



HEALTHY  
RELATIONSHIPS  
INITIATIVE

**Toolkit for Parenting Teenagers**  
**Reflection Activity #5: Rules & Responsibilities**

A household rule lets everyone in the family know what is expected of them. It helps to keep a balance and can make family life more peaceful. Parents and teens don't always agree on the rules and it can sometimes cause conflict. Sit down with your teen and fill out the Venn diagram below with rules and responsibilities that you both think are necessary and fair. Have your teen fill one side of the circle while you fill the other side. When you're finished discuss the answers put down and save the middle circle for rules you both agree on.

