

Fostering Responsible Decision Making In Your Teenager

John Rosemond 10

Name: _____ Date: _____

MAKING SAFE CHOICES

The Curious Club learned a valuable lesson about the importance of making smart choices that will keep you healthy and safe.

Read each scenario and determine if it's a safe or unsafe choice. Write SAFE or UNSAFE on the line.

<p>It's Halloween and you have a bag full of candy. Before getting home you sneak a few pieces and eat them.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>You notice a bottle on the park bench but can't find the owner so you ask an adult for help.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>You're over at a friend's house and see them taking pills that look like candy. You tell their parents what you saw right away.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>You see children selling candy in your neighborhood. You decide to use your allowance to buy some but wait till you get home to eat it.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>You and a friend are walking home and find candy that hasn't been opened. You both continue walking and leave it alone.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>A friend has cough drops in their backpack at school. You like the taste of them and ask to have one.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Your throat has been hurting for a while and your doctor gave you medicine to take. You wait for your parents to give it to you before taking it yourself.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>You feel sick and decide to take stomach medicine on your own. You remember taking it before with your parents.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>You are at a birthday party of one of your friends and you eat the candy that is in your party favor bag.</p> <p>_____</p> <p>_____</p> <p>_____</p>

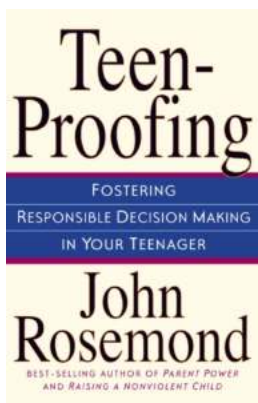
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As parents, one of our primary goals is to raise our children into responsible adults who can make sound decisions and navigate through the challenges of life

successfully. However, during the teenage years, this task becomes particularly challenging. Teenagers often struggle with impulsive decision-making, peer pressure, and a desire for instant gratification. Fortunately, there are effective strategies you can employ to foster responsible decision-making in your teenager. Renowned parenting expert, John Rosemond, provides valuable advice on this critical matter.

The Importance of Responsible Decision Making

Teaching your teenager how to make responsible decisions is crucial for their future success, well-being, and overall development. It equips them with essential life skills that they will carry into adulthood. Responsible decision-making helps teens become independent, self-reliant individuals who can think critically, assess potential consequences, and choose the best course of action.



Teen-Proofing: Fostering Responsible Decision Making in Your Teenager (John Rosemond Book

10) by John Rosemond (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 846 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 291 pages



Understanding Teenagers' Decision-Making Process

Teenagers perceive decision-making differently than adults. They are often influenced by their emotions, friends, and societal pressure more than rational

thinking. John Rosemond emphasizes the importance of considering teenagers' neurological development during this stage. Their brains are rapidly changing, making them more prone to impulsive decisions and risk-taking behavior. By understanding these factors, parents can approach teaching responsible decision-making more effectively.

The Role of Communication

Effective communication plays a significant role in shaping your teenager's decision-making abilities. Maintaining an open and non-judgmental environment encourages them to express their thoughts, concerns, and fears freely. John Rosemond suggests establishing regular family discussions where everyone can share their experiences and perspectives. This fosters critical thinking, problem-solving skills, and empathy in teenagers.

Setting Clear Boundaries

Teens need clear boundaries to develop responsible decision-making skills. Rosemond advises parents to set limits and expectations regarding behavior, curfew, academic responsibilities, and social activities. Clear guidelines leave no room for ambiguity and enable teenagers to evaluate their choices within a framework. However, it is essential to strike a balance between setting boundaries and allowing your teenager to experience natural consequences that arise from their decisions, ensuring they learn from their mistakes.

Teaching Decision-Making Strategies

John Rosemond emphasizes teaching teenagers reliable strategies for making responsible decisions. One approach is considering the long-term consequences of their choices. Encourage your teenager to think beyond instant gratification and evaluate the potential outcomes of their actions on various aspects of their lives. Additionally, teaching them problem-solving skills, brainstorming

alternatives, and evaluating risks and benefits can enhance their decision-making abilities.

Encourage Independence and Responsibility

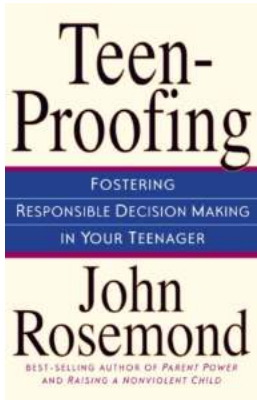
Allowing your teenager to take on age-appropriate responsibilities fosters independence and enhances their decision-making skills. Encourage them to handle their own finances, manage their schedules, and take part in household chores. Providing opportunities to make decisions in these areas allows them to practice and develop critical thinking, accountability, and responsibility.

Dealing with Decision-Making Mistakes

No one is perfect, and mistakes are an inevitable part of the decision-making process. John Rosemond advises parents to help their teenagers understand and learn from their mistakes, rather than shielding them from experiencing failures. Encourage self-reflection, discussing alternative choices, and identifying lessons learned. This approach empowers teenagers to take responsibility for their decisions and grow from them.

Fostering responsible decision-making in your teenager is a critical aspect of their overall development and future success. By understanding teenagers' decision-making process, promoting effective communication, setting clear boundaries, teaching decision-making strategies, encouraging independence, and guiding them through mistakes, parents can empower their teenagers with the skills necessary for responsible decision-making. With the guidance of renowned parenting expert John Rosemond, parents can confidently navigate through the challenges of raising responsible teenagers.

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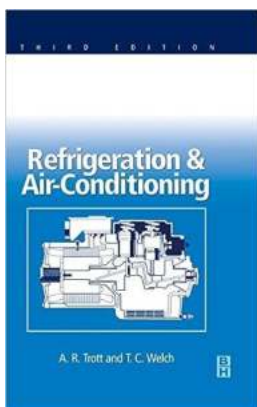
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In *Teen-Proofing*, now available in paperback, he tackles the challenges of raising a teenager with his trademark user-friendly, humorous, and commonsense style. Rosemond lays out a perfectly sound and logical case for recognizing the realities of the teen-parent relationship, forming the foundation, and parenting with the "Long Rope Principle." In short, the author demonstrates how Mom and Dad can avoid the pitfalls of becoming dictatorial "Control Freaks," skirt the potholes of turning into permissive "Wimps," and enjoy the freedom and rewards of parenting in a controlled (but not controlling) and relaxed manner. Teenagers, Rosemond readily admits, can be a challenge. But infusing young adults with a sense of personal responsibility, then showing them the results of good and bad choices, is a goal every parent can achieve.



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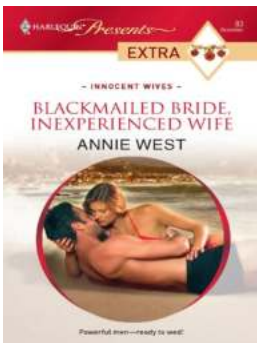
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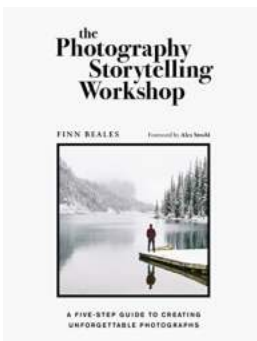
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