

SURVIVING YOUR ADOLESCENTS

The ‘Surviving Your Adolescents’ programme is designed for parents in the London Borough of Hounslow, who have adolescent children aged between 13-18, exhibiting frequent challenging behaviour both in and out of the home.

The five-week programme created and delivered, via DVD, by clinical psychologist Thomas Phelan, is facilitated by practitioners from the Family Support Team and Adolescent Support team. The programme is approach-based and revolves around reflecting on changes parents can make in themselves, as well as those they would like to see in their teen.

To register or for more information, email FFISgroupprograms@hounslow.gov.uk

The programme creates a safe and supportive space for parents to explore different approaches for managing their children’s behaviour, as well as allowing them to meet other parents to discuss and compare different approaches.

In ‘Surviving Your Adolescents’ you will:

- Learn how to manage and understand teen risk-taking
- Discuss problems to let go of as a parent
- Consider how your relationship affects your teen’s safety
- Be introduced to an array of services which can offer further support
- Feel empowered to engage with your teenager

London Borough of Hounslow

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AGENDA

Session 1	Introductions Ground rules Teen's world is a different world to ours Your role as a parent of a teen Pre -course assessments Local services (Low Level)
Session 2	Stop behaviours Minor but aggravating behaviours (MBAs) Local services (High Level) Serious problems not MBAs How parents are doing Parental anger-addiction
Session 3	What risks do adolescents face including Gangs, County lines and CSE The Adolescent Brain and risk-taking Mindsight exercises Social media Local services (High Level)
Session 4	Parent's own stop behaviours Parent's own start behaviours Do & don'ts as a parent of a teen Communication and Safety Local services
Session 5	Reflecting on your role as a parent of a teen Empowerment visualisation The Four Roles of Parents for managing behaviour

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