



**Attention Parents:**  
Adolescents don't have  
to drive you crazy!

# Surviving Your Adolescent Workshop

How to Manage and Let Go of Your 13-18 Year Olds

(Parents of 11-12 year olds also encouraged to attend!)

## In this workshop you will learn:

- What is normal adolescent behavior
- How to manage teenage risk-taking
- What problems require your "letting go"
- The Four Cardinal Sins (What NOT to do!)
- The five ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail
- From fashion to passion

**Thurs., Jan. 25th, 2018**

**6:00—8:30 PM**

**Colonial Heights High  
School Technical Center**

**3451 Conduit Road**

**Dinner and Childcare Provided  
and Registration is Required**

**(see attached form)  
Dinner DinneryyyyyyJJJJ**

**tration is Required**

**(see attached form)**

Materials written and presented by Tracy Lee, Virginia Department of Education,  
Family Engagement Specialist

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Parent Workshop Series

# Surviving Your Adolescent

Thursday, January 25th, 2018

6:00-8:30 PM

Colonial Heights High School Vocational Tech Building

# Registration

Please return to your child's school  
on or before Tuesday, January 23rd

Parent Name(s) \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Child's School: \_\_\_\_\_

# of Adults Attending: \_\_\_\_\_ # of Children Attending: \_\_\_\_\_

1. Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

2. Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

3. Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_