



Talking to Teens

WHO IS IT FOR?

Parents and Carers who want to work on and improve their communication with their teens and/or who want to prepare for their child's upcoming teen years

WHAT IS IT ABOUT?

Talking to Teens looks at how the adolescent brain is wired and how we can teach our teens valuable skills to help them foster healthy communication to promote positive relationships within families, friendships and with themselves.

The group uses evidence-based techniques to provide education, tips, strategies and advice as well as providing a confidential judgement-free space for parents and carers to explore what will work for them and their families as we know there is no one size fits all solution.

WHAT WE WILL COVER:

- **Dealing with Feelings** - Active listening, empathy and encouraging conversations about thoughts and feelings
- **Engaging Cooperation** - It's how we handle the ordinary everyday small stuff that lays the groundwork for handling the big stuff
- **Alternatives to Punishment** - Exploring alternatives to punishment
- **Working it out Together** - Building problem solving, collaboration and compromising skills
- **Praise** - How we can use praise to promote self-esteem
- **Freeing Children from Playing Roles** - Changing the way we see teens and how they see themselves
- **Feelings, Friends and Family** - Acknowledging and celebrating our differences whilst being respectful of others
- **Sex and Drugs** - How to talk about the difficult stuff

ANY QUESTIONS

If you have any further questions please contact us:

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