

# TEENAGE JOURNEY

**A series of information evenings for Senior School parents**

Surviving the Teenage Years by *Teenagers Translated*  
**Monday April 23rd 2018**

The teenage and pre-teen years can be some of the most testing for a parent, when previously easy children's behaviour can transform, presenting parents with some challenging times. Some families are seeing a marked increase in worrying dysfunctional issues, like over-use of screens (e.g. gaming & pornography), binge drinking, experimenting with legal highs or low levels of motivation. Why the sudden shift? And why do risk-taking behaviours and issues creep in and what purpose do they serve? Understanding the teenage brain is the first step to recognizing the early warning signals and helps parents find answers to these questions and to work out how best to communicate with their son in order to regulate trademark teenage emotions and behaviour.

Janey Downshire of Teenagers Translated will focus on simple up-to-the minute brain science and the pivotal role emotions play in mental health & wellbeing. The theoretical aspects of the talk will be enlivened with relevant real-life examples so that parents can relate the concepts to their own son's behaviour patterns and find the most effective ways of responding and communicating in order to promote wellbeing and problem-free behaviour.

Social Media: Screen Time, Cyberbullying & Relationships by *Digital Awareness UK*  
**Thursday June 7th 2018**

**Presented by:**  
Bolton School  
Senior Boys'  
Parents' Association

**Venue:**  
Leverhulme Suite,  
Riley Centre

Parking in Boys'  
Division Quad

**Time:**  
7.30pm

There will be the opportunity to ask questions and to talk to members of staff and other parents.

Refreshments will be provided.

Please email [BDinfo@boltonschool.org](mailto:BDinfo@boltonschool.org) to register your place



**BOLTON**  
SCHOOL  
SENIOR BOYS'  
PARENTS' ASSOCIATION