



Parenting Adolescents Skills and Support (PASS)

PASS is for parents would like to understand the behaviours of their teenager as they move through this development stage and begin their transition into adulthood.

Workshop's themes have been identified as an area of support required by parents and professionals. The focus for this year is co-production with parents so there maybe additional workshops added to the offer based on feedback.

Each district will deliver one face to face workshop per month. These can be also accessed virtually from anywhere in the county. These are on rotation, so if the need arises, no parents should be waiting more than 4 weeks.

Parents will have the opportunity to develop their understanding of their teenagers, be given some techniques and strategies to support them, seek advice of professionals and be sign-posted to further support if required.

Please contact (Thanet Youth Hub) directly QuarterdeckYC01@kent.gov.uk

or email: ParentingProgrammes@kent.gov.uk

Thanet Workshop Offer:

1. Understanding Teenage Development

- Internal Factors and impacts
- External Factors and impacts
- Teenage Brain Development

Thursday 18th May 2023

12.30 – 2pm

Virtual

With Emma Verge or Justin Wanstall

2. Improving Communication with Your Teen

- Using Empathy
- Clear Messaging
- Active Listening

Thursday 15th June 2023

12.30 – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

3. Dealing with Conflict and Teenagers

- De-escalation techniques
- Contracting
- Solution Focused

Thursday 20th July 2023

12.30pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

4. Understanding Routines & Boundaries for Teens

- Use of Consequences
- Age-Appropriate Boundaries
- Benefits of Structure.

Thursday 21st September 2023

12pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

5. PASS Drop-In Sessions

- Ask questions on parenting concerns
- Information, Advice and Guidance
- Onward referrals if needed

Thursday 19th October 2023

12.30pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

6. Understanding Risk & Safety for Teens

- Digital
- Contextual Safeguarding
- Safety Planning

Thursday 16th November 2023

12.30pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

7. Understanding Well-Being & Building Resilience

- Managing anxiety/self-harm
- Increasing resilience
- Support Services
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Thursday 21st December 2023

12.30pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

8. Importance of self-care, support & co-operation when parenting teen

- Looking after you
- Utilising support networks
- Co-Parenting

Thursday 18th January 2024

12.30 – 2pm

Room/Virtual - TBC

With Emma Verge or Justin Wanstall

9. Understanding Parenting Styles & Experiences

- Role-Modelling
- Parenting Styles
- Increasing Parental Presence

Thursday 15th February 2024

12.30-2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall

10. PASS Drop-In Sessions

- Ask questions on parenting concerns
- Information, Advice and Guidance
- Onward referrals if needed

Thursday 21st March 2024

12.30pm – 2pm

Room / Virtual - TBC

With Emma Verge or Justin Wanstall



Please contact Thanet Youth Hub (QuarterdeckYC01@kent.gov.uk) directly or email: for enrolment form.

Referrals are welcome from all ICS workers, Schools, Parents, Voluntary Sector, Emergency Services or NHS. We need family / young person to have verbally consented to Parenting Adolescent Workshops and to the sharing and storage of their information on Core+.