

Family Communication Worksheet

This worksheet is to help you communicate clear expectations in the home. Use the following grid to clarify your own values and expectations for your teenage children, and to what extent you have communicated your expectations to your child. Use this worksheet to identify areas of communication that need improvement in your home.

Domain	Expectation and Consequences	Extent of communication with your child
Homework, School Academic honesty		
TV and Internet: time and content		
Family meals		
Communication -- i.e., call when changing location		
Curfew and hanging out at night		
Unsupervised house parties		
Tobacco, alcohol, and marijuana use		
Driving with other teens		
Sexual activity		
Other social values – Respect for differences Respect for the opposite sex		
Chores and household responsibilities		
Financial responsibility		
Other values important to your family		