



## Empowering through Positive and Negative Consequences

It's essential to focus more on **positive reinforcement**, encouragement towards desirable behavior, and recognition of efforts to achieve it.

### Examples of Positive Consequences

- Pocket money when they have completed the required chores
- Extending bedtime (only occasionally)
- Access to video games
- Movie night with popcorn and chips
- Have friends over
- Special outing of their choice

If your teen doesn't respect the established rules, they must **live with the consequences**.

### Natural consequence

- **If your teen fails to do homework**, they will have to live with the natural consequence of a drop in school results or detention. You think they don't care? Perhaps, but your teen won't care more by your nagging them to do their homework.

Discuss with them the benefits of doing their homework: learn to take responsibility, make exams easier, be proud of their efforts.

Teens ages 12 to 14: You can set a fixed time for homework during which they can't see friends or use screens.

- **They are often late and miss the school bus:** If possible (knowledge, money, etc.), have them take the city bus. If the city bus isn't an option, drive your teen home and ask for a gesture of making amends because they've cost you time from work (adding a task in the evening before getting access to his cell phone).

### Loss of privileges

- **After being late several times:** "You're grounded tomorrow evening." Let your teen know in advance, that if they're late three times, they will be grounded the following day.
- **They refuse to quit their video game** and start shouting at you: They probably need their rest, so no cell phones or video games tomorrow. You can ask your teen to take advantage of this break to think about ways they can better manage their emotions in the future.

### Gesture of making amends

- **Lack of respect:** Make a sincere verbal apology and offer to help by performing a task for the individual affected. Repair something they've broken.