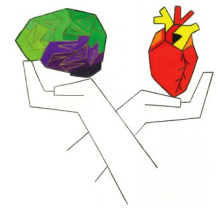


Regulatory Strengths

Language guidance for interviewing youth about self-regulation.



General principles: Try to choose words that can be correctly pronounced phonetically (example “count on me” versus “rely,” avoid words with irregular conjugations, and be aware that many youth will interpret terms more concretely than intended. Also, words used in school settings are well understood, even if relatively complex (for example, “confiscate”).

EASY TERMS (OK for most youth age 10+)	MIXED TERMS (May be understood, especially by older youth)	HARD TERMS (Avoid or further define & add context)
Works independently	Staying focused Self control	Discipline
Due date		Deadline
	Reward (known word but has concrete interpretation)	Benefit
Calm down		Clear my head
Sick		Seriously ill
Mad	Hold a grudge	Angry
Laugh Joke Happy Cheer up		Humor
Sad		Mood Affect
Stress		Hassles
Fight		
Suspended		
Solve		
Supposed to		
Confidence Self-confidence		
		Fussed over
Hit Beat up Punch Slap	“Attack” (harder to understand and can also mean both physical and verbal confrontations)	Assault
Make	Force	Against your will
On purpose		Intentional