

Triple P Session Descriptions

Getting Teenagers to Cooperate: This discussion invites parents to share experiences and explore why teenagers may be uncooperative. Learn positive parenting strategies to create a plan that encourages your teen to cooperate more at home.

Coping with Teenagers' Emotions: Managing emotions is a vital life skill for teens. This discussion explores why teens may have emotional reactions and how parents can support them in developing useful tools to calm themselves during challenging moments.

Building Teenagers' Survival Skills: Parents want to ensure their teen can navigate risky situations and can keep themselves safe while developing independence. This session introduces parents to positive parenting strategies that can help their teen plan for situations that may endanger their health or wellbeing.

Reducing Family Conflict: This discussion looks at common family conflicts with teenagers and why they happen. Parents will learn practical strategies to help their teens get along better with family members and handle problems effectively.

Raising Responsible Teenagers: Discover effective ways to help your teen develop independence and responsibility over time. This session offers practical strategies to strengthen your relationship and foster mutual respect, even during common conflicts.

Raising Competent Teenagers: Explore strategies to help your teen make the most of school and develop key life skills. This session offers practical tips for fostering competence while navigating common parent-teen conflicts.

Getting Teenagers Connected: Learn how to support your teen in building confidence and forming positive connections within the community. This session offers practical tips to encourage healthy relationships and meaningful involvement, helping them explore new opportunities and thrive socially.

Coping with Sadness and Depression: Sadness and depression are common among teens. Usually, they are back to normal in a day or two. But some teens can become severely depressed. Learn more about depression, how to prevent your teen from becoming depressed and what to do if they do become depressed.

Coping with Anxiety: There are many challenges being a teen and teens often experience anxiety. This session can help you understand what causes anxiety in teens and how you can help your teen manage their anxieties.

Promoting Digital Wellbeing: Teens are attached to technology and the digital world. This can be both beneficial but also harmful. This session provides strategies to help parents navigate technology use and set healthy boundaries with teenagers, covering topics like social media rules, emotional self-regulation, and building positive relationships.

Fashions, Trends and Peer Influence: As teenagers struggle to find their own identities, they look for ways to be different from their parents and like their peers. They may adopt trends such as tattooing, piercing and radically different behaviors or beliefs. This session helps parents better understand their teen and provides suggestions to help manage some of the pressures you and your teen may feel.

Smoking and Vaping: Explore the rising trends of teen smoking and vaping, the risks of nicotine addiction, and their link to drug use. This session offers insights and strategies to help prevent these habits in your teen.

Drinking Alcohol: Parents are often unsure about how to manage their teenagers' use of alcohol. This seminar will help you to understand why teens drink alcohol and provide suggestions to help your teen resist peer pressure to use alcohol.

Preventing Teen Drug Use: Learn why teens may experiment with drugs and how to help them resist peer pressure. This session offers strategies to prevent drug use and protect their health, relationships, and future opportunities.