



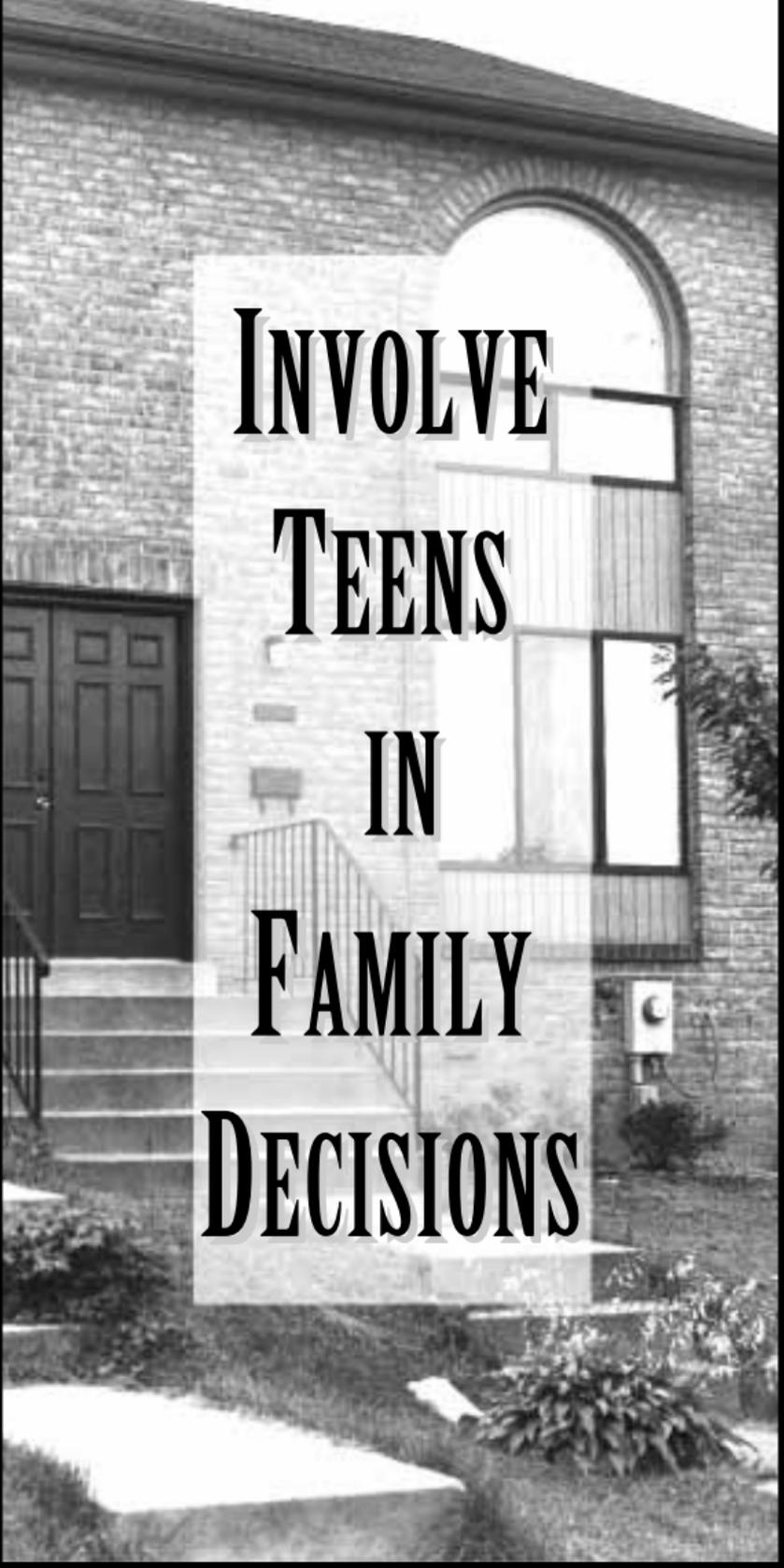
COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 273

PARENTS OF TEENS: SHOW YOU CARE



**INVOLVE
TEENS
IN
FAMILY
DECISIONS**

PARENTS OF TEENS: SHOW YOU CARE



Involve Teens in Family Decisions

It is sometimes hard for teens to accept the rules you make. Teens need to participate in making decisions and rules that affect them. Your teens will be more inclined to follow rules and decisions if they are involved in making them. They need to learn how to work with you and make decisions that affect the whole family.

Allowing your teens to help make decisions does not mean you give up your authority. There will be times when you have to say no to your teens. When this happens, be sure you know why you must do it and that you

tell this to your teens. They may not agree, but you have made your reasons clear. It is also important to be firm when enforcing rules. Teens will be less likely to break a rule if it has been enforced in the past.

Ways to Involve Teens in Family Decisions

- Let your teens know the rules you have already made.
- Talk with your teens about what rules are needed.
- Ask your teens for their opinions.
- Respect your teens' ideas.
- Let your teens make some decisions that will affect them.
- Decide ahead of time what to do when family rules are broken.
- Let your teens know what will happen if a rule is broken.
- Praise your teens for following family rules and making good decisions.

Other leaflets in the *Parents of Teens: Show You Care* series are

- L 269 Talk With and Listen to Your Teens
- L 270 Spend Time With Your Teens
- L 271 Get to Know Your Teens Friends
- L 272 Show Affection to Your Teens
- L 274 Show Confidence in Your Teens
- L 275 Help Your Teens Do What Is Right
- L 276 Talk With Your Teens About Sex

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