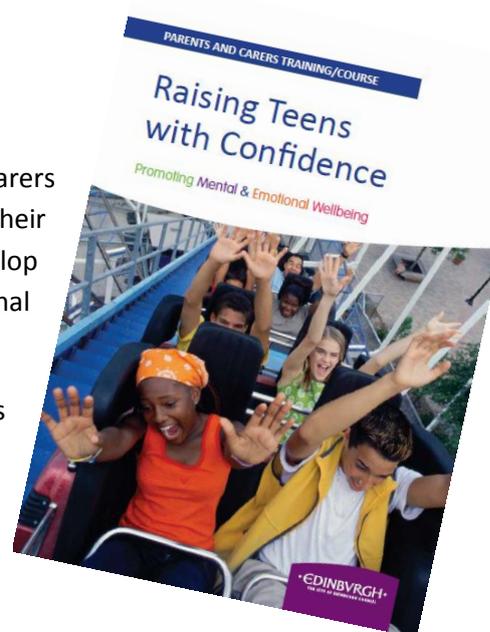


## Raising Teens with Confidence

Raising Teens with Confidence aims to give parents and carers increased understanding about how they can best support their teenage children to navigate increasing independence and develop confidence, security and resilience, as well promote emotional wellbeing in themselves.

Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the course will give parents an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!



The course consists of 6 x 2hr sessions covering:

- 1. Introductory Session: Why what you do matters**  
Explores definitions of emotional wellbeing and why relationships with parents and teenagers are changing but remain critical to developing positive emotional wellbeing and mental health.
- 2. The Amazing Teenage Brain: What's going on in there?**  
Exploring the latest neuroscience explaining the changes occurring in the adolescent brain which can impact on behaviour and how this creates a window of vulnerability and opportunity.
- 3. Risky Business: Managing adventure, risk and resilience**  
Explore the teenage drive for taking risks and how this doesn't have to be a bad thing if we can help them develop ways to positively manage risk-taking behaviour.
- 4. It's Good To Talk: The importance of staying connected**  
Explores different communication styles in families, why conflict is normal during adolescence but can be mediated with communication techniques that support positive relationships and the development of social and emotional skills in teenagers.
- 5. The Brain Under Stress: Overcoming setbacks and promoting resilience**  
Explores how the brain responds to stress and what parents can do to support young people to manage stress now and in the future.
- 6. Looking After Your Wellbeing: Coping with the changes**  
Leading on from the previous session this session explores how parents and carers can Look After their Own Wellbeing, act as role models for their young people and cope with all the changes that come with shifting family dynamics and structure.