

ACTIVE PARENTING OF TWEENS/TEENS

Course Description: Relationships between adolescents and adults are often difficult. Parents and other authority figures understand that the potential for damage to an adolescent's self-esteem and self-confidence is great at this developmental stage. Participants will learn how to develop a positive and healthy relationship, through honest and straight-forward communication and shared interests. In this course, individuals will identify the barriers to communicating with teens and learn strategies and techniques for positive ways of dealing and handling the teen years. The class consists of video presentations, group discussion and participation. Whether you are a parent, a mentor, a supervisor, a friend...this class has something for everyone.

****NOTE:** This course helps individuals who do not have teens, consider effective ways to address the stressors that adolescents face as they adapt to the military culture.