

Positive Parenting Programme® - TEEN (Triple P)

(8 sessions @ 2 hours)

- Session 1:** Introductions & Icebreaker, “Sparkly moments”, Group Agreement, Teen Vs Parent Behaviour, Pre-course Questionnaires.
- Session 2:** Review, Escalation Traps, Ineffective Use of Punishment, Parents’ Beliefs and Expectations, Goals for Change, Encouraging Appropriate Behaviour (Descriptive Praise).
- Session 3:** Review, Coaching Problem Solving, Using a Behaviour Contract, Holding a Family Meeting, Establishing Family Rules, The 4 Roles of Parents, Parenting Styles x5.
- Session 4:** Review, Parenting the under 12s vs. Parenting a Teen, Managing Problem Behaviour, Directed Discussion to Deal with Rule Breaking, Making Clear Calm requests, Getting Past the “WTF” Stage, Sensations/Thoughts/Feelings/Behaviour.
- Session 5:** Review, Managing Problem Behaviour, Logical Consequences, Acknowledging your Teen’s Emotions, Dealing with Emotional Behaviour, Types of Thinking.
- Session 6:** Review, Risk, Exploring the Parent’s Perspective, Exploring the Teen’s Perspective - Then and Now, Risk Across the Age Range, Identifying and Exploring Risky Situations.
- Session 7:** Review, Exploring Advance Planning and Risk Reduction Strategies, Taking a Closer Look at Managing Risk, Dealing with and Establishing Routines for Risky Behaviour, Completion of Post-course Questionnaires.
- Session 8:** Review, The PPP Course Objectives, Overview of PPP Strategies, Identifying “Problem Talk” & Developing Solution Focussed Responses, Exploring Additional Personal Examples, Post PPP Support & Signposting, Graduation!