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Promoting Emotional Health & Well-being

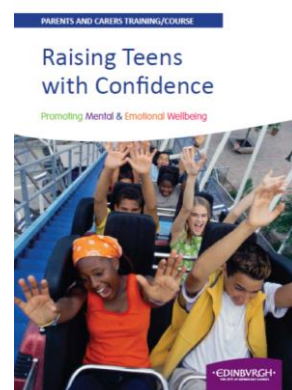
Dear Dads, Mums and carers,

Invitation to *Raising Teens with Confidence*

The teenage years can often feel like being on a rollercoaster for Dads, Mums, carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behavioural changes that occur mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

Following the success of *Raising Children with Confidence* which has been delivered to 1,500 families in Primary schools, *Raising Teens with Confidence* aims to **give you the chance to explore how you can best support your teenage children** to navigate increasing independence and develop confidence, security and resilience, as well as to promote emotional wellbeing in themselves. Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the seven week course will give you an opportunity to explore with other parents how the teenage years can be a time for **young people, Mums, Dads and carers to 'thrive rather than just survive'**.

An introductory session – *Why What You Do Matters!* – will run on **Thursday 27th September 7- 8.30pm** in Room 1:14, first floor, **and is open to all who are interested**, not just Mums! After this session, we ask those who feel they would like to continue the course for the remaining six sessions to fill in a reply slip so we can allocate places. There are 20 places available on this course; additional courses may run in the New Year. The course topics are:



Week / date	topic	time
1. Thursday 27 th September	Why What You Do Matters	7pm – 8.30pm
2. Thursday 11 th October	The Amazing Teenage Brain: What's Going on in There?	7-9pm
<i>October half term holiday</i>		
3. Thursday 25 th October	Risky Business: Managing Adventure, Risk and Resilience	7-9pm
4. Thursday 1 st November	It's Good to Talk: The Importance of Staying Connected	7pm – 9pm
5. Thursday 8 th November	The Brain Under Stress: Overcoming Setbacks and Promoting Resilience	7pm – 9pm
6. Thursday 15 th November	Looking After Your Own Wellbeing: Coping With the Changes	7pm – 9pm
7. Thursday 22 nd November	Dads matter: the value of Dads in the teenage years	7-8.30pm* Please bring your partners to this final session.

Yours faithfully,

P.Cifelli and A. Stratton
Raising Teens with Confidence Facilitators