



Resourceful teenagers have better coping skills

Proven, positive strategies to help every family

Free in Victoria

WHY TEEN TRIPLE P ONLINE CAN MAKE ALL THE DIFFERENCE

Do you want to influence your teenager's development and life skills – positively? Now you can do the parenting program developed here in Australia and used around the world. It's backed by research, proven to work – and comes with a full toolkit of tips and ideas. And it's free!

- Create the best environment for your teenager's development.
- Know how to address behaviours, promote new skills and help emotional self-regulation.
- Raise happier, more confident and capable teenagers.
- Improve your relationship with your teenager.
- Enjoy being a parent more!

Free support for your positive parenting journey

Support your teen's emotional wellbeing (and improve yours, too!). Understand what's within your control to change and influence for your teenager's benefit.

- You choose what works for you – adapt to suit your family, your values.
- Be confident about handling each new age, stage and situation.
- Interactive, easy-to-use online program, including videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace! Do it on your phone, computer or tablet.
- 15 effective strategies – the world's first proven-to-work online parenting program.

Help give your teenager the life skills they need with Teen Triple P Online – for parents of children 10-16.

START YOUR FREE PROGRAM TODAY!

triplep-parenting.net.au

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