

KNOW WHEN TO INTERVENE IN YOUR TEEN'S LIFE

RECOGNIZE THE SIGNS

"Red light" behaviors

1. **Require immediate professional, medical and or legal assistance**
2. **Include behaviors that are illegal or are harmful to your teenager and others**
3. **You must consider what consequences will keep your teen from completing these acts**

Examples:

- Substance use and/or parental discovery of drug paraphernalia
- Violent behavior and/or parental discovery of weapons
- Gang-related behaviors
- Suicidal behaviors
- Symptoms of eating disorders

"Yellow light" behaviors

1. **Require application of discipline by logical consequences (i.e. If your teen dents the family car, he or she could be required to pay for repairs.)**
2. **Include behaviors which pose potential health; academic or family problems**

Examples:

- Poor grades
- Breaking curfew
- Receiving a speeding ticket
- Truancy
- Failing to complete chores

"Green light" behaviors

1. **Require application of natural consequences only**
2. **Should be monitored by you**
3. **Include behaviors that can be corrected by your adolescent**

Examples:

- Running out of gas while driving the family car
- Failing to turn in a school paper
- "Bouncing" a check
- Breaking a neighbor's window while playing backyard football

For more information on intervention or to make an appointment for an assessment, call:



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