



**Learning Objectives:**

1. Participants will describe three major developmental tasks of adolescence
2. Participants will identify three key social skills that teens need to have successful relationships
3. Participants will list three common stressors in adolescent relationships and discuss ways to avoid them
4. Participants will describe three strategies to help teens identify their feelings
5. Participants will identify three strategies to help their teenagers manage intense emotions in a healthy manner

**Timed Agenda:**

1:00-1:15 Introduction to both topics and their relationship to the adolescent brain

1:15-1:45 Common challenges for teens and emotional regulation; Sensory and attachment-based strategies for parents to help their children regulate

1:45-2:10 Common weaknesses in social skills for teens and strategies parents can use to build their teen's skills

2:10-2:30 Q and A