

# Raising Teens with Confidence



## Dear parent/carer

The teenage years can often feel like being on a rollercoaster for parents and carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behaviour changes that occur means that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

As part of the work we are doing with Growing Confidence, there is the chance for parents / carers to find out more through a 6 week course. Following the success of Raising Children with Confidence which has been delivered to 1,500 parents and carers in Primary Schools, Raising Teens with Confidence aims to give parents and carers time to explore how they can best support their teenage children to navigate increasing independence and develop confidence, security and resilience, as well promote emotional wellbeing in themselves.

Drawing on the latest research and findings into what helps support emotional wellbeing throughout life, the course will give you an opportunity to explore with other parents how the teenage years can be a time for the whole family to '*thrive rather than just survive*' (Siegal 2014)

The course will be held at Tynecastle High School on Monday evenings for 6 weeks from 6-8pm starting on 26<sup>th</sup> October. It will cover the following topics:

1. **Introductory Session** : Why What You Do Matters!
2. **The Amazing Teenage Brain**: What's Going on in There?
3. **Risky Business**: Managing Adventure, Risk and Resilience.
4. **It's Good to Talk**: The Importance of Staying Connected.
5. **Flipping Your Lid**: Looking at the Brain Under Stress.
6. **Looking After You Own Wellbeing**: Coping with the Changes.

There are limited places on the course, so if you are interested please contact the school at [admin@tynecastle.edin.sch.uk](mailto:admin@tynecastle.edin.sch.uk) with the following details:

-----  
I would be interested in attending the 6 week course starting on Monday 26 Oct 6-8pm

### Your contact details:

<b>Your child's name &amp; Tutor Group</b>	
<b>Your name</b>	
<b>Email</b>	
<b>Contact number</b>	

Yours faithfully

Mrs J Ramsay  
Depute Head Teacher