

# TEEN TRIPLE P ONLINE

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## WHAT IS TEEN TRIPLE P ONLINE?

A broad-based parenting intervention delivered online for parents of teens up to 16 years. The programme involves six (1-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone. Parents have online access to the programme for 12 months. Teen Triple P Online provides parents with a toolbox of strategies that help them to encourage positive behaviour and to prevent and manage misbehaviour. The programme teaches parents to apply these principles to specific situations which re-enforce learnings. The video-enriched content aims for a balance of simplicity and interactivity to promote parental engagement and completion of the programme.

## WHO IS IT FOR?

Parents who prefer an online programme or are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses. The programme can be used to prevent problems from developing or for parents of teens with significant social, emotional or behavioural problems.

## WHAT IS COVERED IN THE PROGRAMME?

### Module 1: What is Positive Parenting for teenagers?

Lays the foundations with the five basic principles of Triple P:

- Create a safe and interesting environment
- Create a positive learning environment
- Use assertive discipline
- Have realistic expectations
- Take care of yourself

### Module 2: Encouraging appropriate behaviour

Focuses on ways to help get more of the behaviour parents like, and less of the behaviour they don't like. Gives information, tips and activities on:

- Spending time together
- Talking with your teenager
- Showing affection
- Praising appropriate behaviour
- Paying attention
- Suggesting interesting activities

### Module 3: Teaching new skills and behaviour

Covers the key skills that teenagers need, such as:

- Communicating and getting on with others
- Managing their feelings
- Becoming independent
- Solving problems

As well as coaching problem solving to help encourage cognitive development, increase general knowledge and promote independence, and the use of behaviour contracts to support change.

### Module 4: Managing problem behaviour

Provides information, tips and strategies on:

- Family rules
- Directed discussion
- Clear, calm requests
- Consequences
- Selective ignoring
- Acknowledging teenagers' emotions

### Module 5: Planning ahead for risky situations

Provides tips and key points on:

- Planning for risky situations
- Preparing in advance
- Explaining your concerns
- Deciding on risk-reduction strategies
- Using rewards for following the plan and consequences for not following it
- Having follow-up discussion

### Module 6: Raising confident, capable teenagers

Provides tips and key points on:

- Raising confident, capable teenagers
- Showing respect
- Being considerate
- Developing good social skills
- Developing healthy self-confidence
- Being a problem-solver
- Becoming independent

## WHAT RESOURCES DO PARENTS RECEIVE?

Within the programme, a text summary of the content is continuously imported to an individualised workbook, which parents can download, print or email. Parents also receive worksheets, podcasts (English versions only), and emailed module summaries.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless telephone support is to be provided to families completing Teen Triple P Online. Telephone support time can be estimated at one hour per family requiring support (up to four 15-minute telephone calls). Telephone support is an optional service that agencies can provide to parents.

## HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to operate Teen Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.

Additional support options are available to promote Teen Triple P Online and facilitate access code distribution. These may include digital parent assessment measures, a data dashboard that reports on user progress, digital and print media, or a website landing page.

## WHAT ARE THE TECHNICAL REQUIREMENTS?

Desktop / tablet browser minimum requirements:

- Internet Explorer 9, Firefox 8 or Safari 5
- Safari iPad 1/ iPad 2: iOS4.3
- Chrome 19

Mobile browser minimum requirements:

- Apple iPad/ iPhone 3GS / iPhone 4: iOS4.3
- HTC Desire: Android 2.3
- Samsung Galaxy SIII: Android 4.0