

# Parenting The Teen Brain™



We all know that, under the best of circumstances, the teenage years are tough on parents. Teenagers often need to rebel, act out, and defy parents. In the heat of an argument, it is easy for parents to lose their cool and strike out, verbally and/or physically. When parents feel under financial or emotional stress, and their children have experienced trauma, the parent—teen dynamic can become explosive.

SFY has developed a new version of its signature training program—*Policing the Teen Brain™*—for parents. Entitled *Parenting the Teen Brain™*, these three 2.5 hour workshops help parents to understand the brain science behind adolescent development, and to develop new and more effective strategies for engaging with their teens without escalating interactions or calling the police to intervene. Parents learn, for example, that teenagers who have been traumatized in the past are often hyper-vigilant and distrustful, and likely to engage in “fight or flight” when they feel stressed. That knowledge can change the way in which parents respond to such behaviors, and open the door for new and better communication with one’s teen.

The *Parenting the Teen Brain™* workshop was developed by Strategies for Youth staff, in consultation with child and adolescent psychologists. The interactive, multi-disciplinary training is designed for parents who are raising teenagers or pre-teens, and are looking for non-judgmental, evidence-based strategies to help decipher and navigate the turbulent adolescent years successfully with their children, de-escalate and reduce conflict, and keep their children and themselves safe.

The topics covered during the three evening sessions include:

- The science of the developing teenage brain, and how that brain differs from adult brains;
- How a teen interprets and responds to authority, anger, risk taking and impulse control;
- How exposure to trauma, violence, and other stress factors affects his or her responses to situations;
- Role-playing to practice new strategies for de-escalating situations and encounters;
- Community resources for helping and obtaining support for oneself and one’s teen;
- Alternatives to calling the police so as to keep your children out of the juvenile justice system.

## FOR MORE INFORMATION:

Please contact Strategies for Youth at [www.strategiesforyouth.org](http://www.strategiesforyouth.org)