

TALKING TEENS PROGRAMME

EDUCATING AND DEVELOPING AWARENESS TO COMMUNITIES

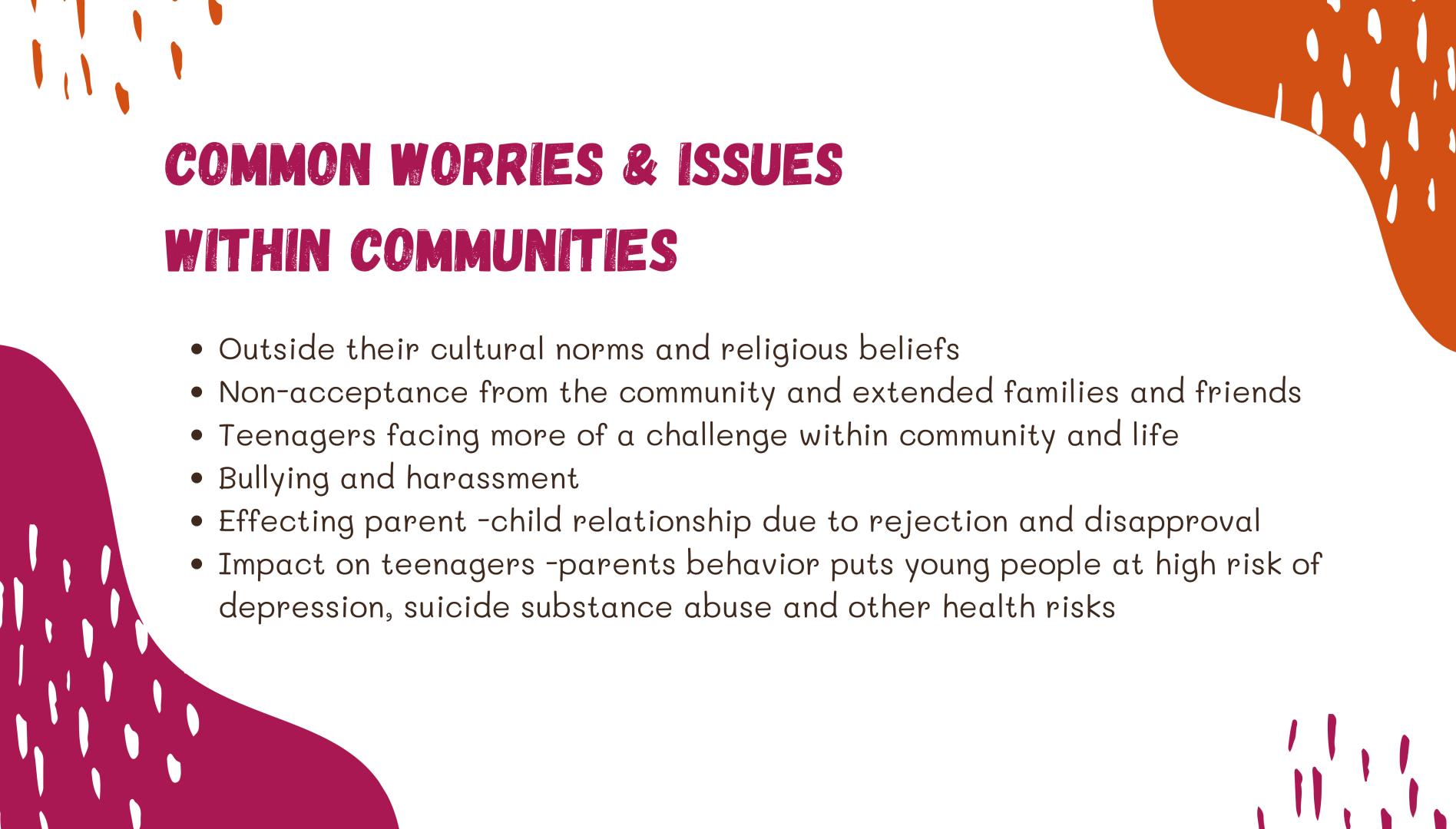


WHO IS THIS COURSE FOR?

We know that for many children and young people the teenage years can be difficult ones. They may be feeling more grown up and want to test out new relationships and friendships.

This is a programme for communities to learn how to build effective communication and relationship with their teenager/s and explore the challenges. It equips them with better understanding of teenage development, how to communicate using healthy communication tools and examine their own cultural beliefs. It also examines the wider issues they face in society today and how to deal with them using tools for positive discipline.

