

Help your teen navigate difficult issues

Parent Wise helps increase parent awareness of the current issues teens face. The course provides skills training to help parents guide their teens through this critical transition in life.

Becoming aware of destructive behaviors is often the first step in helping teens make positive changes. Parent Wise guides parents through the process of making an action plan using effective anger and stress management skills. Parents will learn conflict resolution strategies and other life skills to diffuse anger triggers, as well as to train teens to better manage their behavior and emotions.

LEARNING OUTCOMES

After taking Parent Wise, the individual will be able to:

- Identify ways parents can positively influence teens
- Understand, assess, and build self-esteem
- Learn how to handle coercive pressures
- Differentiate between healthy and unhealthy responses to conflict
- Understand the value of being assertive when interacting with others
- Learn strategies for dealing with peer pressure
- Build empathy and communication skills
- Identify the types of struggles and peer pressures teens are facing, including cyberbullying and sexting
- Understand the unique dangers of using alcohol or drugs during the teenage years
- Understand how drugs (including nicotine and cannabis) have changed over the last 20 years
- Understand different motives for substance use
- Choose their own strategies to best manage stressful situations and anger triggers
- Discuss how anger affects mental and physical health
- Recognize the risks and consequences of their actions
- Choose conflict resolution strategies that work best for each person
- Recognize, interrupt, and replace anger with an appropriate anger management tool
- Identify common coping strategies for dealing with difficult emotions
- Recognize the short- and long-term academic, social, and emotional impacts of truancy on teens
- Identify common causes of school avoidance and disengagement
- Learn strategies students can use to support regular school attendance and help teens stay on track for graduation and future success

