



Expecting Teenagers Seminar

Preparing Parents for Adolescence

This seminar is especially designed for parents whose children are approaching the teenage years. This fun and informative 2 & 1/2 hour seminar prepares parents for the teen years by clearly outlining what to expect and what to do when it happens.



- Explore **WHAT** the big changes are from childhood to adulthood, and ways to engage and support your child through the changes.
- Learn **HOW** to reduce the angst associated with adolescence by implementing proactive strategies.
- Discover **WHAT** particular behaviours are associated with certain stages of adolescence, and how to respond effectively.

INTERACTIVE LEARNING

Catering for all learning styles, workshops provide participants with opportunities for discussion, personal reflection, fun exercises, and plenty of material to take away.

LEARN FROM OTHERS

Understanding Teenagers Seminars allow you to connect with other parents experiencing the same challenges.

QUALITY INFORMATION

Our material is based on sound adolescent & developmental theory and research, and tailored to the needs of parents raising teenagers in the 21st century.

COST

Self hosted - \$600 / group
Individual prices from \$65/person
[CLICK HERE](#) to find our package details.

CONTACT

To book a seminar or discuss: complete a [BOOKING ENQUIRY](#)

[FORM](#)

OR

Email us [HERE](#)

OR

Post to: Understanding Teenagers

PO Box 1427

Wollongong DC

NSW, 2500

Explore the stages and changes that occur during the teenage years, including:

- The stages and questions of adolescence.
- The specific issues associated with each stage of adolescence.
- The timing & impact of the physical changes of puberty upon teenagers.
- Teenager's sexual development.
- How teenage thinking changes and develops.
- Causes of common teenage risk taking behaviour.
- The causes & nature of teenage conflict and rebellion.
- The role of parents in a teenager's development.
- How teenage peer groups work and why they are important.
- Getting ready for the effects of going to High School

Learn a variety of **strategies and skills** you can use in your parenting, including:

- How to identify what your teen needs from you and when they need it.
- How to establish parenting strategies that keep you ahead of the changes.
- How to communicate effectively with teenagers as they grow up.
- How to manage and reduce conflict with teenagers.
- How to negotiate and enforce boundaries with teenagers.
- How to talk to your teenagers about sex.
- How to talk to teenagers about alcohol and drugs.
- How to equip your teen to deal with peer pressure.

www.understandingteenagers.com.au

Understanding Teenagers Workshops are a service of Charisbel Consulting.

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