



# Teen Triple P Discussion Groups

**The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.**

## Who is this for?

- parents of teenagers

## Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

## Is this you?

A teenager who is rude and refuses to follow family rules. One who screams and cries at the drop of a hat. A teenager who is arguing with everyone in the family. Or one who is drinking, skipping school or hanging out with a bad crowd.

If any of these descriptions fit your teenager, Teen Triple P Discussion Groups can help.

## What are Triple P Discussion Groups?

Teen Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behaviour.

A discussion group is run by a trained Triple P provider. Each session brings together about 10 – 12 parents who are experiencing the same parenting problem, and covers one of the four topics listed below. Just choose which one (or however many) of the discussion group sessions meets your needs.

- Coping with teenagers' emotions
- Getting teenagers to co-operate
- Reducing family conflict
- Building teenagers' survival skills

## What happens at a discussion group?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your teen's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue, and you'll be encouraged to share your thoughts with the other parents in the group. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies with your teenager.

## How long do the sessions take, and how many do I attend?

A Teen Triple P Discussion Group session takes two hours. You may do as many or as few as you like. One, two, three or four – it's up to you. You'll be surprised at how a few small changes can make big differences.