

Workshop title: Working with Adolescents

Aim: To equip foster carers with the understanding, skills and confidence they need to foster adolescents effectively

Designed for: Foster carers and social workers

Objectives: During the workshop, participants will

- understand what makes adolescents tick
- learn about the key issues for many fostered adolescents
- develop strategies for dealing with these issues

Method: This workshop will be highly participative, using practical examples and exercises to help everyone relate the learning to their fostering

Length: One day

Content: What is adolescence?

- * Puberty and the impact of hormones
- * Being both an adult and a child

What are their values and pressures?

- * Idealism and polarism in the teenage world
- * Peer pressure and the need to belong

Key tasks for foster carers

- * Be a role model (human, resilient, respectful, hopeful and positive)
- * Their risk management and yours

Key skills for foster carers

- * Communication as a bridge not a barrier
- * Co-operation rather than confrontation

All our fostering training workshops are linked to the Training, Support and Development Standards