

Five Goals of Teenage Behavior

GOAL	1	2	3	4	5
Belonging	Undue attention-seeking	Rebellion	Get back at parent; hurt his/her feelings	Apathetic; Dropout; "I don't care"	Take bad risks (drinking, smoking pot, etc.)
Negative Approach					
Parent/Teacher Feeling	Frustration, exhaustion, ANNOYED	ANGER	HURT	HOPELESS	SCARED
Parent/Teacher Reactions	Nagging	Fight or give in	Revenge	Nagging	Overprotect; tighten limits
Redirecting Negative Behavior	1. Ignore it 2. Find positive times & give positive strokes when kid does right things.	GIVE CHOICES!	Break the cycle – "Thanks for sharing" types of comments	Find something the kid is good at. Build on his/her strengths	Find constructive risk-taking activities. Example: Outward Bound camp (survival camp). The outdoors is the best way to challenge a kid (camping, biking, etc.)

Adapted from John Hegg
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How do you use this chart?

Think about the feeling or reaction that you (as the teacher/parent) has experienced and see if it fits within one of the child's goals he/she is seeking. OR, you can observe the behavior of the child and see if it fits with the goal he/she is seeking. Using this chart, you are able to distinguish the goal the child is pursuing behind the negative behavior and strategize a way to redirect the negative behavior. (You can also delete the filled-in blanks and complete it with a parent and his/her child.)

For example: An adolescent who is disrupting class and finding other ways to get attention (having you feel annoyed) may be striving to gain attention. You can redirect this behavior by either ignoring the disruptive behavior and/or complementing the child when he/she does something well.