

Further Information

Raising Teens with Confidence is taking place in schools and community settings. Ask your teenager's Headteacher if there is a course happening in their school. If not please go to the Join in Edinburgh website

<https://www.joininedinburgh.org/parenting-programmes/> to find out about courses in your area.

For further information on parenting and/or positive mental health please contact:

Mental Health Foundation: www.mentalhealth.org

Parenting Across Scotland: www.parentingacrossscotland.org

ParentLine Scotland on **0808 800 2222**

YoungMinds Parents' Helpline on **0808 802 5544**

The City of Edinburgh Council parents and carers website:

www.edinburgh.gov.uk/supportingparentsandcarers

Information for Staff

If you are interested in training as a facilitator in Raising Teens with Confidence please contact growingconfidence@edinburgh.gov.uk



HAPPY TO TRANSLATE

ترجمہ کے لئے حاضر ہر شخص کو ترجمہ کی ضرورت ہے

MOŻEMY PRZETŁUMACZYĆ

You can get this document on tape, in Braille, **large print** and various computer formats if you ask us. Please contact the Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference number 15-1366. The ITS can also give information on community language translations.

PARENTS AND CARERS COURSE

Raising Teens with Confidence

Promoting Mental & Emotional Wellbeing



Information for parents and carers

Adolescence is the time when young people seek increasing independence and experience physical, social and emotional change which can be difficult to manage but also creates many exciting opportunities.

Raising Teens with Confidence aims to give parents and carers increased understanding about how they can best support their teenage children to navigate this time of change and help promote resilience.

Drawing on the latest research in teenage brain development and mental and emotional wellbeing the course gives parents the opportunity to explore together how the teenage years can be a time for the whole family to *'thrive rather than just survive!'* (Siegel 2014)


The course consists of 6 x 2 hour sessions covering the following topics.

1 **Introductory Session: Why what you do matters**

Explores definitions of emotional wellbeing and why relationships with parents and teenagers are changing but remain critical to developing positive emotional and mental health.

2 **The Amazing Teenage Brain: What's going on in there?**


An introduction to the latest brain development research helping to explain some teenage behaviour.



'Understanding the teenage brain and changing my approach to dealing with day to day situations.'

'I have learned that I can't control their world anymore but that I can influence it a bit. Also, communication is key.'

'Useful sharing experiences with others as rarely meet other parents at school – unlike at primary school. Every parent should do this course.'



'The course has helped me listen to my kids, enjoy my kids, be a good role model, be kind to myself ... and be positive.'

'Being able to talk openly with other parents. FAB!!!!'

'There were some really good tips about dealing with situations. I liked the session on risk and the fact that teenagers need to experience a level of risk. This was reassuring.'

3 **Risky Business: Managing adventure, risk and resilience**

Taking risks is a normal part of the teenage years and this session looks at why this is important and ways to positively manage these experiences.

4 **It's Good To Talk: The importance of staying connected**

Conflict is common in families, especially when children become teenagers. However some communication techniques can prevent arguments becoming the norm whilst supporting positive relationships and the development of social and emotional skills in teenagers.

5 **The Brain Under Stress: Overcoming setbacks and promoting resilience**

Explores how the brain responds to stress and what parents can do to support young people to manage stress now and build resilience for the future.

6 **Looking After Your Wellbeing: Coping with the changes**

Leading on from the previous session this session explores how parents and carers can look after their own wellbeing, act as role models for their young people and cope with all the changes that come with shifting family dynamics and structure.