

TEEN TRIPLE P ONLINE

# Positive interactions, responsible teenagers

**NOW FREE  
IN OC!**

**UNDERSTANDING YOUR TEEN'S EMOTIONS AND NEEDS HELPS THEM NOW, AND IN THE FUTURE.**

## What supports your teenager's emotional wellbeing?

What a teenager sees, hears, and experiences every day really adds up. Positive interactions make a huge difference to their development and wellbeing. And that can have a far-reaching impact on their life, and yours. The right environment helps teenagers develop the skills they'll need as adults. This includes things like being resourceful and working towards goals. It also includes managing difficult emotions, and caring for themselves and others.

## Positive interactions make the difference

Positive environments help encourage teenagers' coping skills and emotional growth. Whatever else is going on in their life, every teenager really benefits from supportive interactions. Providing that kind of environment is a lot easier with a bit of extra know-how.

The Triple P – Positive Parenting Program is a toolbox, not a rule-book. You choose and adapt what suits your family, to help you:

- Build a stronger relationship with your teenager
- Support your teenager's healthy development and emotional coping skills
- Agree on rules and deal calmly with conflict
- Encourage positive behavior and cooperation
- Guide your teenager towards responsible, successful, happy adulthood

## SEE WHY IT'S THE COURSE FAMILIES ARE TALKING ABOUT!

Teen Triple P gives families new ways to help teenagers develop to be their best. Triple P is backed by research and used all over the USA and in countries around the world. Now EVERY OC family is being given free access to this course (normally \$79.95!)



**TRY OUR ONLINE PARENTING CLASS – NOW FREE!**

**[www.triplep-parenting.com](http://www.triplep-parenting.com)**

Free Triple P for all OC families is funded by the Orange County Health Care Agency.

