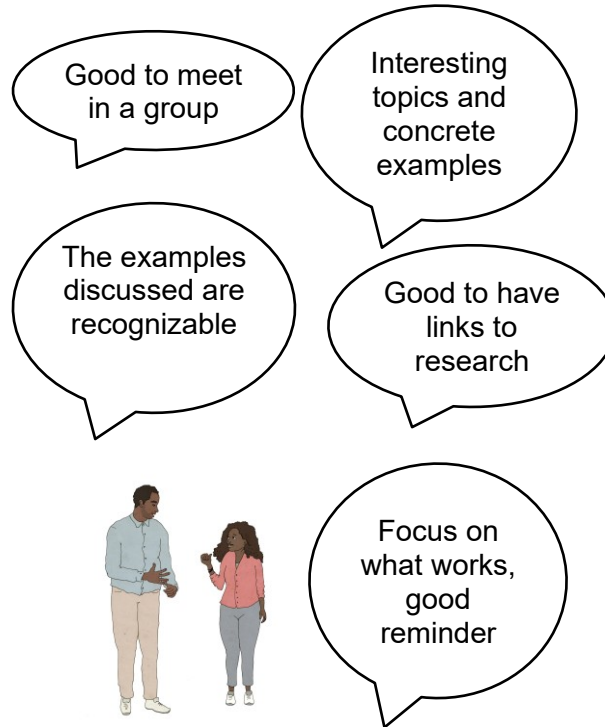





Welcome!



Parents who participated in ABC Tonår say:



More information

skovde.se/foraldrakurser
ABC Tonår is developed by PLUS in the City of Stockholm, in collaboration with several districts.

ABC Tonår

Groupsessions for all parents of teenagers



ABC Tonår

Do you have a youth between age 13 and 18? Do you want to be part of a parent group?

Being a parent of a teenager can be both exciting and challenging. The overall purpose of ABC Tonår is to strengthen the relationship between adult and teen and contribute to the well-being of the teen. Parents are still the most important people in a teenager's life.

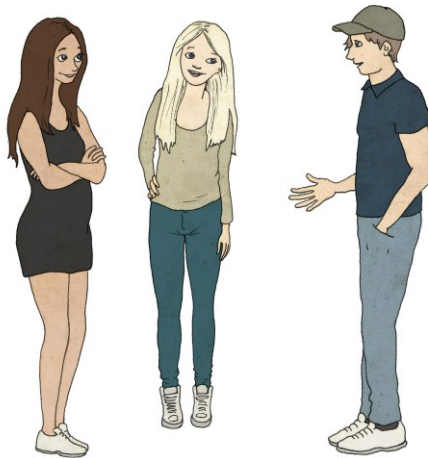
What do you get with ABC Tonår?

- Four 2.5-hour group sessions.
- Discussions with other parents based on different themes.
- Access to research.
- Opportunity to practise at home.

The group sessions are led by trained group leaders. Each group has 10-15 participants.

The programme has been developed by PLUS, the Social Services Administration in the City of Stockholm.

The content of ABC Tonår is based on knowledge and research on parenting, gender equality, and the UN Convention on the Rights of the Child. The content is also based on what parents themselves want to learn more about and what teenagers think parents need to know.



Content of ABC Tonår:

Session 1 - Being together

- Being a parent of a teenager.
- Find ways to spend time with your teen.

Session 2 - Good conversations

- Listen and acknowledge your teen.
- Communicate calmly.

Session 3 - Choose a calm approach

- Feel good as a parent and reduce stress.
- Handle difficult situations calmly.

Session 4 - Handle problems

- To stand firm as a parent when you are faced with challenging situations.