

# ALL ABOUT TEENS

For more information/questions regarding a parenting class, please email Carol Bolger at [cbolger@casadelosninos.org](mailto:cbolger@casadelosninos.org).

## **Active Parenting of Teens**

This video-based, skill focused program for parents/caregivers of preteens/teens ages 13-17 consists of 3 consecutive sessions over 3 weeks. Participants will learn several effective parenting strategies through an interactive learning experience. Skills include an emphasis on character development, communication, discipline, and family enrichment. (Offered in English and Spanish)

## **AppChat: Social Media Training for Parents**

The internet is how children and teens get their information and it's how they communicate with peers. In this class, parents get an update of how teens are using social media in a positive light, while also learning ways to be safe and protect children from online dangers including cyber bullying. Parents will explore the importance of acting respectfully and responsibly online.

## **Parenting to Prevent Bullying**

Bullying is a serious problem in our schools today. Parents learn what to do to help their child deal with bullying and identify key social skills that can help prevent young people from becoming victims or the perpetrator. (Offered in English and Spanish)

## **Parenting for Drug Prevention**

Drug abuse common among young adults. In this class we will look at the issues, dangers and strategies around drug abuse and you will learn why some young people use drugs, the warning signs and most importantly how to talk to your children about drugs.

## **Surviving Your Adolescence**

In Surviving your Adolescents you'll understand, how to manage teen risk-taking, what problems to let go of, how your relationship affects your teen's safety, the definition of a normal adolescent, and from fashion to passion guidelines for specific problems.

## **Talking to Kids about Sex and Sexuality**

Parents will gain the tools for starting and having an ongoing and safe conversation with their kids in order to teach healthy sexual attitudes and positive body image. Learn how to help your children see you as their first and best source of information for the birds and the bees and sexual values.

## **Guiding your Child through Adolescence**

Being a parent of a teen can be challenging. This class provides parents the positive guidance teens need with interactive exercises that strengthen parenting and communication skills, you will learn how to build strong bonds with your teen, and learn how to navigate the developmental changes associated with adolescence and your changing role as a parent in a teen's life. (Offered in English and Spanish).

## **Teen Brain Development**

Ever wonder "What was my child thinking?" In this session, parents will learn about the many changes of the adolescent brain and how brain biology impacts their decision-making process, risk-taking behavior, and emotional development. Gaining knowledge of adolescent development empowers parents and allows us all to approach our teens with compassion and understanding.

## **Helping your Teen through Depression**

This class will help you understand your teen's depression. Parents will explore what are the contributing factors, symptoms, and potential consequences of depression, and explain treatment options. You will also learn suicide risk factors and warning signs.

## **Positive Discipline for your Teen**

Raising a teen is challenging to navigate. In this class, parents will get the opportunity to evaluate their relationship with their teen, assess existing rules, and establish new rules and limits created for teens to understand and communicate with their parent. We will also emphasize the importance of setting consequences that teach, and give tips for talking about tough issues. (Offered in English and Spanish)



**casa de los niños**

CHANGING LIVES FOR GENERATIONS