## Warwickshire Family & Relationship Support Team



# Teenagers, What every parent should know

**A practical and supportive 90 minutes workshop for parents and carers in Warwickshire.**

### WHAT WE'LL EXPLORE

- How the teenage brain develops and why it drives behaviour
- The physical and emotional changes of puberty
- The role of hormones through adolescence
- How gender identity and sexuality emerge
- How all of the above impacts teenager's behaviour and relationships!

### YOU'LL TAKE AWAY

- ☑ A deeper understanding of your teenager's emotional and brain development
- ☑ Practical communication techniques
- ☑ Strategies to navigate tough conversations and reduce conflict
- ☑ Ways to build trust with your teenager
- ☑ Tips to to support your teenager through the adolescent period

**Wednesday 3rd Febuary 2027**
**1.00pm till 2.30pm**
**at**
**North Leamington School**
**Sandy Lane**
**Leamington**
**CV32 6RD**

FREE

To book your place email, Dina at North Leamington School - DMistry@northleamington.co.uk