

Engaging Adolescents



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

The teenage years can be a challenge for families as children develop into adolescents with their own opinions that may differ from their parents. Engaging Adolescents is a program designed for parents looking for common ground with their teenagers.

The 6 hour course, delivered in 3 sessions includes:

- What are reasonable expectations to hold about adolescents?
- New understandings of adolescence: social landscapes, brain snaps and body makeovers.
- A three-option model and flowchart for decision-making to manage a teenager's problem behaviour.

Option 1 - Self check for parents: how to bring awareness to family of origin issues, trauma issues and how to avoid over-reacting or becoming continuously angry with their teenager.

Option 2 - Build your relationship: How to strengthen the bond they have with their teenager and make the best of their non-crisis conversations.

Option 3 - Tough conversations: how to handle discussing those problems they can't ignore. This includes how to figure out the problem, how to prepare for engaging their teenager in a tough conversation, and how to set up agreements.



To enquire when and where **Engaging Adolescents** is being offered, please check the Resourcing Parents Website: <http://resourcingparents.nsw.gov.au/>
Or contact The Family Action Centre on 4921 6858

