



Is your teenager.....

- yelling at you? calling you names?
- hitting you?
- threatening to hurt you , themselves or others?
- stealing your money or damaging your possessions?
- beyond control, violent or defiant?

You are not alone. About 4-10 % of parents experience some form of abuse from their children.

Help is at hand: We are running an exciting new programme for young people and parents called Break4Change, especially designed to help you reclaim respect and calm in your family

Who is the programme for?

- Parents or carers who are experiencing abuse from their children aged 11-16 and who feel they are losing control, and want to handle conflict better.
- Their teenager will be invited to take part in a programme specifically designed for them to help them address this issue and stop abuse. This will run concurrently on a different day. Their programme includes working with artists and musicians.

When is it ? The 12 week group starts on Wednesday, 30th September 2009 at 6.00-8.00

Where is it? The group will run from a location in Central Brighton. Some support with travelling cost may be available, talk to your key worker.

Cost? Attendance to the programme is free, but there are limited spaces so registration is required.

How do I register? Contact your child's key worker or your social worker if you have one.

Parent abuse is any act of a child which is intended to cause physical, psychological or financial damage to gain power and control over a parent.

What is the programme about?

- In the parents' programme, we shall provide a supportive environment, reduce guilt and shame which most parents feel, clarify boundaries of what is acceptable and unacceptable behaviour, offer helpful strategies for managing the abusive behaviours. You will feel more in control and less stressed. You will rebuild your confidence and explore ways of increasing safety and well-being.
- The teenagers' programme will focus on developing alternative ways of behaving, setting and working on positive goals for the relationships with their parents, via discussion and activities and the use of music , film and drama.

Many parents initially deny that their child could be abusive towards them. When they accept the behaviour is abusive, they often feel guilty, isolated and unsupported, fear for their safety and that of their family. At the same time, they fear for the welfare of their abusive teenager.

