

## Parent Support Program ► *Basic Program* [School Year-Long]

Support element:	Targeted to:	Use / objective:	Cost:
Tips Booklet: 28 pages, <b><i>Practical Tips for Parents of Young Teens: What You Can Do to Enhance Your Child's Middle School Years</i></b>	Middle School parents	<ul style="list-style-type: none"> <li>Empower parents of young teens;</li> <li>Enhance your visibility and build positive relationships by providing a booklet to each parent.</li> <li>Or provide supply to school counselors for parents as needed.</li> </ul>	Min. order: 100 copies <b>\$300</b> ; (Recommended: 1 per 7th grader) bulk discounts available*: 251+ copies: \$2.75 each 51-250 copies: \$3.00 each  *we can print your logo, or a sponsor's logo on the front cover for orders over 1500
<b>Parenting Teens Today 3-part tele-seminar program</b> ; three 60-90 minute seminars delivered in a conference call; downloadable handouts. Details on back side of this page	Parents of middle school and high school teens	<ul style="list-style-type: none"> <li>For parents who are too busy and/or too geographically dispersed to come to a workshop in person, this runs like a conference call. Extensive handouts included.</li> </ul>	<b>\$1000</b> (if you choose to offer participants the use of an 800# for their call-in, this will be your additional expense.)
<b>Monthly articles</b> for use in newsletters or on websites; 10 articles (monthly) to cover entire school year.	Parents of middle school and high school teens	<ul style="list-style-type: none"> <li>Keep your message visible;</li> <li>Article topics chosen to reflect time of the school year;</li> <li>Encourage parents to maintain involvement and vigilance</li> </ul>	<b>\$250</b> with purchase of basic program (\$350 a la carte)
<b>Monthly audio program/ podcast</b> to post on school website.	Parents of middle school and high school teens	<ul style="list-style-type: none"> <li>Post on your website to provide valuable and accessible information to parents in a easy-to-digest audio medium.</li> </ul>	<b>FREE</b> with purchase of basic program
Copies of parent guide book <b><i>Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride</i></b> for school counselors and parent leaders.	Parents of middle school and high school teens and professionals	<ul style="list-style-type: none"> <li>Provide to your school counselors as support and reference material,</li> <li>Provide to parent leaders as incentive to begin discussion group program for parents.</li> </ul>	<b>\$20.00</b> per book with purchase of basic program  <div style="border: 1px solid black; padding: 5px;"> <b>Program total approx. \$1630.00</b>            Actual total will vary depending on quantities of printed items.         </div>

**Additional program elements are available: Workshop or lecture** with parents; ***Please Stop the Rollercoaster!*** discussion group program; **Train-the-Trainer** for *Rollercoaster!* program; **Workshops** with school staff to enhance communication with parents; **Please call Sue Blaney to discuss your custom needs: 1-800-234-2150**

## 3-part telephone seminar series “PARENTING TEENS TODAY”

(included in Basic Program)

This program runs like a conference call, making it particularly useful for districts that are geographically disbursed. We keep it “low-tech” and easy for parents to access by simply calling in on their phone lines. There are comprehensive hand-outs that are downloadable from our website prior to each call, making it easy for parents to follow along and gain maximum value. We use the first 60 minutes in a lecture format, followed by 30 minutes of Q & A.

### Session 1

**De-Mystifying Teens...**Why do teenagers act the way they do? We’ll explore key drivers for teen behavior and examine parenting styles that best support their positive development.

### Session 2

**Improving Communication...**Smart parents learn new strategies to keep the communication open and supportive when kids become teenagers. We’ll examine these strategies as well as provide helpful tips.

### Session 3

**Keeping Teens Safe from Risky Behavior ...**Perhaps the most worrisome issue that parents face, we will help parents understand their role in keeping kids from engaging in risky behavior and discuss helpful strategies.

## Optional Support Program Elements

**Parent Workshop or Lecture:** Sue Blaney is an experienced speaker and connects with parents as she educates and inspires them. Have Sue speak to the parents in your district to help guide them as they consider important issues they face.

**Parent Discussion Group Program: *Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride*** is a parent discussion group program that runs like a book group. The book guides parents as they examine and discuss the range of issues faced in typical families with teenagers. Appropriate for families with teens in grades 6—11, examining relevant topics in a supportive group discussion is the most effective way to empower parents and build vital community connections. This program is being used successfully across the country in schools, living rooms, churches and synagogues. Low cost for materials, training and implementation.

**Training for *Please Stop the Rollercoaster!* leaders:** While leader training is not required, it is recommended, and it is available in person and by tele-seminar. Larger districts interested in a broad offering of this program should consider an in-person Train-the-Trainer prior to the program launch.

**Workshop for Educators: *Communication Strategies that Maximize Positive Relationships Between Secondary Schools and Parents of Teens*.** This workshop has been positively received by educators ranging from school counselors to health educators, principals and teachers.