

Rules

Everywhere we go there are rules:

Rules to keep order personally, in groups, in masses

Rules to ensure safety for all

Rules for health reasons

Rules for respect

It is GOOD to follow rules, it increases your trust from others and self respect.

Those that don't follow the rules end up paying the consequences. If you follow a rule breaker just because there are doing it, or you think maybe its being cool, you still have the responsibility and pay like they do.

Who am I?

What is your name and age?

What is your height?

Describe yourself physically. Can this change day to day? (Hair, clothes, etc.)

Describe your favorite colors and smells.

What is your favorite food?

What is your most favorite music?

Describe yourself as to your interests (tv, computer, games, clubs etc.)

Describe yourself as in comparison to your family.(How many, where you are in age line.)

Describe your feelings as of right now. Can this change from day to day?

Basically you are the same person but your feelings and things going on around you can change you slightly from time to time and this can affect your choices in things you do and say.

Your Rights

You have the right to be happy, respect for **who** you are, feel safe, have a place to live, food to eat and an education.

To get your rights you have to give others the same rights and respect.

Write something positive and negative for each of the below.

My Home

My family

My neighborhood

My school

Family values

Your family can consist of many people. Everyone's family is different. Basically we are talking about those that live in our home. Our parents/guardians give you rules that some other families do not have.

Some families follow customs from when they were growing up. Each family is different in so many ways. Yours should be any different. Family values you learn now help you to prepare for your future family.

Name some rules that you have that are different from your friends.

Even if rules that friends have sound better to you than the ones we have, do you have the right to make your family change their rules?

When you go to a friend's house whose rules should you follow?

When a friend comes to your house whose rules should be followed?

Keep in mind, **"It's my parent's house, they are in charge"**. Until you are an adult (18) and have your own home you follow the rules set for that household you live in. Acting like part of the family gets you the trust you will need, respect and extra privileges.

When we are told to act our age it is because the person we are encountering thinks we are acting much lower than the age we are. So if you get angry keep this in mind to help you guide your end of the conversation in the right direction.

When you're angry you don't think straight and you say hurtful things instead of really what you mean. Calm down before responding.

Name a good family rule?

Name a bad family rule?

Name a freedom your friend has that you do not?

Family Duties

Every family is different. The number of adults, number of children, number of those that work outside the home and those that works inside the home. As a child your duties should be at least to keep your room clean, and go to school and make good grades. Performing your duties to the best of our ability is important. It shows you care and want to be part of the family. It shows your family that you can be trusted and possibly given more freedoms to do things in the future that you ask to do. But there are other duties that we are given depending on our family.

Name a family duty you have?

Do you take that duty seriously and perform it properly?

If you want to talk to your parents about certain rules remember to pick a time when they are not busy to talk, no shouting, yelling and crying and demanding change. Start off with stating the rule, then ask why it's like it is and then ask if it can be changed to your suggestion and listen to any reasons they have for maybe not wanting to change it. ALWAYS keep in mind "parent's house parent's rules", you're the child not the head of the house, by your actions during the conversation may help in future conversations with your parents. Open communication with family can make things easier and help the family to flow better. BE PART OF THE TEAM.