

## Communication tools for overcoming arguments, increasing trust, and maintaining a strong relationship through the teen years!

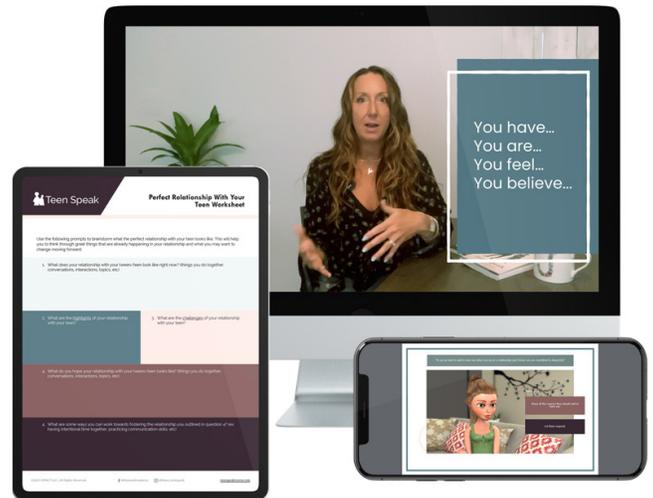
Are you in need of an *easy-to-implement*, effective and engaging educational tool to support parents in **building their relationship with their tweens or teens?**

### Teen Speak Course

#### 7 interactive, self-guided skill building modules

Fun, interactive education and skill building course for busy parents and caregivers including:

- Videos, worksheets, scenarios and a community of like-minded parents
- Customizable plans and scripts for common parent-teen conversations
- Unlimited 24/7 access via phone, tablet or computer



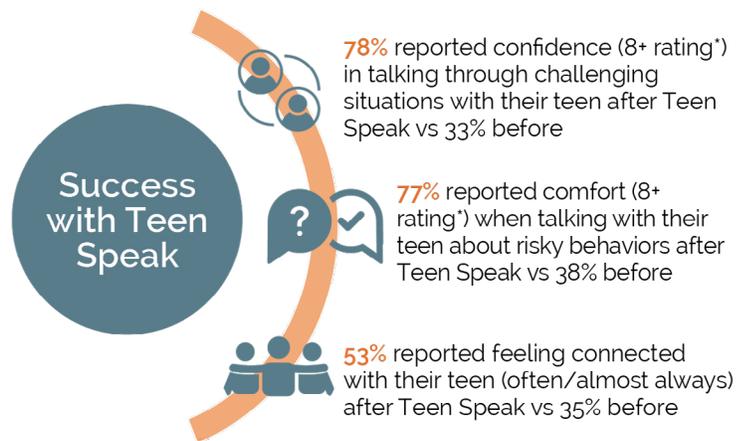
### Course Outline

 <p><b>Discovering your SUPERPOWERS</b></p>	<p>Define the perfect relationship, understand you and your teen's motivations and how to have "the talk."</p>
 <p><b>The Ultimate Guide to Understanding your Teen's Mind, Body &amp; Soul Changes</b></p>	<p>Master understanding of the confusing growth and development happening in their bodies and be prepared for what's ahead.</p>
 <p><b>Creating a Winning Team</b></p>	<p>Learn how to be on the same team instead of fouling out after every conversation.</p>
 <p><b>Thriving, not just Surviving, Talks with Your Teen</b></p>	<p>Learn, practice and master strategies for communicating effectively.</p>
 <p><b>The Secrets to Real Talks with Your Teen</b></p>	<p>Discover tools that will help draw out thoughtful discussion and help your teen feel heard and understood.</p>
 <p><b>Facing Your Fears</b></p>	<p>Strengthen awareness of risk and how to guide your teen toward positive, healthy decision making.</p>
 <p><b>Planning for Success</b></p>	<p>Work through common arguments and learn how to come up with a plan for safer decisions together with your teen.</p>

The interactive course features **video lessons, worksheets, action plans, and honest accounts from parents** in the thick of it, in addition to parents who have "been there, done that."

## Teen Speak Meets Your Needs to:

- ✓ **Support parents** to feel more equipped and confident when talking through challenging situations with their tweens & teens
- ✓ **Nurture** parent-teen connectedness as a protective factor to reduce youth risk
- ✓ **Meet requirements** for parent engagement by providing evidence-based options that best fit their needs



\*on a scale of 1-10

## After completing the course, parents will:

- Understand teen development and the accompanied physical, emotional and social changes
- Learn the building blocks for maintaining a strong, healthy relationship through the teen years
- Be equipped to navigate challenging situations and discussions with their tweens and teens



*"It is so easy to ask one-sided questions or start arguments with my son. Dr. Salerno brings attention to this in an easy-to-follow way that sheds new light on my parenting and provides examples for how to break this habit."*

Erica T.

*"I loved the worksheets and the short, videos which were easily accessible on my phone. Brace yourself for some good humor as I found myself laughing out loud (LOL)!"*

Chinwe E.

*"I would recommend Teen Speak to any parent who wants better communication with their teen. The techniques work! I was overwhelmed and unprepared to deal with a situation with my young teen. I took a deep breath and applied Teen Speak techniques and we were really able to communicate. I walked away with a peaceful feeling. As a mom of four, I feel much more prepared for the days ahead and I know I have a reliable reference to reach for when I need it."*

Terri K

## Added Bonus: Easy implementation for your parent population

We know you're busy doing what you do best—serving youth! We'll handle the marketing and guide you through the process to make it super easy to implement the Teen Speak program with parent communication from start to finish, including:

- Email language & recommended timing
- Social media graphics
- Pre- and post-course evaluations with custom infographic showcasing results