**Managing teen behaviour that challenges: tips and tricks**

Date: Friday 11th November

Time: 12-1pm

Venue: Virtual via Zoom

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won’t be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJwld-uhrzgsHdEMqcScQlvXo6DGDoAP0la5>

*After registering, you will receive a confirmation email containing information about joining the meeting.*