



# Parent Training Supporting Youth Ages 14–18

A comprehensive, evidence-based curriculum empowering parents to guide, protect, and connect with their teens.



# Why Focus on Parents of Teens?

## A Critical Window

Ages 14–18 represent one of the most pivotal developmental periods. Suicide is the **2nd leading cause of death** among teens (CDC, 2026), underscoring the urgency of proactive support.

## Parents as Protective Factors

Engaged, informed parents shape youth resilience, decision-making, and long-term wellbeing more than almost any other influence.

## Proven Impact

Effective parent training reduces risky behaviors, strengthens family relationships, and supports academic and social success.

# Core Curriculum Pillars

Five interconnected pillars address the full spectrum of teen wellbeing — from mental health to digital life and beyond.



**Positive Parenting &  
Communication**



**Mental Health Literacy &  
Crisis Response**



**Navigating Digital Life &  
Social Media**



**Healthy Relationships & Consent Education**



**Workforce Readiness & Life Skills**



#### PILLAR 1

### Positive Parenting & Communication

Grounded in **The Incredible Years®** evidence-based framework, this pillar equips parents with strategies to manage teen behavior while deepening emotional connection.

#### → Clear Expectations

Set consistent boundaries while nurturing healthy autonomy.

#### → Hands-On Practice

Role-plays, real-life scenarios, and peer discussions build lasting confidence.

## PILLAR 2

# Mental Health Literacy & Crisis Response

Integrating **Teen Mental Health First Aid** principles, parents learn to recognize early warning signs and respond with confidence and compassion.

- Identify signs of depression, anxiety, substance use, and suicidal ideation
- Start difficult conversations and connect teens to professional help
- Build a peer parent network to reduce stigma and shared isolation



# Navigating Digital Life & Social Media

## Understanding the Platform

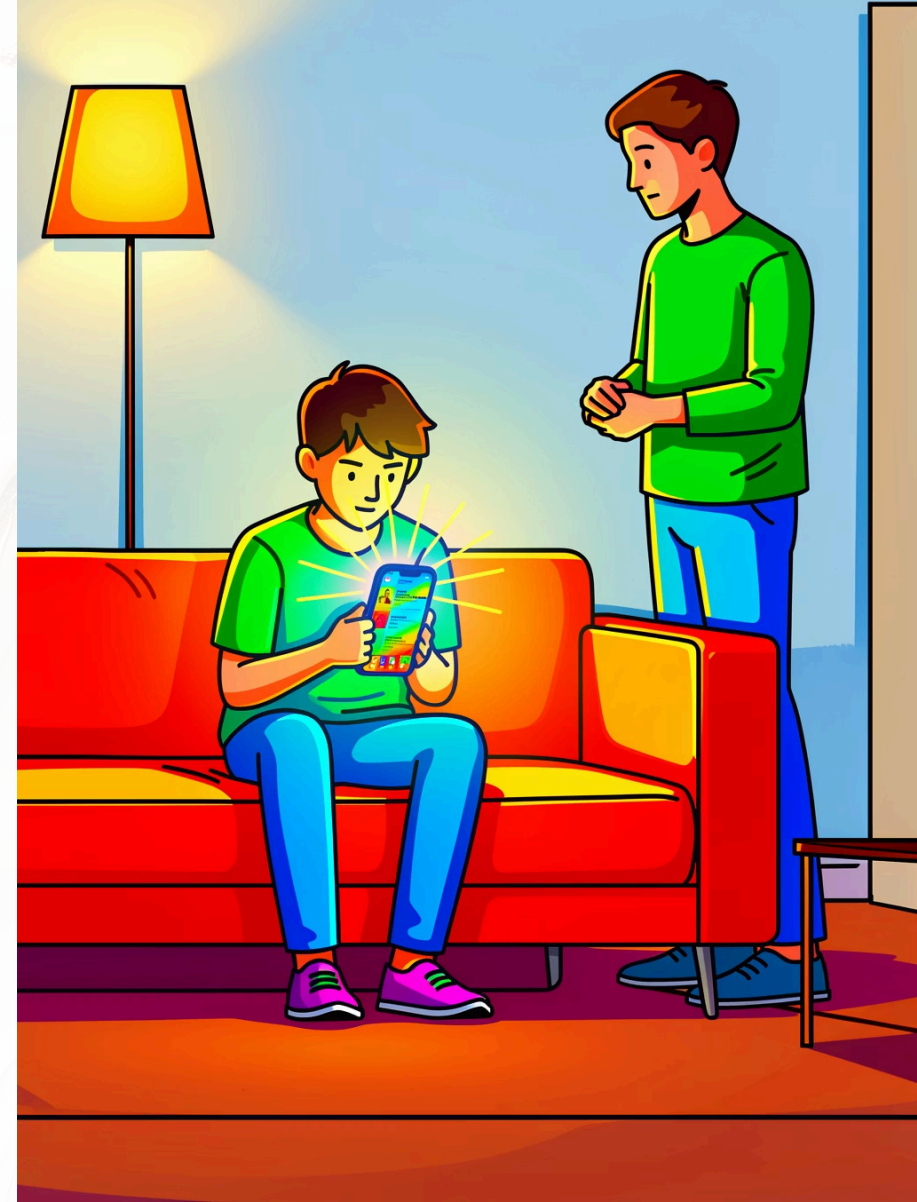
Draws from the **Center for Humane Technology's Youth Toolkit** to explain persuasive design, algorithmic risks, and social comparison culture.

