

Triple P Teen Course

What is Triple P?

Triple P is an evidence-based approach that aims to help teenagers to develop and grow up to be healthy responsible teenagers and adults who feel good about themselves. It is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage teenagers to realise their full potential.

Who is Triple P for?

Teen Triple P is for parents and carers of young people aged 12 to 16 years. It will help you gain simple practical skills and strategies to raise your teenager to be confident, healthy and happy, and to improve your family relationship.

What the course will focus on:

- Setting personal parenting goals
- Understanding teenagers behaviour
- Developing positive relationships
- Encouraging positive behaviours
- Managing unwanted behaviours
- Dealing with teenagers emotions
- Managing risky behaviours

Who runs the course?

The course is delivered by trained facilitators with experience in supporting families through complex challenges. Sessions are interactive, confidential, and grounded in real-life strategies that work.

How do I access the course?

Speak to your Lead Professional to be referred to the Triple P course.



BURY FAMILY HELP SERVICE

