

If you would like to find out more information

Handling Teenage Behaviour

Please Contact:

*Kirstie Brading
Resource Worker
Webster's High School
Prosen Road
Kirriemuir*

Tel: 01575 526000

or speak to your teenager's PCS teacher:

**Mrs Anderson
Mrs Little
Mrs Hunter
Miss Sturrock**



*Helping you to understand and
support your teenager*



What we do:

- The Handling Teenage behaviour course is a group work programme that adults can attend to get help to support and understand their teenager.
- Our courses run for 2 hours a week for 8 weeks.
- Courses can be provided during the day or in the evening.

WEEKLY TOPICS

Week 1 – What is parenting a teenager like?
Week 2 – What drives us crazy?
Week 3 – The 3 types of teenage behaviour
Week 4 – Rules
Week 5 – Punishment v Consequences
Week 6 – Rules, Consequences and Consistency.
Week 7 – Bringing out the Best
Week 8 – Pulling it all together

Would you like to be able to understand your teenager better?

Do you ever wish you could have handled some situations with your teenager more appropriately?

Does being the parent of a teenager feel like the most difficult job in the world?

Have you ever lost control, been frustrated, given up, or given in to your teenager?

Most parents are able to relate to the statements above.

We aim to support you to improve relationships with your teenager, gain a better understanding of teenagers, and develop the confidence and skills to handle the more difficult behaviour.

It's a great opportunity to share your experiences.

We will also have some fun!

(tea, coffee and biscuits will also be provided)