

Understand your teenager's behaviour

Teenagers' behaviour can be baffling, stressful and worrying.

Do you find it hard to understand and manage your teenager's behaviour? Would you like to improve communication, avoid conflict and learn new strategies for setting boundaries?

Horsham District Council's Community Safety team runs a free six-week course called 'Understanding Teenage Behavior', which has been designed to empower parents and carers to think about the behavior of their teenager and manage it using a range of tools for improving communication, setting boundaries and putting consequences in place.

The course has been put together by a psychologist and uses a cognitive behavior approach. Course content can be adapted to meet the needs of the parents attending.

FREE
six-week
course

L24_CS04



Spaces are limited, so please reserve your place on the course by completing the referral form at:
www.horsham.gov.uk/community/understanding-teenage-behaviour-course



Horsham District
Community Safety
Partnership



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