## Building Healthy Habits

Strategies for fostering digital wellness, mindful screen use, and protecting teen mental health online.

## Family Agreements

Collaborative family contracts covering screen time, privacy settings, and online safety expectations.



#### PILLAR 4

# Healthy Relationships & Consent Education

Adapted from the **Many Ways of Being Curriculum**, this pillar supports parents in fostering respectful, violence-free relationships for their teens.

- Covers identity, boundaries, communication, and consent
- Addresses risk reduction for STIs and unplanned pregnancy
- Empowers open, non-judgmental family conversations about sexuality and respect



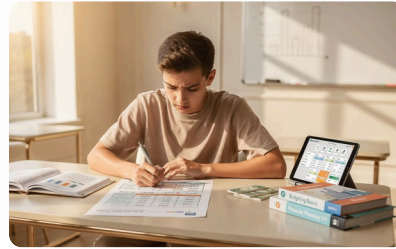
PILLAR 5

# Workforce Readiness & Life Skills Support



## Employment Readiness

Résumé building, job search strategies, and hands-on career exploration coaching.



## Life Skills Foundation

Budgeting, time management, and goal setting to equip youth for independence.



## Community Connections

Linking families to local resources and case management for personalized, wraparound support.

# Implementation & Community Building



The curriculum is delivered in **group-based settings** designed to foster lasting parent communities — not just skill transfer, but human connection.

1

## Facilitator-Led Sessions

Interactive activities, real-world examples, and open resource sharing.

2

## Integrated Referral Pathways

Established partnerships with schools, social services, and youth programs for holistic, coordinated support.

# Empowering Parents, Transforming Futures

*"When parents are equipped with knowledge, skills, and confidence, they create safer and healthier environments where every teen can thrive."*

## Informed

Parents with the tools to recognize and respond to teen challenges.

## Connected

Resilient family networks ready to face 2026's challenges together.

## Thriving

A future where every youth succeeds with strong parental support.



# AI's Impact on Parent-Teen Relationships

Artificial intelligence presents both powerful opportunities and critical considerations for modern parenting and youth development.

## Enhanced Understanding & Support

- AI tools can analyze behavioral patterns to offer insights into teen mental health and development.
- Personalized resources can guide parents, and early crisis detection systems can provide timely alerts.
- Assists in monitoring digital interactions and social media risks, offering proactive safety measures.

## Navigating Challenges & Balance

- Raises privacy concerns regarding data collection and the potential for over-reliance on technology.
- Maintaining authentic human connection and communication remains paramount, not to be replaced by AI.
- AI should enhance the parent training curriculum with data-driven insights, not dictate parenting.

Finding the right balance ensures AI serves as a powerful ally, empowering parents without overshadowing genuine family interaction.

# References & Citations

Key Evidence-Based Programs & Frameworks:

## **The Incredible Years®**

Webster-Stratton, C. (2011). The Incredible Years Parents, Teachers, and Children Training Series: Program Content, Methods, Research and Dissemination 1980–2011. Seattle, WA: Incredible Years, Inc.

## **Teen Mental Health First Aid**

National Council for Mental Wellbeing. (2023). Teen Mental Health First Aid USA. Retrieved from <https://www.mentalhealthfirstaid.org/>

## **Center for Humane Technology - Youth Toolkit**

Center for Humane Technology. (2023). Resources for Families and Educators. Retrieved from <https://www.humanetech.com/youth>

## **Many Ways of Being Curriculum**

Advocates for Youth. (2023). 3Rs Curriculum: Rights, Respect, Responsibility. Washington, DC.

## **Teen Suicide Statistics**

Centers for Disease Control and Prevention. (2026). Leading Causes of Death Reports, 1981-2026. National Center for Injury Prevention and Control. Retrieved from <https://webappa.cdc.gov/sasweb/ncipc/leadcause.html>

## **Additional Resources**

- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Institute of Mental Health (NIMH)
- American Academy of Pediatrics (AAP)
- Youth.gov - Interagency Working Group on Youth Programs