Expectations and Consequences

Use the following areas to think about setting expectations for your adolescent. What consequences might you use that demonstrate repercussions for missed expectations, while allowing teens to see the connection and providing a learning opportunity?

**Academics**

Expectation: (example: grades, achievements)

Consequence

**Social Life**

Expectation: (example: curfew, who and where?)

Consequence

**Behavior**

Expectation: (example: what is acceptable?)

Consequence

**Character**

Expectation: (example: what traits do you want to foster?)

Consequence

**Responsibility**

Expectation: (example: Chores? Job?)

Consequence

**Privileges**

Expectation: (example: Who pays? Who transports?)

Consequence

**Family**

Expectation: (example: Family time?)

Consequence

**Spiritual Life**

Expectation: (example: expectations?)

Consequence

Adapted from: Hunt, J. (2010). *Bonding with your teen through boundaries (revised edition)*. Retrieved from <https://ebookcentral.proquest.com>