

Triple P

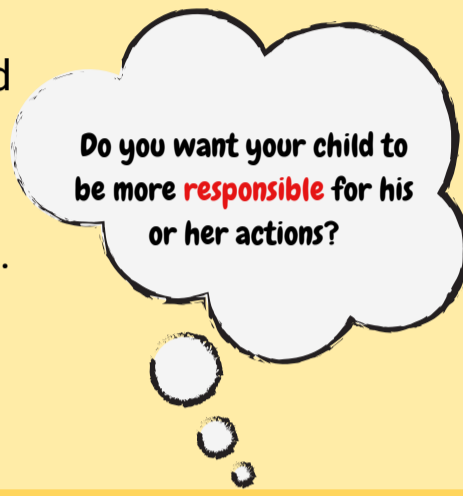
LEVEL 2 SEMINARS (SECONDARY SCHOOL)

Presented to you by:



What is Triple P?

- The **Number One** parenting programme in the world, as ranked by the United Nations.
- An **Evidence based** programme with **40 years** of ongoing research.
- Enriches **family relationships**; Enhances **parenting skills** and Empowers **self-care**.



Seminar 1: Raising Responsible Teenagers

How to influence your teenager to be more **independent, mindful and sensitive**? Through this seminar, you will be able to guide your teenager to be:



Respectful & Considerate



Involvement in family decision & other activities



Healthy



Seminar 2: Raising Competent Teenagers

How would you help your teenager **make the most of his or her time** in school? This seminar guides your teenager to:



Set good routines



Be a Good problem solver



Develop self-discipline



Be Involved in school activities



Have supportive friends



Seminar 3: Getting Teenagers Connected

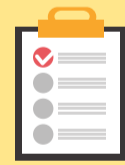
How can your teenager feel more **comfortable and socially accepted** in a bigger community? In this seminar, you will learn ways to encourage your teenager to:

Take care of others



Keep in touch with society

Plan ahead



Be Confident & Committed



Why Do Parents Attend Triple P Seminars?

- Triple P seminars are **short term support** for parents who are mostly **doing well** but have a **few concerns** with their **child's behaviour or development**.
- **MSF certified speakers** who are well-versed in Triple P will deliver an interactive experience to better engage the parents.
- **Complimentary tip-sheets** of each seminar will be **given to all who attend**.



Fully subsidized by MSF



SEMINAR DETAILS

Please click on this link to register:

<https://tinyurl.com/NorthR-04>

For more information on Triple P, please visit: <https://www.triplep-parenting.net/global/triple-p/>