

# Engaging Adolescents™

EQUIPS YOU WITH THE KNOWLEDGE TO TEACH PARENTS AND CARERS SKILLS TO RESOLVE TEENAGER BEHAVIOUR PROBLEMS

ONE-DAY PROFESSIONAL DEVELOPMENT FOR YOUTH & FAMILY SUPPORT SPECIALISTS

## LESSON FRAMEWORK

- The practitioner training course curriculum for working with parents if you choose to certify to become a parent educator.
- The common ground shared by parents.
- What are reasonable expectations to hold about adolescents?
- New understandings of adolescence: social landscapes, brain snaps and body makeovers.
- A three-option model and flowchart for decision-making to manage a teenager's problem behaviour.
- Option 1 – Self check for parents: how to bring awareness to family of origin issues, trauma issues and how to avoid over-reacting or becoming continuously angry with their teenager.
- Option 2 – Build their relationship: How to strengthen the bond they have with their teenager and make the best of non-crisis conversations.
- Option 3 – Tough conversations: how to handle discussing those problems they can't ignore. This includes how to figure out the problem, how to prepare for engaging their teenager in a tough conversation, and how to set up agreements.

## EXPECTED LEARNING OUTCOMES

- The ability to conduct the Engaging Adolescents™ program as a 3-meeting parent course or one-to-one.
- Knowledge to teach parents about adolescent challenges and how to hold reasonable expectations of their adolescent.
- Knowledge of easy-to-use techniques that parents and carers can use to enlist adolescents to manage their own behaviour and emotional reactions, to build a relationship with their teenager and strategies to deal with unacceptable behaviour.

## WHAT'S INCLUDED

- A certificate of completion.
- Workbook for use at the training course.
- PD points for accreditation with your respective professional associations.
- An opportunity to become a certified Engaging Adolescents™ parent educator.

## CERTIFICATION

To become a certified parent educator, you'll be provided with additional resources needed in order to present to parents. This ensures that our product is only being taught at the highest quality.

There are several benefits in becoming certified: Certification is renewed each year. Certification is included in the first year, thereafter there will be a \$49 membership fee charged annually to remain a certified parent educator.



## FOR MORE INFORMATION...

[www.parentshop.com.au/engaging-adolescents/](http://www.parentshop.com.au/engaging-adolescents/)

## WHAT PROFESSIONALS ARE SAYING...

- Great tool for professionals to support parents with teens with both normal challenging behaviours, as well as those whose patterns require firm but fair understanding of complex issues.  
**MARIANNE NASTEVSKI, INTEGRICARE CHILDREN'S CENTRE**
- Well presented, insightful information targeted at real life rather than theoretical perspective. Easy to understand and implement into families with very few resources.  
**AMANDA GOFF, STRATHFIELD ONE STOP CHILD CARE SERVICE**

Contact our experienced team at Parentshop® to discuss your in-house training requirements.