

Learn Strategies for Parenting

Teens and Preteens

Active Parenting for Teens is a six week course that offers guidance and support to turn the challenges of raising a teenager into opportunities for growth. The classes are facilitated by the Hillsboro School District Care Coordinator Program and are aimed at parents or guardians of 5th-12th graders.

The FREE classes begin on Tuesday, February 16th and continue through the rest of the school year. Feel free to come to any class!

Where: Century High School

2000 Southeast Century Blvd., Hillsboro, OR 97123

When: Every other Tuesday from 6-7:30 pm

Calendar:

2/16 and 5/11 SESSION I - The Active Parent

- Teens today
- Styles of parenting
- Control vs. influence
- Mutual respect
- The method of choice

3/2 and 5/25 SESSION II - Winning Cooperation

- Who owns the problem?
- Active communication with teens
- The key of encouragement

3/16 and 6/8 SESSION III - Responsibility & Discipline

- Logical consequences and more
- Problem-solving

3/30 SESSION IV - Building Courage, Redirecting Misbehavior

- The Think-Feel-Do Cycle
- Courage and self-esteem
- Five goals of teen behavior
- Eliminating power struggles

4/13 SESSION V - Drugs, Sexuality, and Violence

- Reducing the risks
- Overview of the issues
- Prevention strategies 1-4 (focus on sex)

4/27 SESSION VI - Drugs, Sexuality, and Violence (continued)

- Prevention strategies 5-10 (focus on alcohol, tobacco, and other drugs)

For more information, please call

(503) 844-1220 ex. 5864

Please make other arrangements for childcare, as it will not be provided. This class is for parents and guardians only.