



Parent your teenager with confidence

A **FREE** online
personalised parenting
program to help you
make sense of the
teenage years



Sign up
NOW:

www.partnersinparenting.net.au



MONASH University

Raising Resilient Teenagers:

A **NEW** Online Program for Parents

Researchers at Monash University and the University of Melbourne are pleased to offer parents of teenagers an **evidence-based online parenting program**, which has been shown to help improve parent-child communication and reduce family conflict. Through interactive online activities, parents can develop skills in emotional intelligence, supporting their teenager through difficulties they face, and maintaining a close relationship with their teen. The program is based on Parenting Guidelines that were published in **partnership with *beyondblue*** and have been **accessed by thousands of parents internationally**.

Parents will receive either:

- a personalised feedback report and interactive online modules, OR
- a set of five fact sheets about adolescent development and wellbeing.

You are eligible to participate if you:

- are a parent or guardian of a child aged 12 to 15
- live in Australia,
- are fluent in English, and
- have Internet access.

Participation will take a few hours of yours and your child's time over 12 months. **Both you and your child will be reimbursed for your time.**

To sign up for a FREE trial of this program, please visit: www.partnersinparenting.net.au

Questions? Contact us:

Email: med-partnersinparenting@monash.edu

Phone: (03) 9905 1250



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