



Dear Parents/Guardians,

### **Teenagers Translated Talks**

We are delighted to be able to offer a set of two talks, provided by Janey Downshire from Teenagers Translated, on the topic of supporting positive mental well-being in your teenager. Having attended a workshop earlier this year delivered by Janey (and being a mum of three teenage boys myself, as well as Housemaster to 80!) I can thoroughly recommend her talks as they are extremely informative, helpful and are delivered with warmth, empathy and humour.

These talks will take place on the evenings of **Wednesday 6 November** and **Wednesday 13 November** in the Erskine May Hall. The first evening begins with refreshments and registration at 6.00pm (Housemasters will also be present) and the second will start at 6.30pm. Both talks will finish at 9.00pm, and we would ask you to commit to attending both talks.

Janey has spoken at many schools (including Wellington College where parental feedback has always been extremely positive). The two talks she is giving at Bedford School will provide information and understanding about teenage brain changes and how to promote good mental health and resilience in your children, to enable them to thrive and to flourish in their lives. Please read the more detailed information below about the talks.

A limited number of places are available and will be allocated on a first come, first served basis by booking [here](#).

The course costs £8.00 (£15.00 for a couple) which includes attendance to both talks and light refreshments on arrival. It will also be possible to buy a copy of Janey's book *Teenagers Translated: How to Raise Happy Teens*.

This event is sponsored by Bedford School Parents' Guild and is taking place in conjunction with and in support of the Bedford School Movember Campaign, promoting positive mental health in young men.

Kind regards,

**Fiona Whiteman**

Paulo Pontine Housemaster



## **A Parent's Survival Guide: promoting good teen mental health**

Young Minds stats make worrying reading. 1 in 10 children (age 5-16) have a diagnosable mental health illness, rising to 1 in 5 young people. 50% of these problems take root before age 15.

**Teenagers Translated** conduct a parent input in two parts (conducted over 2 evenings) which helps parents steer a course away from these problems by helping them develop the practical tools to foster good mental health in their family.

*Each talk, which is 2.5 hours (including Q&A), is part of the series and is not designed as a standalone.*

### **Talk 1: Understanding & Surviving Adolescence**

The Teenage years (from age 10) are a period of emotional flux, presenting parents with new challenges. This talk will focus on what parents can expect from *normal* teenage behaviour and what points to more worrying signs. A better understanding of the changing teen brain provides parents with a good grounding for realising why behaviour changes and helps them develop practical and proactive ways to support their teenager to better manage day-to-day pressures, find ways to regulate their emotions & pave the way to good mental health.

### **Talk 2: Regulating Anxiety, Avoiding Addiction & Building Resilient Teens**

Building on Talk 1, this session will look at heightened anxiety as the root cause of dysfunctional issues like panic attacks, stress, depression, OCD, self-harming behaviours, disordered eating, binge drinking, addictive tendencies, over-use and dependency on technology. The session will focus on how parents can keep lines of communication open by establishing a balanced parent/teen relationship. Where this is present, home life can provide the conditions where pre-teen & teens can start to develop a secure sense of self and develop strategies which regulate their emotions in healthy ways, helping them to cope with stresses, build mental resilience and become fully rounded autonomous adults.