



# WHAT IS GROUP TRIPLE P TEEN?

A broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16-years who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the influences on adolescent behaviour, setting specific goals, and using strategies to promote a teenager's skills development, manage inappropriate behaviour, and teach emotional self-regulation. Parents also learn how to plan around risk-taking behaviour and risky situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practising the skills at home.

## WHO IS IT FOR?

Parents or caregivers who have concerns about their teenager's behavioural problems or simply wish to prevent behavioural problems from developing. Parents, who have completed lower-level interventions and have not achieved the goals they want, may benefit from a Group Teen Triple P intervention. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS?

### **Session 1: Positive parenting**

This session provides parents with an introduction to positive parenting, factors that influence teenagers' behaviour, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session. intervention. Parents need to be able to commit to all eight sessions.

### **Session 2: Encouraging appropriate behaviour**

During this session, the practitioner discusses how to develop positive relationships with teenagers, increase desirable behaviour, teach new skills and behaviours, use behaviour contracts, and hold family meetings.

### **Session 3: Managing problem behaviour**

In this session, parents learn how to develop family rules, deal with non-cooperation, acknowledge emotions, and use behaviour contracts. They have an opportunity to rehearse these routines in the session, to promote emotional self-regulation.

### **Session 4: Dealing with risky behaviour**

This session covers identifying risky situations, routines to deal with risky behaviour, and family survival tips. Parents also prepare for their individual consultation sessions.

### **Session 5-7: Implementing parenting routines 1-3**

The practitioner provides feedback from initial assessments that the family completed and then uses a self-regulatory feedback model to assist parents to review their implementation of parenting strategies and risky behaviour plans. From this, parents set goals for the further refinement of their routines, if needed.

### **Session 8: Programme close**

Parents return for a final group session to review progress and family survival tips, look at ways to maintain changes and problem-solving for the future, and to close the programme. If necessary, referral options are discussed.