



Developing Effective Youth Programs

Running Youth Groups With Purpose

Sulking, aggressive, or disinterested teenagers can make running youth programs hard work. This seminar is all about helping you and your team discover the power of using the processes of adolescent development to create programs that engage teenagers where they are at.



Learn **HOW** understanding adolescent development can make a real difference in designing youth programs.

Explore **WHAT** creative options there are to developing youth programs that are fun to do and achieve clear goals with measurable outcomes.

Discover **WHY** teens respond well to some activities and programs and not so well to others. Explore strategies to increase teenager's buy into your program.

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

- The 3 questions of adolescence
- The main stages of adolescence
- The timing & impact of the physical changes of puberty upon teenagers
- The effects of brain development during adolescence
- How teenage thinking changes and what this means for learning and socialising
- How teenage peer groups work and why they are important
- Basic group dynamics
- How and why teenagers display aggression
- The differences between how guys and girls grow, think, and relate
- Key social pressures for adolescents and how they deal them

Learn how to apply adolescent development to programing and communication, including:

- How to communicate effectively with teenagers
- How to design programs that work with, not against teenage development
- How to use teenage self awareness to create increased engagement
- How to constructively set and enforce boundaries with teenagers
- How to build self-esteem and resilience in teenagers
- How to identify and manage teenage aggression in a group
- How to use peer groups to a positive advantage
- How to use group dynamics to achieve higher levels of participation
- How to effectively communicate to groups

INTERACTIVE LEARNING

Catering for all learning styles, seminars provide high quality presentations with opportunities for discussion, creative exercises, and plenty of material to take away.

LEARN FROM OTHERS

Understanding Teenagers Workshops allow you to share your stories and strategies and learn from each other.

QUALITY INFORMATION

Our material is based on sound adolescent & developmental theory and research, and tailored to the needs of working with 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

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