SESSION STRUCTURE

PART A: WHY DOES MY CHILD SOMETIMES ACT DISRESPECTFULLY?

☐ Check In

Goals
☐ Build the relationship
☐ Prepare for the session by checking for crises ("clearing the fog")
☐ Assess recent youth behavior

Activities
☐ Ask how the caregiver is doing
☐ Ask what has transpired since last contact
☐ Ask about progress of youth

☐ Review – Not Applicable

☐ Intervention

Goal
☐ Understand how adolescent brain development impacts respect
☐ Understand the features that make up respectful and disrespectful attitudes and behaviors

Activity
☐ Identify which features of respect and disrespect are most important to the caregiver

☐ Assignment

Goal
☐ Understand that most of us acted disrespectfully as an adolescent and that it is a normal part of development

Activity
☐ Recall times caregivers (or friends of caregivers) acted disrespectfully as an adolescent

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 20 Minutes

Assignment: 1 Minute

Note: it may take 2 or more sessions to cover the material depending on family circumstances