



STOP
Online Guidelines
Session 6

These Guidelines are **ONLY** to be implemented and undertaken by professionals who have undertaken and completed the STOP programme 3-day training.

For more information on the STOP training please e-mail Jeannie Gordon at Jeannie.gordon@theministryofparenting.com or Debbie Barnes at debbi.barnes@theministryofparenting.com

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Session 6 – Setting the limits

Pre group

- Have session 6 PowerPoint uploaded onto your desktop
- Home Challenge, teaching responsibility through consequences with sadness and empathy, logical consequences (STOP manual) Consequences sheet (interactive form) handouts to email to parents

Plan overview

Topic	Platform	Attachments
Introductions and rules reminder	Word files	Group online rules document
Agenda	PowerPoint	Session 6 PowerPoint
Feedback and group check in	Online Whiteboard Break out rooms	
Natural versus logical consequences		
Parent fears	Online Whiteboard	
How do we share these concerns?		Session 6 PowerPoint slide of Key principle A
Rules of giving a logical consequence	PowerPoint	Session 6 PowerPoint slide of Rules of giving a logical Consequences
Types of logical consequences	PowerPoint	Session 6 PowerPoint slides of Motivation influences, Consequence chores, Privilege Consequence, Privilege Consequence and invoice template
Supervision and monitoring	Online Whiteboard	
Home tasks		Home Challenge
Handouts	Email to parents post session	Home Challenge Teaching responsibility through consequences with sadness and empathy Logical consequences Consequences sheet (interactive form)

Session 6 in more detail

Introductions and rules reminder

Reminder of the online housekeeping and group manners or group agreement – show group rules file

Agenda

Show the PowerPoint slide of the agenda and explain agenda for the session

Feedback

Either in two breakout room groups or as a whole group depending on the group size and dynamic ask the parents to feedback their thoughts from the last session.

Natural and logical consequences

Discuss the difference between natural and logical consequences as in STOP manual

Parent fears

Discuss fears as in the STOP manual, using the whiteboard to collate parents' responses

How do we share these concerns?

Discuss how we share these concerns as in the STOP manual, using the key principle A PowerPoint slide to aid discussion.

Rules of giving a logical Consequences

Discuss rules of giving a logical Consequences as in the STOP manual, using the Rules of giving a logical Consequences PowerPoint slides to aid discussion.

Group leaders' considerations: to pause during the discussion so parents can ask questions and share their thoughts and experiences

Types of logical consequences

Motivation influences: show the motivation influences PowerPoint slide. Discuss the concept that everyone has motivation influences. Either in a whole group or in 2 breakout rooms ask the parents to consider what their young person's motivation influence is.

Consequence chores: show the 'consequences chore' PowerPoint slide. Discuss types of chores than would be appropriate for the parent's young people.

Privilege Consequence: show the 'privilege' PowerPoint slide. Discuss types of privileges the parent's young people currently have and what would be appropriate to use as a privilege consequence.

Privilege Consequence: show the 'charging teenagers' PowerPoint slide. Discuss the concept and rational for charging.

Optional – If parents are comfortable to do so ask them to share roughly how much money they give their young person a week.

Facilitators to give an example amount of money and explain how a charging system would work, use the invoice template PowerPoint slide to aid explanation

Group leaders' considerations: to pause during the discussions so parents can ask questions and share their thoughts and experiences. Make sure the key concepts re fairness, age appropriate and the self-esteem of young person is discussed as in the STOP manual

Supervision and monitoring

Follow STOP manual, using the 'Road to independence' to aid discussion. Co-leader to write up range of strategies on whiteboard.

Home task

Home Challenge in the STOP manual

Handouts to email to parents post session

Home Challenge

Teaching responsibility through consequences with sadness and empathy

Logical consequences

Consequences sheet (interactive form)

Evaluation of the session

Email the weekly group evaluation form to the parents to complete