



Four Steps for Making an Agreement

1. Have an integrated and respectful discussion where everyone gets to voice his or her feelings and thoughts around the issue.
2. Brainstorm for possible solutions and choose one that both you and your student/child(ren) agree to.
3. Agree on a specific time deadline (to the minute).
4. Understand children well enough to know that the deadline probably won't be met and simply follow through with your part of the agreement by holding them accountable.

Five Hints for Effective Follow-Through

1. Maintain adult integration and mutual respect – focus respect for self, others and needs of the situation.
2. Keep comments simple and concise. "I notice you didn't _____. Please do that now."
3. In response to objections, ask, "What was our agreement?"
4. In response to further objections, resist the urge to lecture, scold or berate. Use nonverbal communication. Point to your watch or other silent signal.
5. When the child concedes to keep the agreement (sometimes obviously annoyed) say, "Thank you for keeping our agreement." Keeping the action of the agreement was the request. The attitude of the agreement can be developed over time.

Four Traps that Defeat Effective Follow-Through

1. Wanting or expecting that children (or others) to have the same priorities as adults.
2. Getting into judgments, evaluations or criticism instead of respectfully sticking to the issue.
3. Not getting agreements in advance that include a specific time deadline.
4. Not maintaining dignity and respect for the teen and yourself.¹

¹ Adapted from Handouts in Positive Discipline in the School and Classroom: Leader's Guide, Positive Discipline Association, 2015, pg. 43