

DATES  
TBA

TIME  
TBA

LOCATION  
TBA

DUKE PPDP  
919-286-1244

*Photos acquired from ArtToday.com*

**DUKE PROFESSIONAL AND PERSONAL  
DEVELOPMENT PROGRAM**

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DUKE UNIVERSITY HEALTH SYSTEM  
Division of Occupational and Environmental Medicine  
Department of Community and Family Medicine

Duke Professional and  
Personal Development  
Program

SURVIVING  
ADOLESCENCE

A Workshop for  
Parents of Teens



Division of Occupational and Environmental Medicine  
Department of Community and Family Medicine

## DO YOU NEED THIS WORKSHOP?



Score 1 point for each “yes” response:

- ◆ Having difficulty recognizing your teen under gobs of makeup, disheveled hair, or baggy clothes?
- ◆ Can't remember the last time you and your teen had a coherent conversation?
- ◆ Wondering why teens today seem uninterested or unmotivated?
- ◆ Confused when your teen acts 32 one minute and 5 the next?
- ◆ Notice how outgoing your teen is with friends, but withdrawn at home?

0-1 point: Still on firm ground - Congratulations!

2-3 points: Getting in over your head!

4-5 points: Sinking fast!

Sign On Soon!!!

## THE SURVIVOR WORKSHOP WILL EXPLORE ~

### Adolescent Culture

- ◆ Decoding adolescents' apparently “deviant” norms
  - ◆ Sexually precocious rock idols
  - ◆ Tattoos and body piercings
  - ◆ Fascination with internet communication

### Adolescent Sexuality

- ◆ Understanding the rules and repercussions of the contemporary dating scene
- ◆ Creating a climate of trust and responsibility through honest, direct conversations

### Adolescent Ambivalence

- ◆ Coping with erratic behavior and adolescent “sass”
- ◆ Forming realistic expectations to reduce frustration and improve your relationship with your teen

## AT THE CONCLUSION OF THE SURVIVOR WORKSHOP YOU WILL BE ABLE TO ~

- ◆ Communicate openly with your teen
- ◆ Talk with your teen so your teen will listen
- ◆ Transfer your survivor skills to daily life

## COMMENTS FROM PREVIOUS ADOLESCENT WORKSHOP PARTICIPANTS ~

- ◆ “Stephanie is a very good communicator, engaged and well-rooted in her subject matter.”
- ◆ “All the information was relevant to my experience.”
- ◆ “Just the fact that I came made me think more about my adolescents' issues and development.”



## ABOUT THE PRESENTER ~

Dr. Stephanie Jenal is a faculty member with the Department of Psychiatry at Duke University Medical Center. An educator and psychologist, Dr. Jenal has worked for over 25 years to enhance relationships between parents and their teens. Presenting her insights with humor and an energetic, engaging style, Dr. Jenal will help you successfully navigate the turbulent waters of the teen years.