

# Free course for parents



""Did you hear me?  
Language, swearing, lying and  
learning to communicate

## 13TEEN WAYS TO KEEP YOUR SANITY

*A down-to-earth guide to help you to talk to  
your teenager and build up a trusting  
relationship*

## LEARN ABOUT

- THE TEENAGER BRAIN DEVELOPMENT
- BEING A TEENAGER
- LISTENING SKILLS
- BUILDING UP TRUST
- CREATIVE WAYS TO START A CONVERSATION
- REQUEST V DEMAND
- THE ROLE OF THE FAMILY

For more information contact the school office