

PEPS - PAT presentation at PTSA MM @ Garfield High School

March 14th

Online presentation by PEPS on ZOOM

60 min workshop

Parenting your high schooler:

Understand the science behind teen behavior – Learn responsive parenting tips!

Summary

PEPS staff and four PEPS Group Leaders presented this workshop at Garfield High School and it was attended by approx. 48 parents. The presentation started with asking parents about their hopes for their teenagers and these were some thoughts shared!

What are your hopes for your teenager?

Mental and physical health

Confident and curious

Happy, Kind, independent

Happy, healthy, connected, following her passions, engaged.

Employed, independent, not addicted to substances

Curious and inspiring.

Engaged in community

Thriving

Well balanced

Happiness, kindness, purpose, giving back

Have a passion that they are pursuing

Avoiding the wrong stuff (drugs, etc)

Feeling self love

Having a Circle of trusted friends and health relationships

Self-reliance

Hope, generosity, courage

having meaningful work and connections/friendships

Happy, Thriving, Strong Friendships, Ability to Concentrate, Confident, Curious

The participants learned the science of teen brain development and heard about how it affects adolescent thinking and behavior. How parents can be sensitive and responsive to these dramatic changes was discussed. Attendees heard about the various barriers to effective communication and learned the nuances of active listening.

The presentation in the main room was recorded and Garfield PTSA will share the same with the participants.

The attendees also participated in small group discussions in break-out rooms and got a taste of the PEPS-style PAT group experience.

Finally, the following tips and takeaways were shared.

Thirteen tips for you to support your Teen's brain growth?

1. Be Warm and Supportive.
2. Use Active Listening and Empathy
3. Talk less; Listen more
4. Share information about adolescent brain development
5. Make space for healthy exploration with good routine
6. Help your adolescent learn time management.
7. Be a role model for healthy habits
8. Have fun together to reduce stress
9. Help develop healthy coping skills
10. Encourage a growth mindset.
11. Empower but set boundaries.
12. Promote autonomy.
13. Take good care of yourself

We encourage all participants to learn more about the PEPS Program for [Parents of Adolescents and Teens \(PAT\)](#).

If you are interested in joining a PAT program in the future and experiencing the joys of a peer support group with others in the same stage of the parenting journey as you, please [Fill out our interest form](#) to be contacted about the next available series.

If you have any questions, kindly email us at programs@peps.org

We enjoyed joining and sharing with your community. Thank you for being such an enthusiastic and engaged audience.

All the very best to you in your parenting journey!

PEPS Program TEAM

Program for Early Parent Support (PEPS)

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