



# Understanding Teenagers Workshop

## Quality Training for Youth Workers

For those who work with teenagers, or lead in youth programs, this workshop is designed for you. Our workshops equip you, and your team, with the critical knowledge and skills required to connect with teenagers, comprehend their world, and design and manage effective programs for them.



- 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** is unique about today's teenagers, how they see their world, and how you can be pro-active in communicating across 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
- How teenage peer groups work and why they are important
- The causes and effects of teenage drug & alcohol use
- The effect of a sexualised culture on teenagers
- How teenage thinking changes and develops
- The causes & nature of teenage conflict and rebellion
- How and why teenagers engage in bullying & anti-social behaviour
- Generational trends and differences in today's teenagers

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 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 use peer groups to a positive advantage
- How to equip teenagers 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 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 - \$800 / group  
Individual prices from \$90/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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