



# Teen Triple P Seminars

**The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.**

## Who is this for?

- parents of teenagers

## Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

## Is this you?

Your baby's almost an adult, or at least that's what he or she thinks. So life at home can be a little strained. Maybe your 13-year-old son grunts instead of speaking to you. Or your 14-year-old daughter wants to go to parties with people you don't even know. It's not that you've got a "wild" kid. You'd just like to make sure things don't get out of hand.

## What are HYYb Triple P Seminars?

Teen Triple P Seminars are for large groups of parents – perhaps 20 or more. They're informal presentations, a little like a public forum.

There are three seminars in the Teen Triple P Seminar series. You can choose to do one, two or all three of them. They deal with the most common parenting issues we all face, such as how to encourage responsible behavior, improve family relationships, deal with independence or manage problems at school or with friends.

The three seminars are:

- Raising Responsible Teenagers
- Raising Competent Teenagers
- Getting Teenagers Connected

## Where do I go for a seminar?

Seminars will usually be organised by a community organization like a local school, child health center or a church group and be held in a public space like a clubhouse or hall.

## What Happens at a Teen Triple P Seminar?

Each seminar lasts 90 minutes. There's no homework and no follow up. But you'll be given a tip sheet to take home to remind you of the great ideas you've heard. You'll be able to start positive parenting straight away, to get back on track with your teenager – or be ready for what's ahead.