



# Monthly Parenting Tip from the ACFC

March 2020

## Controlling Social Media

Social media 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. Define rules for duration of time online and acceptable activities. Ensure a logical consequence is clear for defying set rules. It's important to provide discipline to our teens, but also teach responsibility. One way to do this is to hold a family meeting and agree on the rules for internet and social media use. 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 your 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?

To learn more about how you can become an "active" parent, go to [vimeopro.com/activeparenting/acfc](https://vimeopro.com/activeparenting/acfc) and enter Access Code: ACFC150630 (case-sensitive) when prompted. You'll find a library of informative videos for parents of children of all ages. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting.

### FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:**  
For parents of children from birth to age 5
- **Active Parenting 4th ED:**  
For parents of children ages 5 to 12
- **Active Parenting of Teens:**  
For parents of preteens and teens
- **Crossroads of Parenting & Divorce:**  
For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://ACFCcares.com) for more information and to start your Active Parenting journey today.