



Raising a Resilient Teenager

Parent your teenager with confidence

A **FREE** online
personalised parenting
program to help you
make sense of the
teenage years



Sign up
NOW:

www.partnersinparenting.net.au

 **MONASH** University

Want to know what you can do to raise a resilient teenager?

FREE online parenting program empowering parents to make sense of adolescence and parent their teenager with confidence.

As children become teenagers, it can be hard for parents to know the best way to stay connected with their child. *Partners in Parenting* is a new online parenting program that has been shown to help improve parent-child communication and reduce family conflict. Through interactive online activities, parents can develop skills in emotional intelligence, supporting their teenager through difficulties they face, and maintaining a close relationship with their teen. This program was developed by researchers at Monash University and the University of Melbourne, and is based on Parenting Guidelines that were published in partnership with *beyondblue*, and have been accessed and found helpful by thousands of parents worldwide.

Researchers are currently evaluating the longer-term benefits of the program by offering parents in Australia the opportunity to try it for free. If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate. Participation will take a few hours of yours and your child's time over 12 months. Both you and your child will be reimbursed for your time.

Raising Resilient Teenagers:

A **NEW** Online Program for Parents

Researchers at Monash University and the University of Melbourne are pleased to offer parents of teenagers an **evidence-based online parenting program** which has been shown to help improve parent-child communication and reduce family conflict. Through interactive online activities, parents can develop skills in emotional intelligence, supporting their teenager through difficulties they face, and maintaining a close relationship with their teen. The program is based on Parenting Guidelines that were published in partnership with *beyondblue* and have been accessed by thousands of parents internationally.

Parents will receive either:

- a personalised feedback report and interactive online modules, OR
- a set of five fact sheets about adolescent development and wellbeing.

You are eligible to participate if you:

- are a parent or guardian of a child aged 12 to 15
- live in Australia,
- are fluent in English, and
- have Internet access.

Participation will take a few hours of yours and your child's time over 12 months. **Both you and your child will be reimbursed for your time.**

To sign up for a FREE trial of this program, please visit: www.partnersinparenting.net.au

Questions? Contact us:

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