



MONTHLY PARENTING TIP FROM ACFC

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Setting Internet Guidelines Using Logical Consequences

Social networking and internet use is an important part of today's teen's activities. Teaching teens to manage their online time and make good choices when using these services can be stressful and a source of constant power struggles. By defining rules for time spent and acceptable activity, and a logical consequence for defying set rules is an effective way of providing discipline to our teens that also teaches responsibility. One way to do this is to hold a family meeting and agree on the rules for internet use and social networking. Allow your teen to have a say on what the consequences will be for breaking the rules. **Logical consequences** should always be presented in the form of a choice. Breaking set rules is one of these choices but parents can help their teen understand that this choice has consequences. Confused? Don't feel alone. This is one area of discipline that many parents struggle with. Here are some guidelines that will help you develop effective logical consequences when you want your child to stop a misbehavior or when you want to motivate them to start a behavior.

Logical Consequences Guidelines

1. Ask the teen to help decide the consequence.
2. Put the consequence in the form of a choice.
 - Either/Or Choice • When/Then Choice.
3. Make sure the consequence is logically connected to the misbehavior.
4. Give choices you can live with.
5. Keep your tone of voice firm and calm.
6. Give the choice one time, then act.
7. Expect testing (it may get worse before it gets better).
8. Allow your teen to try again after experiencing the consequences.

There are two types of choices you will find extremely useful:
Either-or choices: "Either you may ... or you may ... You decide."

For example: "*Either finish your homework before you use the computer, or lose this privilege for tonight. You decide.*"

When-then choices: "When you have ... then you may ..."

For example: "*When you have finished doing your homework, then you may go online.*"

Giving your teen choices and asking them to help decide consequences is an important step to gaining their respect and cooperation, and isn't that something we all strive for?



Learn more about logical consequences and other "Active" parenting skills by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered free to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit www.ACFCcares.com for more information
and to register for the next available class.