

The **Talking Teens** programme has been developed by Family Links.

It consists of four workshops that help families to understand their teenager's development, emotions and actions.

What are the aims of the programme?

The Talking Teens programme aims to help parents make sense of the teenage years and provide strategies to make their relationship(s) with their teenager(s) much more enjoyable. The Talking Teens programme encourages an approach to relationships that supports teenagers to develop good emotional and mental health – encouraging habits that will help them flourish and thrive throughout the rest of their lives.

The programme will:

- Promote emotional literacy and emotional health
- Enhance self-esteem, self-awareness and empathy
- Develop communication and relationship skills
- Provide effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour.

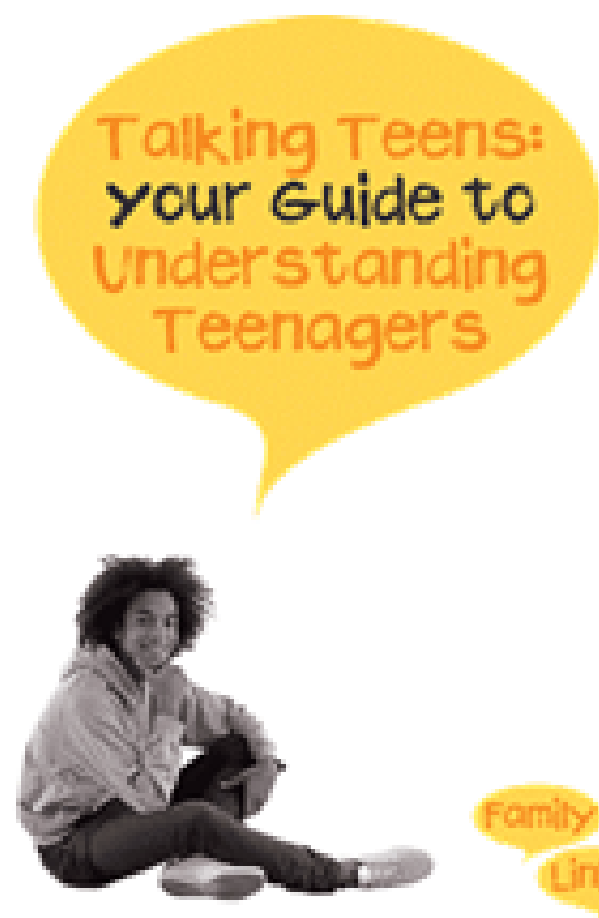
Parent's feedback on the Talking Teens programme

“I think this programme can help all parents, and particularly those struggling with their teenager. Like me at the outset, I think some would see joining a programme like this as a sign that they've failed as a parent. But it's really about becoming a better equipped and more confident parent, and that can only make a positive difference to your family life and in particular your teenager's wellbeing. I felt pretty hopeless at the start of this course, but I feel a much more positive and confident parent now. Of course there will be many more difficult situations to come, but I understand how to see these situations for what they are and cope with them rather than become part of them.”

**Believe in
children**



**Barnardo's
Cymru**



Y Rhaglen Plant yn Harddegau yn Siarad

Datblygwyd y rhaglen Talking Teens gan Family Links. Mae'n cynnwys pedwar gweithdy sy'n helpu teuluoedd i ddeall datblygiad, emosiynau a gweithredoedd plant yn eu harddegau.

Beth yw nodau'r rhaglen?

Nod y rhaglen Talking Teens yw helpu rhieni i ddeall plant yn eu harddegau yn well a darparu strategaethau i wneud eu perthynas(au) â'u plant yn eu harddegau/merched yn eu harddegau yn llawer mwy pleserus. Mae'r rhaglen Talking Teens yn annog agwedd at berthnasoedd sy'n cefnogi pobl ifanc yn eu harddegau i ddatblygu iechyd emosiynol a meddyliol da - gan annog arferion a fydd yn eu helpu i brifio a ffynnu weddill eu hoes.

Bydd y rhaglen yn:

- Hyrwyddo llythrennedd emosiynol ac iechyd emosiynol
- Gwella hunan-barch, hunanymwybyddiaeth ac empathi
- Datblygu sgiliau cyfathrebu a pherthynas
- Darparu strategaethau effeithiol i annog ymddygiad cydweithredol, cyfrifol a rheoli ymddygiad heriol.



Adborth rhieni am y rhaglen Talking Teens

“Rwy'n credu y gall y rhaglen hon helpu pob rhiant, yn enwedig y rheini sy'n cael anhawster gyda plant yn eu harddegau. Fel fi ar y cychwyn, rwy'n credu y byddai rhai yn gweld ymuno â rhaglen fel hon fel arwydd eu bod wedi methu fel rhiant. Ond mae'n ymwneud â dod yn rhiant sydd ac arfau gwell a mwy hyderus mewn gwirionedd, a gall hynny ond gwneud gwahaniaeth cadarnhaol i'ch bywyd teuluol ac yn arbennig lles eich plentyn yn ei arddegau. Roeddwn i'n teimlo'n eithaf anobeithiol ar ddechrau'r cwrs hwn, ond rwy'n teimlo'n rhiant llawer mwy cadarnhaol a hyderus nawr. Wrth gwrs bydd llawer mwy o sefyllfaoedd anodd i ddod, ond nawr, rwy'n deall sut i bwysu a mesur y sefyllfaoedd hyn yn synhwyrol ac ymdopi â hwy yn hytrach na dod yn rhan ohonyn nhw.”

