Triple P Level 2 seminars are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

**Triple P Level 2 Seminar Series**
- Seminar 1: Raising Responsible Teenagers
- Seminar 2: Raising Competent Teenagers
- Seminar 3: Getting Teenagers Connected

**What is Triple P?**
The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

**What does it offer?**
Simple and practical strategies to help you confidently manage your children’s behaviour, prevent problems developing and build strong, healthy relationships.

**Why is it effective?**
- One of the most effective evidence-based* parenting programmes in the world.
- It offers parents preventive programmes of different intensity to meet their needs.
- Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- Implemented in 25 countries such as Australia, Japan and Hong Kong.

*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.

For more information on Triple P, please visit http://www.triplep.net/glo-en/home/