



INSTRUCTIONS: POINT SHEET FOR TEENAGERS

The Teen Point Sheet should be considered a “draft,” acknowledging that the teenage experience includes redefining personal power as the teen moves toward adulthood. Review the sample point sheet as it is written and allow your teen to give input regarding items that can be included and should be excluded in the final point sheet.

The goal of the Teen Point Sheet is three-fold:

1. To identify desired behavioral goals.
2. To create an opportunity for dialogue between the teen and the supervising adult.
3. To identify mutually agreed upon goals.

When designing your Teen Point Sheet:

1. Ask your teen to identify additional/replacement goals as you explain that you must both agree on the goals in order for them to be on the point sheet.
2. Explain to your teen that the items on the point sheet are a starting point for items on which to focus and all items on the final point sheet will be linked to rewards.
3. Invite your teen to revise the point sheet with you so that both of you agree on its content. If he requests a copy to think about, that is acceptable.
4. Define the “rewards” that will come from each item completed satisfactorily on the point sheet (i.e. money for each item completed OR a reward that has value to your teen and is acceptable to you).
5. Be sure to focus on rewards that are desired by the teen since these rewards will serve as motivation for participation and cooperation.
6. Remember that “baby steps” is better than no steps at all. If the point sheet only contains a few items in the beginning then start there and work on adding items together that are agreeable to both of you.
7. Point sheets can be completed on as many days of the week as the teen chooses and preferably turned in at the end of the day. Do not constantly ask the teen if he has completed a point sheet. However, you may gently inquire from time to time.
8. The teen is to be paid based on the rewards agreed upon by both of you. For example, rewards could include accessibility to the family car for a designated amount of time based on how many items he completed on the point sheet. Alternatively, the point sheet rewards may go towards helping him pay for his cell phone bill or any type of subscription or recurring bill.



TEEN POINT SHEET (EXAMPLE)

<u>ACTIVITY</u>	<u>§</u>	<u>+ IF COMPLETED</u>
Maintains curfews per agreement with supervising adult		
Attends school during school hours every day		
Completes assigned homework from school on time		
“C” or better in all classes at school		
Seeks help from school staff when needed or when grades fall below a “C”		
Joins family at dinner time		
Helps family members when requested to do so		
Volunteers to be helpful without being asked		
Completes routine chores at home (listed below)		
Maintains volume control when listening to music		
Turns down volume when requested to do so		
Follows house rules dictating the use of electronics during family time and meals		
Looks for a job to earn spending money		
Holds a job (part time if in school)		
Disagrees via open dialogue and polite conversation		
Participates in a 5-minute problem-solving dialogue when conflict, disagreements, or issues arise		
Avoids explosive behavior by stating, “I need my own space now” or something similar		
Maintains volume control when talking, even when frustrated or angry		
Maintains personal hygiene		
Maintains order and cleanliness of bedroom and common spaces		
Obeys the law when driving		
Maintains care of family car when in his/her use		
TOTAL =		