



# Online Parenting Programs

## 12-Hour Parenting Skills - Ages 13-18

Provides parents a foundational understanding of basic parenting skills while raising their child(ren) from infancy to adulthood.

### Parenting 101

- What will you learn
- Tips to Success
- Pre-Test Assessment
- The Basics
- Parenting Styles
- What Type of Parent are You?
- Self Help

### Developmental Stages

- What Will You Learn
- 10 - 14 Years
- 15 - 18 Years
- Practice Quiz

### Self-Esteem and Socialization

- What Will You Learn
- What is Self-Esteem
- Socialization
- Socializing Opportunities
- Teens and Teams
- Where is My Teenager?
- Practice Quiz

### Your Children and Discipline

- What will you learn
- When Parents Disagree about Discipline
- Peace and Your Home
- Response Conversations
- Good Discipline
- Reasons for Your Childs Behavior
- Boundaries
- Children and Manipulation
- Effective Punishment
- Practice Quiz

### Raising Healthy Children

- What Will You Learn
- Benefits of Healthy Eating
- Nutrition Guidelines
- Health and Hygiene
- Grocery List
- Helpful Sources
- Practice Quiz

### Raising Children with Disabilities

- What Will You Learn
- What are Learning Disabilities?
- The Evaluation Process
- Special Needs
- Strategies for Parents

### Responsible Families

- What Will You Learn
- Respect and Compassion for Others
- Encourage Responsible Behavior
- Developing Judgment and Thoughtfulness

### Family Feuds

- What Will You Learn
- When Did You Lose Control?
- When Children Think Their "Vote" is Equal
- Eighteen Ways to Avoid Power Struggles
- Does My Child Care
- If You Lose Your Temper
- Sick of the Backtalk?
- Siblings and Conflict
- Swearing – They Repeat What They Hear
- Lying
- Stealing
- Role of the Father
- Getting Your Child to Do Homework
- Chores and Responsibilities
- Practice Quiz

### The Big Talk

- Questions
- When They've Met Someone Special
- Discussing Sex
- Early Sexual Activity
- Peer Pressure
- The Prom and Beyond
- At What Age...
- Encouraging Abstinence
- Sexually Transmitted Diseases
- Practice Quiz

### Harmful Behaviors

- Harmful Behaviors
- Drugs and Your Teen
- It's Only Pot
- Teenagers and Alcohol
- Smoking
- Distracted Driving
- Depression and Suicide
- Teens, Cutting, and Self-Injury
- Where's the Party?
- Sexual Predators
- Practice Quiz

### Bullying

- Harassment
- Bullying and Feelings
- Bullies
- What Can You Do?
- What if My Child is a Bully?
- Cyberbullying
- Test Your Knowledge
- Practice Quiz

### Power of Social Media

- Online Safety
- Social Networking and Teens
- Social Networking Safety
- Sexting
- Video Games
- Television
- Practice Quiz

### Money Management and Children

- Money Management and Your Children
- Allowance and Spending Decisions
- Your Child and Social Responsibility
- Practice Quiz

### Resources

- Helpful Resources
- Parenting Contract

### Final Exam

### Survey

### Completion