

# 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.



# COMMON WORRIES & ISSUES WITHIN COMMUNITIES

- Outside their cultural norms and religious beliefs
- Non-acceptance from the community and extended families and friends
- Teenagers facing more of a challenge within community and life
- Bullying and harassment
- Effecting parent -child relationship due to rejection and disapproval
- Impact on teenagers -parents behavior puts young people at high risk of depression, suicide substance abuse and other health risks



# 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



## DEVELOPING SELF AWARENESS OF TEENAGERS

- Teenagers are still developing their "**thinking and emotional skills**" our role is to help parents recognise the importance of providing a consistent warm, loving, nurturing relationship so that young people feel valued, safe, and secure.
- Early Conversations help open a dialogue about what healthy sexual development consist of: which is key to building healthy attitude and mindset towards sexuality and relationships.
- Teenagers are still training to become adults and our role is to support parents.

# 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



**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