



# PREVENTIVE TEACHING *worksheet* TEEN

Use this worksheet to decide how to use the steps of Preventive Teaching. We've given you an example to show you how it's done.

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| <br><b>EXAMPLE</b> | <p>1. <b>SAY SOMETHING POSITIVE</b> ABOUT YOUR CHILD'S BEHAVIOR OR <b>EXPRESS EMPATHY.</b> "I know how much you like it when we eat at your favorite restaurant."</p> <p>2. <b>DESCRIBE</b> HOW YOU WANT YOUR CHILD TO ACT. "When we are out as a family, I need you to make eye contact and talk to the family and leave your phone in your pocket."</p> <p>3. GIVE THEM A <b>MEANINGFUL REASON</b> TO BEHAVE THAT WAY.* "If you're able to do this we will go back to your favorite restaurant again."</p> <p>4. <b>PRACTICE</b> THE EXPECTED BEHAVIOR. "Why don't we practice being in a resuarant and talking to your family ."</p> <p>5. <b>FIND SOMETHING POSITIVE</b> THEY DID DURING ROLE PLAY. "You did a great job asking questions and listening to my response."</p> <p>6. ONCE DONE CORRECTLY, <b>CONTINUE TO PRACTICE AT LEAST FOUR TIME.</b> "If you practice four more times with me, I'll let you get a dessert tonight when we go."</p> <p><small>*Must be meaningful to your child.</small></p> |
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| <br><b>SITUATION</b> | <p>1. <b>SAY SOMETHING POSITIVE</b> ABOUT YOUR CHILD'S BEHAVIOR OR <b>EXPRESS EMPATHY.</b> _____</p> <p>2. <b>DESCRIBE</b> HOW YOU WANT YOUR CHILD TO ACT. _____</p> <p>3. GIVE THEM A <b>MEANINGFUL REASON</b> TO BEHAVE THAT WAY.* _____</p> <p>4. <b>PRACTICE</b> THE EXPECTED BEHAVIOR. _____</p> <p>5. <b>FIND SOMETHING POSITIVE</b> THEY DID DURING ROLE PLAY. _____</p> <p>6. ONCE DONE CORRECTLY, <b>CONTINUE TO PRACTICE AT LEAST FOUR TIME.</b> _____</p> <p><small>*Must be meaningful to your child.</small></p> |
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