

HANDOUT 7C

Identifying SANE Consequences

Read the consequences below and consider whether they meet the SANE guidelines. Put a Y (for yes) by those that follow the SANE guidelines and an N (for no) by those that don't. For each item that you mark N, explain which guideline(s) the consequence violates.

1. Parent drives the child to and from school for a month as a consequence of being suspended from school. _____
If "No," explain which guideline the consequence violates: _____
2. Parent has their child finish all their math homework each day before hanging out with friends because they did poorly on their math test and didn't complete any of the homework. _____
If "No," explain which guideline the consequence violates: _____
3. Parent restricts the child from any contact with friends indefinitely. _____
If "No," explain which guideline the consequence violates: _____
4. Parent takes the child's skateboard away for 2 days because the child is not doing homework.
If "No," explain which guideline the consequence violates: _____
5. Parent restricts phone use for 1 day as a consequence for coming home late from a friend's house.

If "No," explain which guideline the consequence violates: _____
6. Parent criticizes the child for stupidity and laziness when he brings home a report card with Cs and Ds. _____
If "No," explain which guideline the consequence violates: _____
7. Parent takes away the child's phone for refusing to eat vegetables one night at dinner. _____
If "No," explain which guideline the consequence violates: _____
8. Parent takes away the child's phone for the remainder of the night after the child refuses to turn off the phone during dinner. _____
If "No," explain which guideline the consequence violates: _____

SANE Guidelines:

S = Small is Better

A = Avoid Punishing Yourself

N = Non-Emotional Action Works Better

E = Effective Consequences Are Under Parent Control and Not Rewarding