



24<sup>th</sup> September 2021

Dear Parents and Carers,

### **Free Online 'Parenting Teenagers' Workshops**

You may have seen and heard in the news about young people being at increasing risk within their local community. They face issues and choices which their parents and carers have never had to face, and it can be difficult to know where to turn.

Parents and carers have a big role to play in keeping children safe. Trying to support a teenager can be a stressful, tiring and thankless task, and it is often hard to know where to go for help and confidential advice.

Over the coming month we – TMBSS and West Mercia Exploitation Team - will be offering free, one-hour online workshops on the topic of Parenting Teenagers with the focus on both increasing awareness of the issues for young people and promoting positive communication between. These sessions will be offered through the online forum Teams and you can take part either during the day or in the evening. Topics covered will include:

- Understanding text talk, slang and apps
- What is 'normal' teenage behaviour and what is not
- How to have difficult conversations about difficult things
- Helping your child to keep themselves safe, both in person and online
- Finding people that can help and how to contact them

There will also be an opportunity to ask any questions you may have at the end.

The workshops will take place on Wednesday 29<sup>th</sup> September at 10.30-11.30am and 6.00pm-7.00pm and on Thursday 14<sup>th</sup> October at 1.00pm-2.00pm and 6.00-7.00pm.

For more information, please see the leaflet attached. If you would like to express an interest and receive the link, please contact either Rebecca Watters at TMBSS on (01746) 764733 or Karen Perry at karen.perry@westmercia.pnn.police.uk.

Rebecca Watters and Karen Perry

## Parenting Teenagers:

*A Free & Confidential Online Workshop for Parents & Carers*

- **What you need to know**
- **Why it matters now**
- **Who can help**

- Children and young people have very different lives to our own
- Our teenagers are dealing with things we may never have had to face ourselves
- Children & young people being exploited or at risk don't always look or act differently to ones who are not



- We all need ways to talk without 'having a go'. Small changes can make a big difference

- Teenagers who are struggling can be frightened & secretive, & are often too scared to talk to their parents, family or even friends

- ANY young person could be at risk. Victims are no less clever, loved or cared for than those who are not targeted

**Take the first step to informing, supporting or even saving your child**

### Dates and Times:

Wednesday 29<sup>th</sup> September  
10am-11am or 6pm-7pm  
Thursday 14<sup>th</sup> October  
1pm-2pm or 6pm-7pm

Interested?  
Get in touch and we will send you the link

## What Will I Learn?

**At this one-hour workshop you can:**

- Share any worries & ask questions with experts & other parents
- Learn how to talk so kids listen & to listen so they talk
- Find out what help is out there & how to get it
- Learn more about mobile apps, social media & slang
- **Simply listen & learn about how best to support your child in the 21st Century**



**How do I do it?**

The workshops will be online via Teams. Using Teams is a free and easy way to take part. You can choose to keep your camera and microphone off if you would feel more comfortable.

When you let us know that you are interested in coming along, we will send you a link to join the Teams Meeting of your choice.

**How will I remember stuff?**

After the workshop you will be given all the information that is shared and will have access to the Exploitation Team for as long as you need.

**Can I do it with a friend?**

Why not? You might even feel more comfortable sitting next to a friend or partner and this is easy to do sharing one computer.

**Knowing the Risks  
Reduces the Risks**

**How can I show I have attended the workshop?**

If you would like a certificate of attendance, please just let us know beforehand. This may be helpful if you work with young people or plan to in the future.

**Who will know I have taken part?**

If you want to, you can be completely anonymous during the workshop. We will not ask for names.

**What if I have concerns afterwards or get upset by what is covered?**

You can follow up any concerns with Karen and her team, with your child's school or through confidential support organisations.

On the day, you can take breaks from the session whenever you need to.

A collaborative initiative between  
West Mercia Police and TMBS



**Will my child be told I took part?**

No. And we have arranged workshops at different times so that you can take part when your child may be out or at school.

**Do I need to be worried about my child to join in?**

No. You may just want to join us so you can feel more confident speaking to your child or you may just want to know more.

**What do I need to do now?**

If you are interested, make a note in your diary, set a reminder on your phone and have a computer or laptop ready to use the Teams link on the day.

**Interested or want more info?**

Please call Rebecca at TMBS on (01746) 764733 or email Karen at [karen.perry@westmerda.pnn.police.uk](mailto:karen.perry@westmerda.pnn.police.uk)