

## **What's Online to Help with Parenting your Teen?**

As the commonly heard saying goes, 'Parenting does not come with a manual'. Have you sometimes found yourself wondering where to next? Whether other parents have similar experiences and the same concerns as you, or whether other teens exhibit behaviours similar to those of your child?

If you are looking for some extra help from a professional (and from the comfort of home) regarding any aspect of parenting adolescents, reachout.com has launched the ReachOut Parents Coaching, a service for parents and carers of 12 to 18-year-olds. It is free and confidential, asks you to complete a short questionnaire to help identify your needs and connects you with the best support from ReachOut.

ReachOut provides evidence-based practical support and tips that encourage effective communication and relationships between parents and their teen/s. Common concerns addressed include stress, peer pressure, alcohol and other drugs, bullying and cyber bullying, anxiety, self-harm, depression, body image, eating disorders and family conflict.

From June, ReachOut is offering four free over-the-phone counselling sessions which parents can participate in at a time that suits them.

ReachOut Parents provides a range of support for parents and carers including:

- Fact sheets and information about adolescent mental health and wellbeing.
- Real stories from parents and teenagers.
- Practical tips and tools for supporting teenagers.
- An online community forum where parents can talk to other parents about their experiences and work through their concerns in a safe, anonymous environment.

For more information, visit the website at [ReachOut.com/parents](http://ReachOut.com/parents)

### **Other options**

The Triple P Positive Parenting Program provides an online parenting course for parents of teens which subsequently gives you 12-months unlimited access to all the proven tips, strategies and knowledge of the program.

Triple P offers many different ways to access positive parenting help. From one-off seminars to ongoing courses, you choose what is best for you and your family. To find out which Triple P course is right for you, use the quick and easy three-step 'Triple P Selector'. Otherwise, browse the list of short summaries which include Positive Parenting in a Nutshell, Teen Triple P Discussion Groups – for the common problems associated with raising teens, Group Teen Triple P and Standard Teen Triple P – for more serious teen behaviour problems, as well as Teen Triple P Online – a personal 24/7 program.

For more information, visit the website at <http://www.triplep-parenting.net.au/au-uken/get-started/triple-p-courses-for-parents-of-teens/>

Facilitated by well-known parenting guru Maggie Dent, Adolescence Unplugged – Surviving and Thriving in the Teenage Years provides an online course for anyone who lives or works with teens.

In this six-week self-paced program, Maggie examines the six main drivers of adolescence: autonomy, identity, belonging, evolving sexuality and deepening friendships, and separation from parents. The courses discuss how the brain is changing, the emotional barometer, the

need for positive, caring communication, body image, self-loathing, self-harm and self-acceptance.

Weeks three and four focus separately on young women and young men, and the final weeks are devoted to sex, drugs, technology, broken hearts, developing optimism, resilience and letting go.

For more information, visit the website at

<http://commonsenseparenting.com.au/adolescence-unplugged-course>

The ABCD Parenting Young Adolescents program (<http://www.abcdparenting.org/>) includes an extensive range of articles that cover issues parents of teens commonly seek advice about. They are all based on research into child and adolescent development and many of the articles are translated into community language such as Sudanese, Chinese, Somali, Spanish and Vietnamese. Examples of article titles are 'Social Events', 'Phones', 'Saying Sorry', 'Hanging Out' and 'Chores and Responsibilities'.

The 'Ideas for Parents' section provides information of setting limits and using consequences, problem solving, monitoring your teenager, keeping a healthy balance, forgiving, decision making and responsibilities, connecting with your teenager, communicating with your teenager, and acceptance.

There are many local options for face-to-face courses, including those provided by CatholicCare, such as Triple P – Positive Parenting Program, PET – Parent Effectiveness Training and PAUSE – Parenting Adolescents with Understanding Sensitivity and Engagement, and ParentingPlus, such as Engaging Adolescents. Both of these organisations provide counselling, as well as courses. Counselling for either teens, or parents – or both – can help to regain perspective, galvanise what the issues are and work towards achieving goals.

Please feel welcome to make an appointment with either of us if you would like to discuss issues related to your child.

**Gai Bath and Andrea Maver**

**SMC Counsellors**

[gbath@smc.tas.edu.au](mailto:gbath@smc.tas.edu.au)

[amaver@smc.tas.edu.au](mailto:amaver@smc.tas.edu.au)