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DEVELOPING RESPONSIBILITY WITH ADOLESCENTS

by Rob Guttenberg

In order to understand how you can show respect towards your teenagers, it is important to gain an understanding as to their capabilities.

What are your teenagers' responsibilities? Which of these responsibilities have you assumed because you doubt your teen's ability to handle them? Do your teenagers behave in certain ways to convince you that they cannot or will not meet a responsibility, or only when reminded? What would happen if you stopped doing those things that you have been doing that are the teen's responsibility? How can you be encouraging to them? What are the responsibilities that are shared by everyone in your family:

Fill out the following list with your teen in order to see if you are showing respect regarding what your son or daughter can undertake.

<u>Area of Responsibility</u>	<u>Whose Responsibility Is This?</u>	<u>Who Currently Takes the Responsibility?</u>
<u>School:</u>		
Attendance	_____	_____
Lunch money	_____	_____
Time of arrival	_____	_____
Choice of clothing	_____	_____
Homework	_____	_____
Course selection	_____	_____
Tests	_____	_____
Return of signed forms	_____	_____
Grades	_____	_____
In-school peer conflicts	_____	_____
Teacher conflicts	_____	_____
Extra-curricular activities	_____	_____
<u>Home:</u>		
Sibling conflicts	_____	_____
Cleanliness of teen's room	_____	_____
Fixing breakfast	_____	_____
Completing assigned chores	_____	_____
Turning off electrical appliances	_____	_____
Getting to dinner on time	_____	_____
Deciding on bedtime	_____	_____
Care of personal belongings	_____	_____
Getting to work on time	_____	_____
Peer conflicts	_____	_____
Making doctor appointments	_____	_____
Taking prescription medicines	_____	_____
Dental care	_____	_____