

Schools and Colleges Early Support Service

March 2023

Dear Parents/Carers,

We would like to invite you to attend the March 2023 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- Anxiety in adolescence: how can parents help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen
- Managing teen behaviour that challenges: tips and tricks

Further details on each webinar are below. To register please click on the Zoom link.

Anxiety in adolescence: how can parents help?

Date: Tuesday 7 March

Time: 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

Tuesday 7 March:

Our Patron: Her Royal Highness The Princess of Wales

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

<https://annafreud.zoom.us/meeting/register/tJUkc-GprDgpHdYFg4fZ51h8ErW3qJoL9N05>

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

Adolescent self-harm: how to make sense of it and when to seek support

Date: Monday 6 March

Time: 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. 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:

Monday 6 March:

<https://annafreud.zoom.us/meeting/register/tJ0pceCtqjwuHdcq-Ogifxv2OgvIQeA2mQf8>

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

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Tuesday 14 March

Time: 5-6pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and

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issues that may need additional support. 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:

Tuesday 14 March:

<https://annafreud.zoom.us/meeting/register/tJMsf-mtpzMjH9Po9rKYPVqNbMmH0fLC1VWX>

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

Building resilience, staying connected and nurturing your relationship with your teen

Date: Wednesday 8 March

Time: 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. 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:

Wednesday 8 March:

<https://annafreud.zoom.us/meeting/register/tJYqceuppz0sHdfw4ApswKgKhRMorU4ZTXIY>

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

Managing teen behaviour that challenges: tips and tricks

Date: Friday 3 March & Thursday 9 March

Time: 12-1pm & 12.30-1.30pm

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

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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:

Friday 3 March:

https://annafreud.zoom.us/meeting/register/tJIcumhpzkrGtAn9eq2s7MyJ-8NH_-RWL31

Thursday 9 March:

https://annafreud.zoom.us/meeting/register/tJMld-2rqz8vGNCH_IkTVsC3oI2Dkb4Y5mWj

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

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