

STANDARDS DISCUSSION GUIDE

Parents and youth should set standards together on many aspects of family life. Read and discuss the eight areas listed below. When you are done, write out your standards.

- Remember: some guidelines may be negotiable depending upon the situation, on the teen's emotional maturity, and on previous experience with responsibility. Other standards may be non-negotiable (something that should always or never be done). It is up to the family to decide the level of flexibility for each negotiable standard.

-
-
1. **CURFEW:** *Negotiable* Will there be one? Will it be flexible depending on the activity or the age of the teen? Will a phone call be required if there is a change of plans?
 2. **ALCOHOL AND DRUGS:** *Non-Negotiable* The use of alcohol or drugs is not allowed. Help your teen set up strategies on how to handle situations where alcohol or drugs are present.
 3. **DRIVING:** *Negotiable* If a teen is a licensed driver, what are the rules for the use of the car? Who pays for insurance, gas, upkeep, etc.? If friends drive, what are your expectations: seatbelt usage? Number of youth in the car? How far away from home can you go? Do you share the cost of the gas?
 4. **BOUNDARIES:** *Non-Negotiable* Planned activities or dates need to be cleared with a parent. There need to be guidelines on the age of the friends, distance from home an activity can be, what activities are and are not allowed.
 5. **MONEY:** *Negotiable* Where does the money come from for the activity? Do the boys always pay? Is there a limit on how much can be spent?
 6. **PHYSICAL SELF-CONTROL:** *Non-Negotiable* Before a teen begins dating there needs to be a firm decision on what physical boundaries will be set. Boundaries that respect each person include never taking your clothes off, never putting your hands under anyone else's clothes and never lying down together.
 7. **MEDIA:** *Negotiable*. What programming can be viewed? What websites are allowable and which aren't? What rules are there for chat rooms, instant messaging, streaming? How much time can be spent using internet, TV, ipods, etc?
 8. **PARENTAL ROLE:** *Non-Negotiable* Any party situation needs to be supervised by parents or responsible adults.
-
-

These are discussion starters. Be sure to set clear guidelines. Remember, there is no way to avoid hurt with premarital sex. It isn't worth it.

Standards Worksheet

After discussing the standards you have for the eight areas of concern, complete this form. Be specific so everyone is aware of what is expected. Sign and date the form when you are finished.

Negotiable – May Change	Non – Negotiable – No Change
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Parent's Signature _____

Teen's Signature _____

Date: _____