

Mott Poll Questions



Teen Independence

The following questions were answered by parents with teens age 14-18.

Q1. How are you helping your teen become more independent?

1. Allowing teen to make more choices
2. Pushing teen to handle certain things himself/herself
3. Encouraging teen to sign up for workshops or programs
4. No longer doing certain things for them
5. Making teen get a job/pay for certain things
6. Other
7. Not doing anything right now

Q2. Does your teen do the following things related to staying healthy?

	Teen does this himself/herself	Teen does this with parent help	Parent mainly does this for teen
a. Deal with stress			
b. Choose healthy foods			
c. Get enough exercise			
d. Get enough sleep			

Q3. Does your teen do the following things related to health care?

	Teen does this himself/herself	Teen does this with parent help	Parent mainly does this for teen
a. Make a doctor's appointment			
b. Figure out the correct dose of medicine			
c. Answer questions during appointments			
d. Take care of minor injuries			

Q4. Does your teen do the following things related to school?

	Teen does this himself/herself	Teen does this with parent help	Parent mainly does this for teen
a. Keep track of assignments			
b. Plan time for studying/homework			
c. Decide what activities to join			
d. Think about options after high school			

Q5. Does your teen do the following things related to managing money?

	Teen does this himself/herself	Teen does this with parent help	Parent mainly does this for teen
a. Have/use a bank account			
b. Earn money for "extras"			
c. Save money for the future			

Q6. What is the biggest barrier to your teen becoming more independent?

1. Teen doesn't have time to take on more responsibility
2. Teen doesn't know enough
3. Teen is not mature enough
4. Parents do not take time to give information/explanations
5. Parents would rather "do it right" with minimal teen involvement
6. Parents just not thinking out how to give teen more responsibility
7. Less hassle for parents to just do it themselves
8. Other

Q7. How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
a. It is important for teens to have chances to make mistakes				
b. Parents should prevent teens from making mistakes that are too serious				
c. Overall, I am doing enough to prepare my teen for adulthood				

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