

Want to help your teenager?

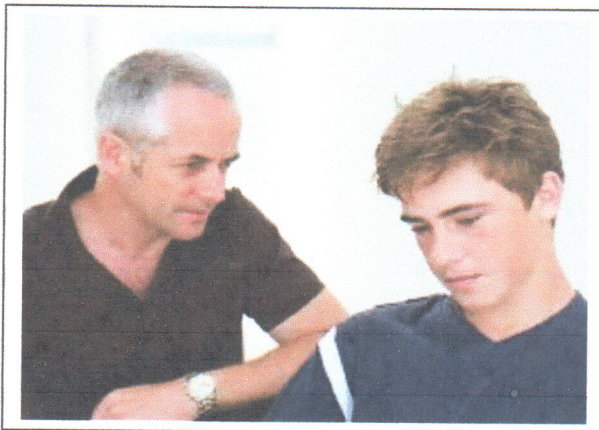
This problem affects around 2,500 teenagers in Caerphilly. (Source: STEM4.org)

It is the second main reason young people call ChildLine. (Source: NSPCC)

It can lie behind depression, self-harm, eating disorders, social isolation, internet addiction and behavioural problems in school.

It's profoundly influenced by parents/carers.

It is: **A life-controlling wrong understanding of their sense of self-worth**



Oxford University

research found a direct link between low self-worth & self-destructive behaviours and concluded:

"If there were ever a magic bullet that could transform a young person's life it would be a pill coated with self-esteem."

This powerful yet fragile quality is the key to the future for a teenager."

Parenting and teenage behaviour consultant, Niall Walshe, has 30 years' experience working with schools, drugs units, fostering companies, inclusion projects and individual families, and he is now making this expertise available to parents/carers and teenagers in Caerphilly.

"We read headlines about an "epidemic" of mental health impacting young people, of school exclusions rising and of adolescent behaviour deteriorating – yet perhaps the biggest cause of these issues is rarely recognised and addressed," explains Niall, "and **research shows that a wrong understanding of their sense of self-worth can even occur in teenagers who have a loving, supportive family.**"

On Saturday 29th September at Virginia Park Gold Club, in Caerphilly, Niall is presenting **a HALF-DAY TRAINING EVENT** entitled, "*Safeguarding and empowering your teenager.*" As well as equipping parents with specific strategies to raise the self-esteem of their teenagers, the event includes a 7-chapter book, entitled, "Teenager, believe in yourself" for parents attending the training - for use by their teenager.

"Found this training very useful. Under-estimated how low self-esteem/worth can have such an impact on a child or young person's life."

Parent. Bridgend

"I will call this training my "light-bulb" moment. It will change my own life, and the way I treat my own children."

Secondary school teacher, Berkshire

"Without SEED's intervention, my son would definitely have been permanently excluded. Instead he is now looking forward to several good passes in his GCSE's."

Parent of Year 11 boy. London

"Safeguarding and empowering your teenager"

Saturday 29th September
Virginia Park Golf. 10am – 2pm.

Find details of the training event, and book your place, at:
<https://www.seed4teenagers.com/caerphilly-training>
or phone Niall on 07914 253578.

Self-Esteem & Emotional Development

www.SEED4Teenagers.com www.facebook.com/Niall.at.SEED