



## **Want to better understand your teenager's behaviour?**

Understanding Teens Online will provide you with evidence-based explanations of teenage development as well as relationship-based strategies to boost your child's self-esteem and emotional wellbeing.

Sessions take place weekly over 6 weeks and the course works best if you can ensure your attendance at all 6 sessions.

Information on how to book is available on  
[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)