Raising Resilient Teenagers

FREE online program empowering parents to make sense of adolescence and parent their teenager more confidently.

We are seeking parents and their teenagers to take part in a trial of a new online parenting program designed to provide parents with strategies to deal with adolescence, and protect their teenagers’ mental health.

What’s involved?
- You will be allocated to one of two groups, to receive either:
  1) An individually-tailored, interactive online parenting program that will give you practical strategies you can use to parent your teenager more confidently;
  OR
  2) An information package of 5 weekly factsheets about adolescent development and well-being.
- We will give you a 5-minute call once a week until you have completed your allocated program.
- We will ask both you and your teenager (if they agree to take part) to complete some online surveys, at the beginning, and after 3 and 12 months.

In total over 12 months, your participation will take a few hours of yours and your child’s time. To say thank you, both you and your child will be reimbursed with e-gift vouchers.

Who can take part?
Parents or guardians of a child aged 12 to 15 who live in Australia, are fluent in English, and have internet access.

How do I find out more?
To find out more, or to register to participate, please go to www.partnersinparenting.net.au
For further details, you can contact the researchers at med-partnersinparenting@monash.edu or on (03) 9905 1250

This research has been approved by the Monash University Human Research Ethics Committee.