



## Working together. Working things out.

### What grinds my gears:

<p><b>Parent issues</b> <i>Record issues here raised by your young person about what they've experienced that's made them feel uncomfortable or irritated.</i></p>	<p><b>Young person issues</b> <i>Record issues here experienced by the parent that have made family life difficult or challenging.</i></p>
<ul style="list-style-type: none"> <li>- Treated like a baby</li> <li>- Choices are lectured and not discussed</li> <li>- Parent getting irritated before young person has had a chance to explain</li> <li>- Nagging</li> </ul>	<ul style="list-style-type: none"> <li>- Sarcastic tone</li> <li>- Inability to listen without exploding</li> <li>- Poor attitude with siblings who also have a share in the house and are allowed to make noise</li> </ul>
<p><b>Parent actions</b> Record revisions and actions here</p>	<p><b>Young person actions</b> Record revisions and actions here</p>
<ul style="list-style-type: none"> <li>- Will listen more before lecturing</li> <li>- Will ask for clarification of tone before assuming it's attitude</li> <li>- Will choose a time to remind about getting off device so that it's not ongoing</li> <li>- Will think about tween/teen privileges</li> </ul>	<ul style="list-style-type: none"> <li>- Will accept feedback and try and change tone</li> <li>- Will accept the consequence of ongoing aggressive / disrespectful attitude</li> <li>- Will use headphones (not yelling) to minimise interruption by siblings</li> </ul>

### Agreed consequences:

<ul style="list-style-type: none"> <li>- Device used in agreed prohibited location</li> <li>- Poor attitude about getting off device to complete chores</li> <li>- Poor behaviour towards siblings when on device</li> <li>- Snarky tone when having to discuss behaviour online</li> </ul>	<ul style="list-style-type: none"> <li>- 1<sup>st</sup> occasion - warning</li> <li>- 2<sup>nd</sup> occasion - lose device for the day</li> <li>- 3<sup>rd</sup> occasion – lose device for the week</li> <li>- Reduction in device time by 30 minutes</li> <li>- On 3<sup>rd</sup> warning have to complete one of sibling's chores</li> <li>- Agree to listen without comment for 2 minutes</li> </ul>
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<b>Parent actions</b> Record revisions and actions here	<b>Young person actions</b> Record revisions and actions here

### Agreed consequences:

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