

PARENTS WITH TEENAGERS IN HERTS CAN DEVELOP THEIR PARENTING SKILLS WITH A NEW ONLINE SUPPORT SERVICE

Parentline Plus in Herts is urging parents with teenagers to develop their parenting skills online with i-parent which is being launched this week.

The online support service for parents with teenagers is available at www.gotateenager.org.uk.

i-parent includes videos, animated comic books and i-parent modules covering topics such as risky behaviour, setting boundaries and improving communication with your teenager.

The online videos available at www.gotateenager.org.uk feature interviews with parenting experts as well as interviews with teenagers themselves and cover topics such as sex, coping with aggressive teenagers and under-age pregnancies.

i-parent will also be introducing a new i-parent module - *Teenager in the Family* this week to help parents reduce conflict and tension amongst family members. There are currently five i-parent modules live on the www.gotateenager.org.uk website.

Sandra Hiller, area manager at Parentline Plus in Herts said:

“Parentline Plus recognises that parents with teenagers can find it difficult to cope at times which is why we have launched i-parent. i-parent will help parents in Herts improve relationships with teenagers and give an insight into the issues teenagers face.

“i-parent is an easy to use online support service which has been developed with the help of parenting experts and teenagers themselves.”

More video content and i-parent modules will be added to www.gotateenager.org.uk as well as podcasts and online games for parents and teenagers to play together.

If you are the parent of a teenager and need advice on teenager issues, please visit: www.gotateenager.org.uk, or phone Parentline free, 24 hours a day on 0808 800 2222.