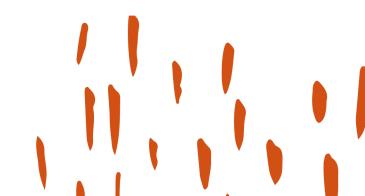


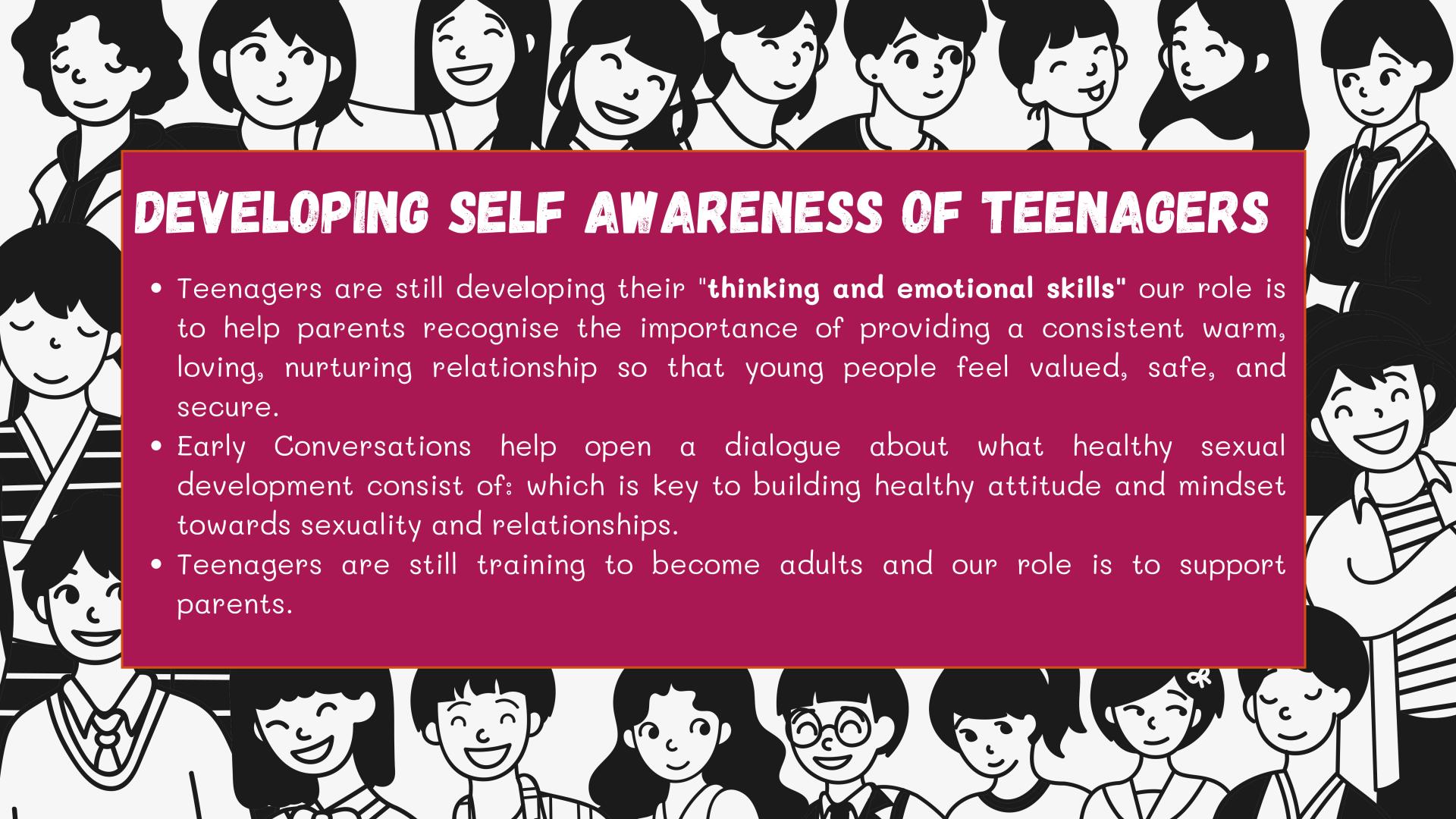




DEVELOPING SELF AWARENESS FOR PARENTS/CARERS

- As a service, we help communities to approach teenagers with love and empathy
- We listen to the difficulties and issues parents/carers face within their communities
- Look at their approaches and find solutions to approach their teenagers using an empathetic approach
- We encourage active listening, explore their cultural parenting styles and religious beliefs and teachings: so that families can look at the viewpoint of the teenager using various communication strategies and styles





COURSE LEARNING OUTCOMES

- Aware of their roles as parents/carers of teenagers
- How to communicate with your teenager and puberty
- Look at relationships and develop knowledge of issues around sex, Promoting open communication about teenage sexuality
- Understand teenager behaviour and emotions. Be able to recognise the changes in brain development, emotions, and feelings
- Choose how to respond by using positive discipline tools and building better communications such as I statement, choices, and consequences
- How our parenting styles and cultural views impact on our beliefs and thoughts
- Look at setting safe boundaries and developing new knowledge and skills





COURSE DESCRIPTION

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Week 1: Being a parent of a teenager

Week 2: Understanding your teenager and their development: looking at their brain development, emotions

Week 3: Understanding teenage puberty: sexual behaviour, sexual attraction, sexual identity and gender identity

Week 4: Handling teenage behaviour, difficult issues and managing conflict: Becoming aware of the reasons for their behaviour

Week 5: Look at Feelings healthy and unhealthy relationship and different forms of tactics and behaviour

Week 6: Understand the importance of rules and boundaries

Week 7: Communication styles How to problem -solve a situation and understand the effects on teenagers and the whole family

