

Frequently Asked Questions: Tuning in to Teens

What is the purpose of this program?

This program is designed to support parents and guardians of children aged 12-17 build a strong connection with their teen, increase emotional intelligence, manage difficult emotions, as well as learning how to emotionally self-regulate, and prioritise self-care.

How long is the program?

This program takes place over six weeks with two-hour sessions held weekly.

How many participants are in each group?

Groups are capped at 10 participants.

What topics are covered?

The main focus of the program is to teach parents and guardians how to tune into their teen's emotions by using emotion coaching instead of emotion dismissing. Topics include emotional regulation and self-care, understanding and responding to adolescent behaviour, understanding adolescent development, managing behavioural issues and de-escalating conflict, building positive parenting practices to strengthen emotional connections, and assisting parents to prevent and reduce challenging behaviours in their teens.

Who can attend?

This course is open to parents and guardians of children aged 12-17 years seeking to improve their relationship with, and understanding of, their teen. It is a pre-requisite that parents or guardians have some contact with their teenager (including supervised contact) to practice skills.

Are programs offered online or face to face?

We currently offer this program online via Zoom. Participants need to have access to a device such as a laptop/computer or tablet, stable internet connection, and be able to have privacy for the duration of the session (no children or other adults in the same room, and participants should use headphones). Smartphones are not recommended as the screens are too small to adequately see the slides, facilitator, and other participants.

Tuning in to Teens FAQs

How do the sessions work?

The sessions will be a combination of presentations via PowerPoint, online videos, group discussions and skills practice. Participants will be invited and encouraged to practice skills in-between sessions.

Are participants expected to discuss personal issues?

Participants are expected to participate in group discussions and skills practice, but they only share what they feel comfortable with. We set group agreements at the start of the program to ensure participants feel safe to open-up and that they are given a confidential, non-judgmental and respectful space in which to do so.

How do you enrol?

Participants can enrol via our website or by contacting us on 1300 543 396. All participants are required to attend an intake appointment prior to the program start date to ensure this is the correct program for their needs, and to answer any questions about the program.

During the intake assessment, the participant will be asked a series of questions about their current circumstances, which they are expected to answer to ensure their suitability for the program. Intake appointments are conducted by phone with the program facilitator or with one of our counsellors (depending on availability) and are for approximately 60 mins.

Do you get a certificate at the end?

Participants who attend all six sessions receive a Certificate of Completion. If a session is missed, participants will receive a Certificate of Participation with the number of sessions attended. Participants who are court-ordered will need to attend every session or provide a medical certificate to explain their absence to the court. We do not offer make-up sessions for this program.

Does Relationship Matters provide a report for court at the end?

No. Participants may provide a copy of their Certificate, but we do not provide any other information on participation.

What is the cost of the program?

The cost of this program is \$250 per participant (\$200 for concession card holders). Participants who are experiencing financial hardship should discuss fee options with the Relationship Learning Coordinator by phoning us on 1300 543 396 or sending an email to contact@relationshipmatters.com.au

For more information visit:

<https://relationshipmatters.com.au/programs/tuning-into-teens/>