

## The Staying Connected with Your Teen mission

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*The Staying Connected to Your Teen workshops bring parents together to learn and practice skills for improving communication and building stronger bonds.*



### What to expect:

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Staying Connected with Your Teen is a:

- Five-session FREE class
- Sessions take place in various Clackamas County locations (dependent on referrals).
- Each session is 2 hours
- Dinner and childcare (2-10 year olds) is included at no cost



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**For more information contact  
Judy Pearce**

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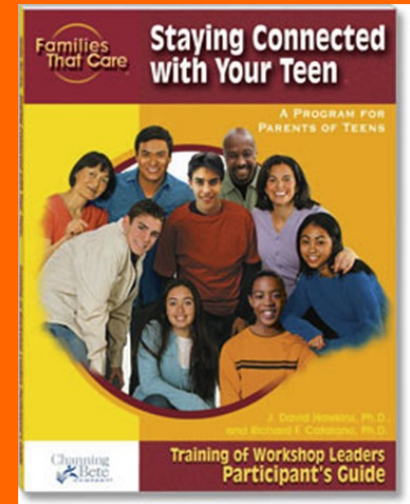
Clackamas County Juvenile Department

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**Clackamas County Juvenile Department**



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**A Program for  
Parents of  
Teens**



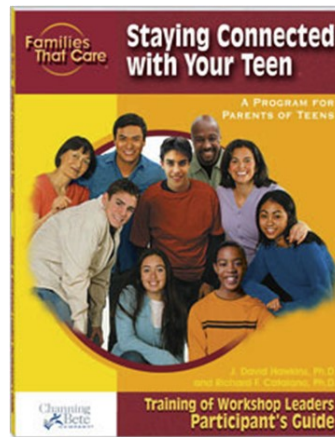
“Staying Connected with Your Teen” curriculum helps parents of teenagers learn how to *improve communication, reduce the risk of problem behavior and build strong family bonds.*



**Staying Connected with Your Teen** is an interactive program for parents of teenagers. Parents will learn specific strategies that will help teens become more involved in the family and less likely to engage in problem behavior such as substance abuse, delinquency, and violence. The workshop uses a skills-based format that provides opportunities for parents to learn from each other.

**Format:**

- Session 1– Participants get to know each other and receive an overview of the workshop sessions. The remainder of the session focuses on teen development, risk factors and protective factors for youth.
- Session 2– Participants learn about family meetings, parenting styles, making decisions and solving family problems.
- Session 3– Focuses on family communication and managing family conflicts.
- Session 4– Participants learn how to create opportunities to get teens involved in the family and how to build trust.
- Session 5– Focuses on identifying people who influence your teen, refusal skills and supervision that maintains strong family bonds.



The **Staying Connected with Your Teen** program is:

Research-Based

More and more research is demonstrating that one of the most critical factors in ensuring the well-being of today's adolescents is positive parent involvement.

The **Staying Connected with Your Teen** program helps parents improve their family management practices and strengthen the bonds between them and their children, resulting in substance abuse prevention, violence prevention, and positive character development.

Proven Effective

In a controlled study of the **Staying Connected with Your Teen** program (formerly known as Parents Who Care), participant families have shown statistically significant improvement in family discipline practices, supervision skills, and bonding, and a significant reduction in family attitudes favorable to antisocial behaviors.