



Supporting parents preparing for teenagers.

Building Up: Healthy, Happy Teens is one of Lisburn YMCA's flagship Building Up Programmes. Building Up: Healthy, Happy Teens is a programme for parents of children aged 9-13 to help them prepare their children for the challenges of being a modern teenager.

Each of the four sessions covers a theme.

Session 1: Understanding Teenagers & Their World

Explores the changes for a child as they approach and journey through the teenage years. Examines the impact of the teenage brain on decision making and looks closer at risk and protective factors for young people.

Session 2: Maintaining Positive Relationships

Looks at the impact of our decisions and styles as parents on our children. Explores how to keep our children safe and encourage open communication in families and offers suggestions of how to start those conversations about difficult subjects as a teenagers grow up.

Session 3: Developing Positive Communication

Explores the tricky subject of conflicts in a home with teenagers. Homes with teenagers often experience an increase in conflict. Parents, teens, siblings and others can often be drawn into situations that will often create a bigger problem and hurt feelings. Here we explore ways to manage that conflict and evolve how we communicate.

Session 4: Building Resilience

What is resilience and why it is important is the key topic. How we can increase and encourage resilience in our children and how we can put these skills into practice as we guide children into adulthood.

Sessions are 2 hours (including a break for a cuppa) and are largely discussion based, with parents provided with materials to help them put the discussion into practice when they get home.

