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NRS was established
(as Metro-Help) in 1971.

We have served as the
federally-designated national
communication system
for runaway and homeless
youth since 1974.

OUR MISSION:

The National Runaway
Switchboard's mission is: to keep
America's runaway and at-risk youth
safe and off the streets.

**For more information
about our services, call 1.800.RUNAWAY
or visit us at www.1800RUNAWAY.org**

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Setting Rules & Consequences with Teens

Rules and consequences become a critical piece of negotiating your way through your children's preteen and teen years.



Both rules and consequences may change as your teen's needs and desires develop. It can help to ask yourself some questions about your household rules periodically. General questions you may want to consider:

- Are they reasonable?
- Have I thoroughly explained the reasons for these rules?
- Are there too many rules?
- Are they enforceable and realistic?
- Has my teen been involved in making any of these rules?
- Are they consistent with the rules of other parents whom I respect?
- Whose needs are these rules designed to meet?

Remember, no matter how reasonable your rules may be, it's part of your teen's job to challenge them. This means that you need to be prepared to enforce them and to impose consequences.

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