

Dear parent/carer

The teenage years can often feel like being on a rollercoaster for parents, 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 mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

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 around 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'* (Siegel 2014)!

The six session course will be held at Dunbar Grammar School from 6.30 -8.30 pm starting on Tuesday 25th February and continuing on the 3rd, 10th, 17th 24th and 31st March. The course covers;

1. **The Teenage Years:** 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. **The Brain Under Stress:** Overcoming Setbacks and Promoting Resilience
6. **Looking After Your Own Wellbeing:** Coping with the Changes.

There are limited places for the course so if you are interested please e-mail mprior@dunbarprimary.elcschool.org.uk before the 17th February.

Yours faithfully

Marie Prior
Raising Confidence Trainer
Dunbar Cluster

