

What will the workshop cover?

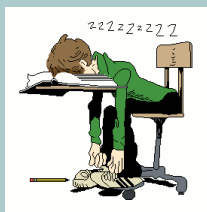
Behaviour and parenting

- Teenage behaviours that can cause worries.
- Parenting styles and the impacts these can have.
- How best to support your teen.



Sleep

- How much sleep do teenagers need?
- Why is sleep so important for teenagers?
- What might affect our sleep?
- How can we improve our sleep?



How to make a referral

If you are a professional who would like to refer a parent or carer to this workshop, please complete a request for service form on the following website:

https://form.northumberland.gov.uk/form/auto/childrens_centres_req

Please note: you will have to select the Incredible years programme as the service you require. In supporting information please specify that you wish to refer to the Parenting Teens Workshop.

Early Help Family Team

103 Wright Street

Blyth

NE24 1HG

If you need this information in large print, braille, audio, or in another format or language please contact us:

Telephone:

01670 798800

Believe in children
Barnardo's


Northumberland
County Council

Parenting Teens Workshop



What will the workshop cover?

Internet safety

- How can you keep your teenager safe online?
- What Apps do you need to be aware of?



Sex and Relationship

- What is a healthy teenage relationship?
- Talking to you teen about safe sex.

Further Support

- How to best support your teenager.
- Where you can go for support.



What will the workshop cover?

Brain Development

- What happens to the brain during teenage years?
- How can this impact teenage behaviour?
- What can we do to help healthy brain development?



Mental Health

- Common mental health problems in teens.
- Signs and symptoms.

Drugs & Alcohol

- What is the law?
- What are the effects of drugs & alcohol on teens?
- What to do if your teen is using drugs or alcohol?

Who is the workshop for?

The workshop is for the parents or carers of young people aged 11-16 in the South East area of Northumberland.

How do I access the workshop?

The workshop is currently running on Microsoft Teams. It will last for 2 hours with a 10-minute break in the middle. The workshops will take place once a month on a Thursday from 10:00 till 12:00.

What is the aim of the workshop?

Parenting teenagers is hard! The main aim of this workshop is to help parents understand their teenagers, and the challenges and changes they face, a bit better. This should allow you to communicate more effectively with your teen and help make parenting decisions a bit easier!

