

SUPPORT FOR PARENTS

Secondary School Short Course (Premium)

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.

Premium content

The Premium package contains exclusive content to help you get the most out of each session. Eight carefully crafted Implementation Worksheets help you apply the key principles from each session directly into your day-to-day family life. Thoughtfully structured and easy to use, they add a layer of personalised guidance that transforms learning and insights into real and lasting change at home. This level of tailored support is not available in the Basic package.

● 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