

Tired of fighting with your teen?

Worried about their behaviour?

Free Online Program for Parents of Tweens and Teens!

Parents want to raise teenagers who are respectful and responsible, happy and confident. But, helping your teen navigate adolescence can be stressful and unpredictable.

Researchers at The University of Queensland are excited to offer Australian parents of pre-teens and teens (aged 10-16 years) the opportunity to try a brand new online parenting program for free as part of a research trial. The program is based on the successful Triple P: Positive Parenting Program.

We are looking for parents who are experiencing conflict with their teenager or have concerns about their behaviour. You will be asked to complete questionnaires to help test the effects of the program.

Teen Triple P Online can help you:

- Build a stronger relationship
- Negotiate boundaries and expectations
- Deal calmly with conflict and emotional outbursts
- Prepare teens for risky situations
- Equip teens to handle life's problems

To find out more: <https://exp.psy.uq.edu.au/parentingteens/project/online>

Email: parentingteens@uq.edu.au



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