



Standard Teen Triple P

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

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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 your family?

You never imagined things would get this bad. Life with your teenager is a constant struggle. There's probably a lot of shouting and your teen's behaviour seems out of control. Perhaps your son is aggressive or violent. Maybe you don't know where your daughter is at night. Whatever the problems are, your family home has become a very unhappy place.

If this sounds familiar, then Standard Teen Triple P may help.

What happens?

This is a private and very thorough way to find out about the ~~Teen~~ Triple P way of parenting.

Over ten individual sessions with a Teen Triple P provider, you will set your own goals and work out what changes you would like to see in your teen's behaviour. You'll learn the strategies you can use and you can adapt them to suit your family's needs. You'll see examples of positive parenting on DVD and you'll show your provider what you've learned. You'll have a workbook to help you record your goals and achievements.

How long will it take?

There will be ten meetings altogether. Seven will take about one hour, and three practice sessions will last about 40 minutes each.

When you're finished Standard Teen Triple P you should feel confident to tackle most of the problem situations with your teenager.