



# Working Together to Navigate Adolescence

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## **PARENT-TEEN** SUMMIT 2026

### **Event and Impact Report**

| Empowering Families | Supporting Young People | Improving Adolescence |



# What is the Parent-Teen Summit?



Nu Know was created to support young people and families whilst bridging the gap between research and real life. Through this summit, we are bringing together a diverse network of multidisciplinary researchers, specialists, and practitioners who are committed to translating knowledge into practical tools that families can use every day.

The Parent-Teen Summit is not just about listening. It is about connection. It is about honest conversations. It is about instilling intergenerational understanding, confidence, and strategies that create meaningful, lasting change.

Whether attending as a parent, a young person, or a professional who works with young people and families, the summit hoped for all attendees to leave feeling heard, supported, and inspired to have meaningful conversations that continue long after the summit ends.

## **Nu Know Summits Aimed to:**

- Provide and empower young people and parents/carers with **accurate information and practical skills** to better understand and navigate adolescence safety.
- Encourage **open conversations about pressing issues impacting young people today** between young people and their trusted adults.
- Contribute to **government and local commitments** to improving well-being and future prospect outcomes for young people.
- Encourage stronger joined up **working across youth, education and wellbeing organisations.**





# What did the summit include?



### What's Happening & Where

#### Programme Timings

##### Beatbox: Panels & Talks

|       |                                                                                       |      |                                                                                                              |
|-------|---------------------------------------------------------------------------------------|------|--------------------------------------------------------------------------------------------------------------|
| 12.50 | <b>Dr Natalie A. Russell – Founder:</b> Welcome to the Summit                         | 4.30 | <b>Leonie Loftus &amp; Deborah Stillman:</b> Advance Charity: Tackling VAWG by Working with All Young People |
| 1.30  | <b>Julieta Baker:</b> Doing More, Feeling Worse? Rethinking Parenting Expectations.   | 5.00 | <b>Panel:</b> Healthy Youth Relationships & Ending Intimate Partner Violence                                 |
| 1.50  | <b>Dr Alice Wickersham:</b> The everyday data that shapes our services for the better | 5.35 | <b>Unique Community:</b> Jungle Party Stomp [Performance]                                                    |
| 2.10  | <b>Tranai Todd:</b> Lost Boys, Lost Futures                                           |      |                                                                                                              |
| 2.30  | <b>Mr Jacob Guy:</b> JSG Health for Dads: Empowering dads to be their best            |      |                                                                                                              |
| 2.50  | <b>Panel:</b> Parental Wellbeing                                                      |      |                                                                                                              |
| 3.30  | <b>Kooth:</b> Navigating Your Mental Health                                           |      |                                                                                                              |
| 4.00  | <b>Isla:</b> From the perspective of a disabled young carer                           |      |                                                                                                              |

Please Note:

All session spaces are limited and will be allocated on a first-come, first-served basis.

Guests are advised to arrive at least 5 minutes before the scheduled start time.

Please be aware that some talks and panel discussions may cover sensitive or potentially upsetting topics.

### PARENT-TEEN SUMMIT AGENDA

##### Playbox: Workshops

|      |                                                                                                                                                  |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.50 | <b>Dr Tristin Agtarap &amp; Miss Rosie Underhill – University of Bath:</b> Drawing out the myths: A parent-teen creative workshop on period pain |
| 3.00 | <b>Kimbooshane Barnes:</b> Belonging & Becoming – Transforming into You                                                                          |
| 3.55 | <b>Mikaela Morrison:</b> The Job Geek: Parents and Young Adults: Talking About Work in Today's UK Job Market                                     |
| 4.30 | <b>Wendy Gardner:</b> Breaking the Cycle: Presence-Based Parenting for the Adolescent Years                                                      |

##### Playbox Bar: Arts & Wellbeing

|         |                                                                                                       |
|---------|-------------------------------------------------------------------------------------------------------|
| All day | <b>Golden Sankofa:</b> All day arts and wellbeing activities                                          |
| 2.30    | <b>We Restart Charity:</b> Mirror Me, Mirror You: A Creative Portrait Workshop for Parents and Teens. |

##### The Balcony: Support

|         |                                                                                             |
|---------|---------------------------------------------------------------------------------------------|
| All day | <b>Specialists Clinic:</b> All day free one-to-one drop in sessions for parents and carers. |
|---------|---------------------------------------------------------------------------------------------|

Head upstairs to **PLAYBOX** for interactive workshops and research activities.

Drop by the **PLAYBOX BAR** for arts and wellbeing activities throughout the day.

Join us in **BEATBOX**, located on the ground floor, for talks and panel discussions.



