

Course title: Understanding Your Teenager Virtual Course through Zoom	
<b>Course duration:</b>  8 hours  2 hours x 4 weeks	<b>Learner group:</b>  Mother, fathers and carers of children.
<b>This course is designed to;</b> Enable parents to positively discuss the changes experienced by adolescents and their families and how to best support their teens grow into happy and confident adults.  Parenting courses are not interventions and the tutor will not tell parents “how it’s done,” rather they are discussion-based with time to share experiences, ideas, concerns and possible solutions.	
<b>Content will include all/some of the following:</b> Tutors will facilitate and encourage discussion in a secure environment, the expectations and concerns of the learners will be used to inform the planning and content of the course to meet learners' needs. <ul style="list-style-type: none"> <li>• A look at adolescent development and the impact on the family.</li> <li>• A discussion on appropriate expectations.</li> <li>• Ideas for problem solving and negotiation techniques.</li> <li>• Discussion on positive communication skills and how to practise them.</li> </ul>	
<b>What learners will need to bring to the session:</b> Laptop, tablet or Smart phone with the Zoom app installed. There is no subscription required. Pen and paper.	
<b>Other requirements:</b>  <b>Group size: max 8 adults, no children.</b>  The learners will be contacted prior to the session to complete an enrolment form over the phone, and to receive instructions about the link to enter the online session	<b>Progression:</b>  FEML (Family English, Maths and Language) courses.