

Parenting Pre-Teens & Teenagers

Upper Shirley High School

Invites parents to attend 6 exciting parenting workshops

Teenage Mouse



Being a secondary school pupil and becoming a teenager are big changes, with challenges as well as joys. These sessions will give parents key information about changes taking place in their child's brain and the major impact this has on their emotions and behaviour. This understanding is the foundation for setting appropriate loving limits and maintaining a positive, respectful relationship.

Lorraine Lee, a professional parenting practitioner, with over 14 years experience will be leading the sessions. She has worked with schools all over Hampshire and has a background in child psychology.

All sessions are in Upper Shirley High School Hall 7:00-9:00pm. They cost £8 each plus an online booking fee. Use the links below to book your place. If they do not connect, please copy and paste the link description into your browser.

Year 7 - 24th November - Male and Female Adolescent Development

<https://www.eventbrite.co.uk/e/male-female-adolescent-development-year-7-parents-tickets-26679297497>

Year 8 - 30th January - Managing Anger & Strong Emotions

<https://www.eventbrite.co.uk/e/managing-anger-strong-emotions-year-8-parents-tickets-26679520163>

Year 9 - 27th March - Ego / Self esteem plus Gaming & Social Media

<https://www.eventbrite.co.uk/e/ego-self-esteem-plus-gaming-social-media-ush-year-9-parents-tickets-26679867201>

Year 10 - 24th April - Staying Connected To Your Teen

<https://www.eventbrite.co.uk/e/staying-connected-to-your-teen-ush-year-10-parents-tickets-26679899297>

Year 11 - 22nd May - Revision and Exam Technique

<https://www.eventbrite.co.uk/e/revision-exam-technique-ush-year-11-parents-tickets-26680017651>

Whole school - 12th June - Helping Pupils Make Positive Choices, Recover From setbacks & Gain Confidence

<https://www.eventbrite.co.uk/e/helping-children-make-positive-choices-recover-from-setbacks-grow-in-confidence-ush-year-11-parents-tickets-26679945435>