



# Tuning in to Teens

## Emotionally Intelligent Parenting

A six-session parenting program  
for parents of adolescents aged 12-19

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

*Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ!



**Where:** Rutherford Technology High School

**When:** Every Tuesday starting Oct. 11th for six weeks

12.30pm to 2.22pm (Bell Time)

**Contact:** Kylie Fabri or Mary-Kate Ferguson - 4932 5999

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You do not have to have a student at Rutherford High School to attend this course.

All community members welcome.