



# Brilliant Parents

Transforming  
Children's Lives

## Teen Triple P Discussion Group

**Building Teenagers' Survival Skills**



**Triple P Discussion Group – Building Teenagers' Survival Skills**  
Tuesday 19<sup>th</sup> March 2024  
10 am-12 noon  
Delivered via zoom

### IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how best to help your teenager cope with the challenges of peer pressure.

Do you know that it is always difficult for parents, as teenage children begin to spend increasing amounts of time away from home and are influenced by friends to do things that might put their health or wellbeing in danger?

Parents can help prepare their teenager to cope with some of the challenges they may meet by helping them first recognise and manage situations where the risks are smaller. In this way you can teach your teenager to plan for situations that they might otherwise struggle to cope with.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can get into trouble and gives some practical suggestions to help you teach your teenager how to anticipate and manage problem situations. It also provides a step-by-step guide on how to discuss this with your teenager in a positive and supportive way.

**To register, kindly complete and submit both the registration form and parenting experience survey at these links:**

<https://www.brilliantparents.org/brilliant-parents-bl-registration-form/>

<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>