



IAGB2 Presents



The Parent/Caregiver Workshop

Learning How to Communicate More Effectively
With Your Adolescent



Parents learn how to:

- Understand the changes their child will experience as they grow from child to adult.
- Be a resource for their child.
- Effectively communicate with and manage their adolescent.
- Establish strong bonds that will support them in the teen years.

Help Parents Be Ready and Involved

Workshop Outline:

- Adolescence - Remember When???
- The Greatest Influence - You, the Parent
- Barriers to Communication
- Cyber-Safety - Learning how to Protect Your Child
- Opening the Lines of Communication
- Point 1: Be Honest
- Point 2: Talking About Sexuality is OK!
- Point 3: Know the Facts
- Point 4: Make it Personal
- Point 5: Stay Connected
- Point 6: Encourage Conversations
- Point 7: Brace for Impact
- Additional Pointers
- Be a Resource for Your Teen
- Helping Your Teen Deal with Peer Pressure
- Teaching Your Teen How to Stay Safe

This workshop is essential for all parents especially for single parents.

It's a great opportunity for parents to share ideas, complain and learn about their children. And it's guaranteed drama-free!

For more information or to schedule a workshop in your school, hospital or community center, please contact:

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Appropriate Health Education for Adolescents



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(& Boys, Too!), Inc.



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