



Teenagers, Change & Youth Work

Quality Training for Youth Workers

For those who work with teenagers, or lead in youth programs, this workshop is designed for you. This seminar assists you, and your team, with the basic knowledge of teenage development and how it effects the way teenagers think, relate, and behave.



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 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

Post to: Understanding Teenagers

PO Box 1427

Wollongong DC

NSW, 2500

Explore **WHY** teenagers think and act the way they do. Knowing the reasons behind the behaviour enables you to respond well.



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



Discover **WHAT** techniques and programing ideas are helpful, and which ones are unhelpful for producing positive outcomes for teenagers.



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 importance of body image to teenagers
- The nature and effect of brain development during adolescence
- How teenage peer groups work and why they are important
- The causes and effects of teenage drug & alcohol use
- How teenage thinking changes and develops
- Why teenagers argue with adults
- The reasons behind teenage image experiments
- Why Teenagers are prone to taking risks

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

- How to communicate effectively with teenagers
- How to design programs that work with, not against teenage development
- How to manage and reduce conflict with teenagers
- How to manage groups of teenagers and use peer groups to your advantage
- How to equip teenagers to avoid risks and destructive behaviours
- How to use peer groups to a positive advantage
- How to respond helpfully to teenagers who are trying to shock
- How to present ideas in so teenagers are able to process and understand them

www.understandingteenagers.com.au

Understanding Teenagers Workshops are a service of Charisbel Consulting.

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