## SPACES

For workshops, talks, drop-in clinics, arts activities and exhibitors across BOXPARK Wembley

## WORKSHOPS

CREATIVE AND WELLBEING WORKSHOPS

## TALKS AND PANELS

TALKS FROM ADOLESCENT EXPERTS

## Q&A CLINICS

ONE-TO-ONE DROP IN SUPPORT FOR PARENTS

## EXHIBITORS

LOCAL AND NATIONAL ORGANISATION STALLS

## FOOD

FREE VOUCHERS FOR 70 LOCAL RESIDENTS AND LAC

## ARTS AND WELLBEING

CRAFT AREA GUIDED ART ACTIVITIES

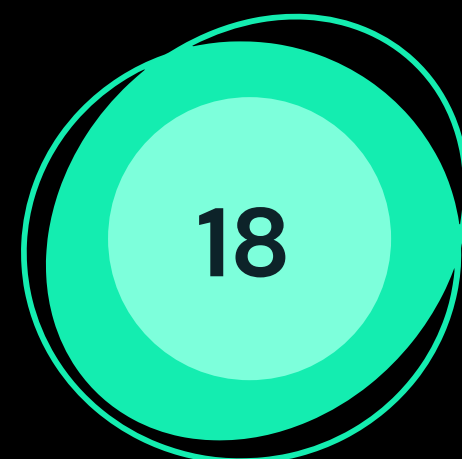


# Who Attended the Summit ?



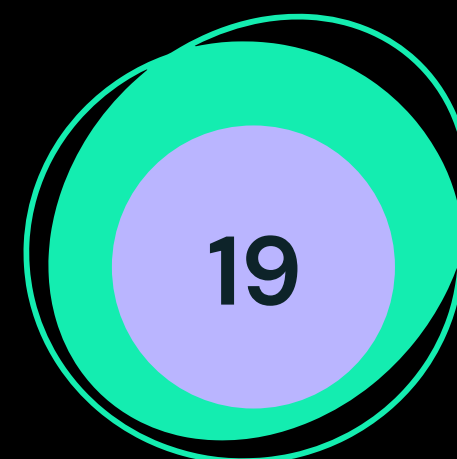
## CONTRIBUTORS

Guest speakers and workshop hosts from Nu Know and various organisations and universities.



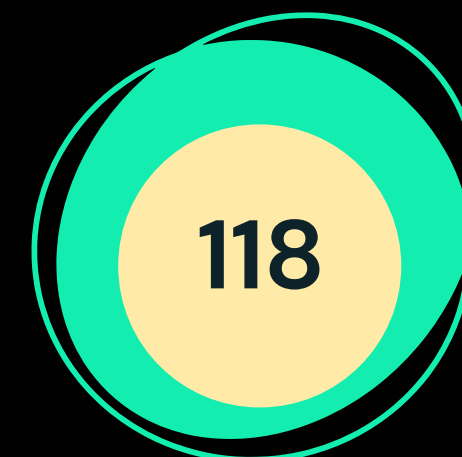
## TEAM MEMBERS & VOLUNTEERS

From Nu Know, Brunel University and Golden Sankofa.



## ATTENDEES

Parents, Carers, Young People and Practitioners



This event was designed in collaboration with:



Three **National Organisations** delivered talks, workshops and/or exhibited.

**YOUNG MINDS**

**kooth**

**advance**

Two **Brent** arts organisations were featured in the programmes:



Three **Brent Council** Departments exhibited on the day!

**Brent Health Matters**

**Brent Library Services**

**Brent Talking Therapies!**



This summit was funded by **Brent Council**.



Our Parent-Teen Summit 2026 contributed to **Brent Councils Borough Plan:**

**Moving Brent Forward Together 2023-27**

**Priority 4: Best Start To Life**





## Nu Know Parent-Teen Summit 2026 - Highlights

Nu Know



# HIGHLIGHTS VIDEO



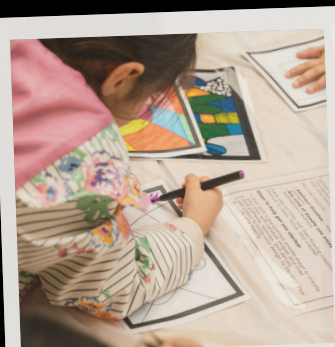
# Feedback & Impact!

Nu Know

YOUNG PERSON



"Really interesting and meaningful as a teenager!" – Young Person



Art Activities



Co-creation with young people



Group discussions

PRACTITIONER

"I really enjoyed the diversity of experiences and perspectives."

PRACTITIONER

"Very informative – The presenter engaged well with the audience question" – Feedback on talk delivered by Kooth

PARENT/CARER

"Fantastic! Really connected with Laura and got some vital advice about supporting my child with their mental health when he's at uni which I think will make a real difference." – Feedback on drop in one to one support

PRACTITIONER



"I loved that there was something for everyone concerning the different formats that were offered – e.g., 10-min talks, panels, and interactive workshops. It was great to hear from people with both lived and professional experience as well as different angles (e.g., policy, engagement, clinicians, etc)."



Panels



Workshops

PARENT/CARER

"More! I echo other parents I met at the event that this would be welcomed more often/regularly."



Talks

NO [A practitioner]  
12%

Would you **recommend** the event to a friend or colleague?:

YES  
100%

To what extent do you feel more **equipped to support teenagers** as a result of attending the summit?

YES  
88%

Do you feel more equipped, confident or knowledgeable as a result of visiting our **1-to-1 drop in clinic** for parents and carers at the summit?

YES  
100%



One-to-one clinics

PARENT AND PRACTITIONER

"Very glad I attended. Keep it up!"

PARENT/CARER

"Welcoming and kind environment – Thank you!"

PARENT/CARER

"Great speakers and workshops"





# TESTIMONIALS

