

Understanding Your Tweenager Workshop - School Sessions

Course Name	Start Date	End Date	Site	Total Fees
Understanding Your Tweenager - Outwood Academy Foxhills	05/12/2022	05/12/2022	Outwood Academy Foxhills	0.00

Course Description

Understanding Your Tweenager

**** We can only accept applications from parents & carers of children who attend the school(s) as detailed above ****

Course Description

Content & Overview

A 2-hour workshop on brain development for parents of adolescents. The workshop aims to provide an understanding of how the brain changes during adolescence and to explain some of the changes in behaviours that are commonly presented during this life stage. The workshop will cover:

- Brain development in teenagers
- Behaviour change and risk taking
- Hormones and emotions
- Teenagers and reading faces
- Teenagers and sleep
- Social changes

Suitable for

This workshop is designed for parents who wish to develop an understanding of what happens to the brain as a child enters adolescence.

Delivery method

In person, in a classroom or through online virtual workshops.

A variety of teaching and learning strategies will be employed, including taught lessons, small group work, activities, videos, and class discussions.

Assessment

No formal assessment is required. During the session your tutor will check your understanding through question and answer, and verbal/written feedback/review.

Additional Information

To be eligible a learner must have lived in the European Economic Area for 3 years.

All the resources for the workshop are provided but you may find it useful to bring paper and a pen with you.

*The course is FREE on completion of an enrolment form & a feedback form.