

PLAN B

FOR WHEN TEEN

PUNISHMENT STRATEGIES

DON'T WORK



Check if you've carried the punishment for too long that now it seems normal to them.

Find out if they are sneaking around to use their phones or go out and be extra cautious.



If giving them chores or taking away privileges is not working, see what they are into the most these days and limit those activities.

Try reverse psychology and pretend not to care about their actions while ensuring they don't stray into something worse.



Teenagers are mature enough to understand emotions. So try explaining how their actions have made you feel to make them realize the seriousness of the situation.