

ANOTHER SERIES OF **LET'S TALK TEENAGERS** IS BEING OFFERED BY TEIGNBRIDGE STARTING **TUESDAY, 13 SEPTEMBER.**

Let's Talk Teenagers is a series of online support sessions and an opportunity for parents and carers of teenagers to hear about the challenges young people are facing today and discover ways to help them navigate their way through them, discussing the tools and techniques that can be used to support young people and their community. There will be an updated toolkit available after the courses for everyone who signs up to this **FREE** event, which covers topics from earlier session such as drugs and alcohol, body image, self-care and social and emotional changes.

The latest sessions start on Tuesday 13 September and run weekly until 4 October, with an added session on 5 October, cover topics such as exploring teenage relationships, mental health and emotional wellbeing, anger and challenging behaviour, bullying and online challenges including preventing radicalisation.

Tuesday 13 September	7 - 8pm	Exploring Teenage Relationships
Tuesday 20 September	7 - 8pm	Mental health and emotional wellbeing
Tuesday 27 September	7 - 8pm	Anger and challenging behaviour
Tuesday 4 October	7 - 8pm	Bullying
Wednesday 5 October	7 - 8pm	Online challenges

Find out more or book your free place through Eventbrite:

<https://www.eventbrite.co.uk/e/lets-talk-teens-focussed-sessions-tickets-402336397997>

Courses aimed at parents and carers of pre-teens are being planned for November.

Precis from Teignbridge Residents' Update, 28.8.22