

## **Teen Triple P**

### **Programme Content**

Teen Triple P is a 7-week targeted programme for mothers, fathers, grandparents and any other adults who have responsibility for caring for young people aged 12-16 years.

Teen Triple P provides parents with assertive discipline skills to preserve parental authority in a consistent and nurturing manner and to help teens maintain regard for family norms of appropriate behaviour, as well as respect for school and wider community expectations. Teen Triple P helps families to:

- Feel more confident
- Communicate
- Resolve problems together
- Set consistent boundaries for young people
- Avoid risk-taking
- Cope with depression or conflict including marital conflict
- Respect school and community rules.

### **Referral Pathway**

Parents wishing to access the programme or agencies wishing to refer their clients onto the programme can contact the Family and Parenting Team on 0191 443 2908.

### **Next Steps for Parents**

After completing a Teen Triple P Parenting Programme parents/carers can progress to

- Family Learning or Adult Learning. For information about current provision, contact Family, Adult and Community Learning on 0191 561 2620.
- Community Activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and the induction available to local parents/carers contact your local Children's Centre.