# Let's Talk Teenagers Phase 3 - September 2022

## Sesson details

**13th September 7-8pm**

**Exploring Teenage Relationships**

 Difficulties and challenges

Gender stereotypes

Domestic abuse

Safety Planning

What families can do

Additional supports

**20th September 7-8pm - Mental Health and emotional wellbeing -**

Difficulties and challenges

Self-harm

Substance misuse

Safety planning

What families can do

Additional supports

**27th September 7-8pm - Anger and challenging behaviour**

 Difficulties and challenges

Child to parent abuse

Safety planning

What families can do

Additional supports

 **4th October 7-8pm - Bullying**

Difficulties and challenges

Bullying and online challenges

Schools

Community and online

Safety planning

What families can do

Additional support

**5th October 7-8pm - Online Challenges**

Difficulties and challenges

Social media

Revenge porn

Safety planning

What families can do

Additional support

# News release / newsletter content

## New course of highly popular Let’s Talk Teenagers sessions starts this Autumn

The second series of highly successful webinars for parents of teenagers is set to kick off this autumn, covering a range of new topics.

Let's Talk Teenagers is a series of online support sessions and an opportunity for parents and carers of teenagers to hear about the challenges young people are facing today and discover ways to help them navigate their way through them.

The sessions have been running throughout 2022 and discuss the tools and techniques that can be used to support young people and their community. The latest sessions, starting on Tuesday 13 September and running weekly until 4 October, with an added session on Wednesday 5 October, cover topics such as exploring teenage relationships, mental health and emotional wellbeing, anger and challenging behaviour, bullying and online challenges including preventing radicalisation.

There will be an updated toolkit available after the courses for everyone who signs up to this free event, which also covers topics from earlier sessions such as drugs and alcohol, body image, self-care and social and emotional changes.

The project has been produced with funding and support from the South Devon and Dartmoor Community Safety Partnership, Teignbridge and South Hams District Councils, Teignbridge Council for Voluntary Service, the Safety and Resilience Consultancy, Devon County Council, the Office of the Police and Crime Commissioner and the Safer Devon Partnership.

Rebecca Hewitt, Teignbridge Council’s Safeguarding Lead and Chair of the South Devon and Dartmoor Partnership said: “The success of these courses lies in the desire of parents to find out how best they can support their teenagers through what is often the most difficult stage of their lives.

“We’ve been completely amazed by the number of people who have signed up for these sessions – we had almost 800 people sign up for one or more of them – and we're absolutely delighted with the positive feedback.

“We’re hoping to attract more people – particularly fathers and male carers as well as people who’ve attended previous sessions. They’re free and easy to sign up for and are just an hour a week!”

The sessions are delivered by parenting experts Emma Stephens and Chloe Hosegrove from the Safety and Resilience Consultancy.

Emma said: “We were overwhelmed with the testimonies from people who’ve joined these webinars, and we’re really pleased to have developed these new sessions shaped by the feedback from participants of previous sessions.

“The course aims to help any parents or carers to help their teenager navigate the world around them; as well as find ways to discuss what could be perceived as difficult subjects; and to identify and support them when they’re struggling.”

Anyone who would like to find out more or book their free place to these online sessions can visit the website devon.cc/teenagers.

Courses aimed at parents and carers, or pre-teens are being planned for November.

# Testimonials

“The work you are doing is VITALLY important. I have been feeling so alone and isolated as a single parent. This has made me feel supported in just an hour and a half. “

“This has been the best online service I have ever been on...thank you. Worth every minute of our time and yours.”

“The session was amazing. It's been so hard throughout the pandemic to support my three teenagers as there's been so much uncertainty for them. There's so little for parents and the world our teenagers are growing up in now is quite different to the world that we did. These sessions are so needed to help us as parents, so thank you.”

“So informative and friendly jargon free information. Such a great idea. Thank you all.”

“It's been very reassuring that I'm on the right track with my gorgeous children. I'm so grateful for everything you're doing to help parents with teens.”

“Thank you for this informative session. It makes you realise you are not the only one navigating the teenage rollercoaster!!”

“Thank you sooooo much. You’ve really helped give me the strength to persevere with, and not give up on, my parenting efforts, as well as giving me some excellent tools.”

# Social media (to accompany artwork)

New sessions and topics for this Autumn. Join us online for a chat about some of the challenges teenagers are facing today and find out what tools you can use to support them.

Want to know more about your teenager’s world and how to support them? Find out how you help them navigate today’s world and support them along the way.

The highly popular Let’s Talk Teenagers is back – with a range of new topics and discussions. Join us weekly from 7-8pm to learn what’s affecting them and how you can help.