and respectful choice of words)
- g. not intentionally embarrass mom/dad/siblings in public or in front of company/relatives
- h. not swear at, yell, interrupt or be disrespectful in other ways towards mom or dad
- i. not excessively tease or start verbal or physical fights with sibling(s)
- j. not physically intimidate or physically strike out at mom or dad
- k. be nice to mom/dad all the time and not just before he/she wants something
- l. accept a "no" answer from mom/dad without arguing, bargaining, badgering, acting appalled, or provoking guilt
- m. not go to the other parent for permission when already told no by the other parent
- n. be understanding of mom's/dad's feelings and needs (time, money, etc.)
- o. regularly show concern for mom/dad's feelings, want mom and dad to be happy
- p. be understanding and respectful of the feelings and needs of siblings
- q. affably join in on holiday and other extended family gatherings
- r. participate calmly and respectfully in a family discussion
- s. follow through on pledges, obligations, and promises made
- t. be accountable for behavior that conflicts with family rules
- u. accept and follow disciplinary decisions made by parent(s)
- v. introduced new friends to at least one parent

They want their teen to **achieve** academically and socially to the best of their ability. For example, will:

- a. show or achieve academic performance equal to ability level. Will try his/her best on class assignments, homework and tests. He/she will not give up too quickly and he/she will give their best effort even if the assignment or homework seems meaningless. Will turn in completed homework on time.
- b. actively and sufficiently seek help from the teacher (or peer tutor in the library) when unclear or confused about the academic task or academic assignment.
- c. develop social relationships that are mutually positive and supportive. His/her friends will be respectful of my home and person. They will not remain a friend with anyone who would intentionally say or do anything that would foster an adversarial relationship between my child and I (us).
- d. give reasonable time-involvement in age-appropriate hobbies, special interests, extra curricular activities, etc.
- e. think of all the pros and cons to the decisions he/she makes and will choose the appropriate or most healthy choice as much as possible.

They want their teen to act in a **responsible** manner. For example, will:

- a. as needed, prepare the night before so as to wake up and get ready on-time for school without being disruptive to the household
- b. use his/her cell phone responsibly, will turn it off during family meal times, other family gatherings, bedtime, and when in class at school. Will answer his/her cell phone immediately when mom/dad is calling (unless driving, etc.).
- c. maintain good personal hygiene and health
- d. not smoke cigarettes, drink alcohol or do drugs
- e. avoid taking unnecessary risks or engaging in any at-risk activities with known or unknown individuals at school or in the community
- f. use the computer responsibly, will not engage in any at-risk conversations/activities with known or unknown persons online
- g. not dominate the use of the family computer to the extent that other family members have to wait excessively, will otherwise stay within an agreed upon usage time period
- h. not engage excessively in leisure activities; playing video games, watching TV, online networking, etc. "Excessively" is defined as _____ minutes per day.
- i. not ride in a car with a driver who drives recklessly or is under the influence of alcohol or drugs
- j. not engage in sexual activity, or unprotected sexual activity, with another person
- k. when making personal plans, take the feelings and/or needs of parents and siblings into consideration
- l. ask permission to go out (or drive) beyond the usual geographical boundaries
- m. come home when told or before a curfew of _____ on school nights and _____ on weekends.
- n. call if expected to come home later than the agreed upon time or to request permission to go to another location
- o. call home as soon as possible if in trouble or if trouble is anticipated
- p. follow all school rules
- q. correctly represent him/her self when questioned by mom/dad (about what he/she did/didn't do at school, when out with friends, etc.)
- r. go to an adult in school and appropriately seek assistance if an unusual or critical circumstance arises at school
- s. follow all community rules and laws
- t. complete the following, mutually agreed upon, written list of chores;

- u. supervise/baby-sit for sibling(s)
- v. take good care of his/her belongings and all things that are borrowed from others
- w. be respectful of the house and not abuse or damage the property of mom/dad and other family members
- x. work part-time, (pay for gas, car insurance, etc.)