

tuning in to teens

Emotionally intelligent parenting

Tuning in to teens is a six-session parenting program for parents and carers of adolescents, offered by headspace in both Goulburn and Yass.

The program will help you to:

- better understand and talk with your teen.
- support your teen to manage their emotions and deal with conflict
- help to prevent behaviour problems in your teen
- help your teen develop emotional intelligence.

Emotional Intelligence is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Research has shown that when parents focus on helping their teen learn about emotions, the young person is more likely to have higher emotional intelligence. In this parenting program we will teach parents what to do to help these skills develop, and in doing so we expect teens to manage adolescence better.

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success.

Also, emotional intelligence may be a better predictor of academic and career success than IQ.

If you are interested in participating in this program in **either Yass or Goulburn**, please contact headspace Goulburn on 4824 4944 or via info@headspacegoulburn.org.au for more information.