

# LET'S TALK TEENAGERS

Free support sessions for parents and carers of teenagers.



## Partner Toolkit – June 2022

'Let's Talk Teenagers' is a series of online support sessions that are an opportunity for parents and carers of teenagers to hear about the challenges young people are facing today. These evening sessions will be running on consecutive weeks throughout June, and will discuss the tools parents and carers can use to support their children and community, covering topics such as:

- drugs and alcohol
- body image
- mental health
- social risks
- safety online
- peer pressure

The project has been funded by the Office of the Police and Crime Commissioner, the Safer Devon Partnership, South Devon and Dartmoor Community Safety Partnership and Teignbridge Council for Voluntary Service.

“Having run these sessions in March, we were overwhelmed by the feedback from parents who felt more equipped to support their teens.

We are pleased to be able to offer the sessions again to reach even more families and raise awareness of the risks young people face and provide tips on how to support them.”

- Rebecca Hewitt, Chair of South Devon and Dartmoor CSP.

## **How you can help:**

We would be very grateful if you could help promote these June sessions by sharing information with your communities and partners. Each session begins at 7pm and is 90 minutes long. You can get involved by posting the social media messages included in this pack on your corporate social media channels, and via your internal and external newsletters. We have also included an A4 poster that you can print and display. All resources can be found in the ZIP folder attached to the introduction email.

## **Session dates and topics:**

### Wednesday 15 June

- Teenage development, including social and emotional changes
- Healthy and unhealthy relationships, including domestic abuse
- Body image
- Toxic masculinity

### Wednesday 22 June

- Community risks, including county lines and gang crime
- Unhealthy relationships, with a focus on child sexual exploitation and grooming
- Social media
- Safety planning

### Wednesday 29 June

- Family strengthening
- How to have challenging conversations
- Role modelling
- Emotional wellbeing and self-care

## Booking a place:

When sharing, please encourage people to visit the Eventbrite page for more information or to book their place. These events are free to attend.

[Let's Talk Teenagers Tickets, Multiple Dates | Eventbrite](#)

Please use this shortened link on social media: [devon.cc/teenagers](https://devon.cc/teenagers)

## Social Media

We have included examples of social media messages in this pack that are ready to use; if you share messages, please tag the Devon County Council accounts and include the hashtag #LetsTalkTeenagers - we can then share your messages too.



## Example messaging

1. *Free support sessions throughout June are being hosted to help parents and carers learn more about the challenges young people are facing today. Book your place by visiting: [devon.cc/teenagers](https://devon.cc/teenagers)*

*#LetsTalkTeenagers*

2. *Have you got teenagers? Join these free online sessions and learn about some of the challenges young people are facing today and what you can do to support them. Visit: [devon.cc/teenagers](https://devon.cc/teenagers) to find out more*

*#LetsTalkTeenagers*

3. *Join a series of free online support sessions for parents and carers of teenagers, covering topics such as*

 *mental health*

 *body image*

 *healthy relationships*

 *drugs and alcohol*

*Find out more about each session and book your free place by visiting [devon.cc/teenagers](https://devon.cc/teenagers)*

*#LetsTalkTeenagers*

Please remember when sending out communications to direct followers to **devon.cc/teenagers** for further information.

## **Instagram stories**

Use Instagram stories to directly link to the [Eventbrite page](#). Simply add a link to the post, and amend the button text to say 'Learn More'. Place the button underneath the arrow.

**LET'S TALK TEENAGERS**  
Free online support sessions for parents and carers of teenagers.

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Free online support sessions for parents and carers of teenagers.

Covering topics such as...

- drugs and alcohol
- body image
- peer pressure
- mental health
- social risks

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## Newsletters

Use one of the following designs to include in any internal/external newsletters.

**LET'S TALK TEENAGERS**  
Free support sessions for parents and carers of teenagers.

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## Email signatures

Add one of the following designs to your email signature, making sure to hyperlink the image to the [Eventbrite page](#).



Please note that you must add 'Alt Text' to describe the image. You can also expand the information in the text to explain what the image is showing.

### How to add 'Alt Text' to an image in your signature

- Click File > Options > Mail > Signatures to open the signature editor.
- Right click on the image in your signature and select Picture.
- Choose Alt Text tab and type in your alt text.

**If you have any questions or feedback, please contact us at:**  
[safetyandresilienceconsultancy@gmail.com](mailto:safetyandresilienceconsultancy@gmail.com)