

Overview for Parents of the Parent Project®

What is it?

- A 10 to 16-week *parent* training program designed specifically for parents of strong-willed or out-of-control adolescent children.
- The curriculum teaches concrete identification, prevention, and intervention strategies for the *most* destructive of adolescent behaviors (poor school attendance and performance, alcohol and other drug use, gangs, runaways, and violent teens).

How does it work?

- Parents attend and learn in a classroom setting, to manage teen behavior problems at home.
- An activity based 216-page workbook, “*A Parent’s Guide to Changing Destructive Adolescent Behavior*,” is available *only* to program participants.
- Parents meet one time per week, two to three hours per session, for between 10 – 16 weeks.
- Parent support groups are formed using the UCLA, Self-Help Support Group model.
- The focus of the program is to help parents learn specific ways to help change negative behavior.

Who sponsors and teaches the program?

- The Parent Project® is presented by Schools, Police and Probation Departments, Mental Health Agencies, Churches and other Community Based Organizations.
- There are over 3,500 trained facilitators in 36 states across the U.S., who have successfully completed the 40-hour *Parent Project*® Facilitator Training.
- There are over 120 trained *Parent Project*® Facilitators in Kern County.

Why the Parent Project®?

- Thirteen years in development, the *Parent Project*® is the only course of its kind. It was developed in direct response to the questions and challenges parents say they are facing with their strong-willed teenager.
- Over 150,000 families have attended *Parent Project*® classes, nationwide.

For more information:

Call Kern High School District Attendance Office at 661-827-3209, ask for Parent Project session dates and locations, or go to:

www.parentproject.com

1 (800) 372-8886