

## Alternative Training Packet for Session 5: Adolescents and Discipline

**Note to Resource Coordinator** please provide these items to participant for this session:

- “10 Steps to Guide Children without Punishment” (printed copy if no internet)

**1. Read** the **Adolescents and Discipline** chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section.

**2. Write:** Write about how your caregivers disciplined you, how that impacted you, and how you will do things *differently* or the *same* as your caregivers

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**3. Read** this article “**10 Steps to Guide Children without Punishment**”  
[https://ahaparentingnew01.worldsecurerestaurant.com/blog/10\\_Ways\\_To\\_Guide\\_Children\\_With\\_out\\_Punishment](https://ahaparentingnew01.worldsecurerestaurant.com/blog/10_Ways_To_Guide_Children_With_out_Punishment)

**Additional Resources for Session 5: Adolescents and Discipline:** The rest of these videos, websites and/or articles are not required, but they will compliment your learning about adolescents and discipline.

- **Read:** this article: [The Teen Brain](#)
- Review this infographic on spanking: <http://www.online-psychology-degrees.org/psychology-of-spanking/>
- Read this article: [Overview of Adolescent Sexual Development](#)
- Watch this video: [Dan Seigel and the Teenage Brain](#)
- Watch this video: [Rethinking Challenging Kids](#)
- Review this website: The Vermont Youth Risk Survey <http://healthvermont.gov/health-statistics-vital-records/population-health-surveys-data/youth-risk-behavior-survey-yrbs>