

WHO IS THIS  
COURSE FOR?

We know that for many children and young people the teenage years can be difficult ones. They may be feeling more grown up and want to test out new relationships and friendships. This is a programme for communities to learn how to build effective communication and relationship with their teenager/s and explore the challenges. It equips them with better understanding of teenage development, how to communicate using healthy communication tools and examine their own cultural beliefs. It also examines the wider issues they face in society today and how to deal with them using tools for positive discipline.

**Stressed! Had enough! Can't cope anymore!**

**Not Listening! Teenagers driving you mad!**

We will be running the 7 weeks Talking Teens Programme in Urdu/Punjabi/Hindi for parents/carers of teenagers aged **12-18** years old. There is an introductory session (a coffee morning), followed by 6 sessions each lasting 2 hours. You will receive certification once you have completed the programme.

**To find out more about it, come to our Introduction workshop**

**Date: 5<sup>th</sup> of October 2021**

**Time: 10:30 am – 11:30 am**

**Venue: TBC**

**Register Now**

Visit [www.parentingu.co.uk/latest-events/](http://www.parentingu.co.uk/latest-events/) to register your interest

☎ 07813607006/02089301081

✉ [parentdata@parentingu.co.uk](mailto:parentdata@parentingu.co.uk)

Family

Links



**EDUCATING AND DEVELOPING  
AWARENESS TO COMMUNITIES**

ParentingU is a specialist service Working with all communities





## COURSE LEARNING OUTCOMES

1. Aware of their roles as parents/carers of teenagers
2. How to communicate with your teenager and puberty
3. Look at relationships and develop knowledge of issues around sex, Promoting open communication about teenage sexuality
4. Understand teenager behaviour and emotions. Be able to recognise the changes in brain development, emotions, and feelings
5. Choose how to respond by using positive discipline tools and building better communications such as I statement, choices, and consequences
6. How our parenting styles and cultural views impact on our beliefs and thoughts
7. Look at setting safe boundaries and developing new knowledge and skills

## COMMON WORRIES & ISSUES WITHIN COMMUNITIES

- ✚ Outside their cultural norms and religious beliefs
- ✚ Non-acceptance from the community and extended families and friends
- ✚ Teenagers facing more of a challenge within community and life
- ✚ Bullying and harassment
- ✚ Effecting parent -child relationship due to rejection and disapproval
- ✚ Impact on teenagers -parents behavior puts young people at high risk of depression, suicide substance abuse and other health risks



## DEVELOPING SELF AWARENESS

- ✚ As a service, we help communities to approach teenagers with love and empathy
- ✚ We listen to the difficulties and issues parents/carers face within their communities
- ✚ Look at their approaches and find solutions to approach their teenagers using an empathetic approach
- ✚ We encourage active listening, explore their cultural parenting styles and religious beliefs and teachings: so that families can look at the viewpoint of the teenager using various communication strategies and styles
- ✚ Teenagers are still developing their "thinking and emotional skills" our role is to help parents recognise the importance of providing a consistent warm, loving, nurturing relationship so that young people feel valued, safe, and secure
- ✚ Early Conversations help open a dialogue about what healthy sexual development consist of which is key to building healthy attitude and mindset towards sexuality and relationships
- ✚ Teenagers are still training to become adults and our role is to support parents