

SUPPORT FOR PARENTS

Secondary School Short Course (Basic)

This course includes eight short videos, ten to twenty minutes each, packed with practical tips, tools and insights to support you in parenting young people aged 11 to 16.

You can watch, or listen to, the sessions in any order, making it easy to fit into your busy schedule. It is a valuable resource to have in your parenting toolkit.

- Module 1: Understanding Adolescence

- Module 2: Key Parenting Principles

- Module 3: Providing Emotional Support

- Module 4: Building Key Secondary School Skills

- Module 5: Encouraging Positive Behaviour

- Module 6: Supporting Adolescent Friendships

- Module 7: Managing Motivation Levels

- Module 8: Laying Positive Foundations For Exams