



Understanding Teenagers Workshop

Quality Training & Information for Parents

If you are, or are soon to be, a parent of teenagers this workshop is specifically for you. Our workshops are designed to equip you with the essential knowledge and skills you need for the important task of guiding your children along the path to emerging adulthood. This 6 hour workshop (3 x 2hrs) allows for more in depth exploration and description of issues facing parents of teenagers.



- Explore **WHY** teenagers think and act the way they do. Knowing the reasons behind the behaviour enables you to choose the best response.

- Learn **HOW** to respond to your teenagers by exploring a range of simple, but effective, strategies and skills that will improve your relationship.

- Discover **WHAT** is unique about today's teenagers and how you can be pro-active in bridging the generation gap.

Explore the foundations of teenage behaviour and adolescent development, including:

- The stages and questions of adolescence
- The timing & impact of the physical changes of puberty upon teenagers
- The nature and effect of brain development during adolescence
- Teenager's sexual development and behaviour
- The effect of a sexualised culture on teenagers
- How teenage thinking changes and develops
- The causes & nature of teenage conflict and rebellion
- The process of identity formation in teenagers
- The role of parents in a teenager's development
- How teenage peer groups work and why they are important
- How and why teenagers engage in bullying & anti-social behaviour

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

- How to identify and evaluate your parenting style
- How to communicate effectively with teenagers
- How to manage and reduce conflict with teenagers
- How to talk to your teenagers about sex
- How to set and enforce boundaries with teenagers
- How to build self-esteem and resilience in teenagers
- How to talk to teenagers about alcohol and drugs
- How to equip your teen to deal with peer pressure
- How to relate to your teenagers friends
- How to equip your teenager to deal with bullying

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 Workshops allow you to learn from the real experts, other parents.

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 - \$1050 / group
Individual prices from \$125/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

www.understandingteenagers.com.au

Understanding Teenagers Workshops are a service of Charisbel Consulting.

ABN: 2702786866