



Triple P Level 2 Parenting Seminars



What is Triple P?

The Positive Parenting Programme (Triple P) is an evidence-based parenting program that equips parents with techniques to promote their children's psychological, social, and emotional competence, making it easier to raise well-adjusted young adults. Triple P Level 2 Seminars offer an introduction to positive parenting principles and provide practical tips to help make raising teenagers easier.



Who is it for?

Parents with a **teenage child aged 13-16 years**, who are keen to learn more about parenting.



How is it delivered?

It consists of **2 online seminars about 2.5 hour each** in each series. Each seminar is a built-on from the previous seminar, therefore parents are highly encouraged to complete all 3 seminars.



Raising responsible teenager

Introducing the formula to help teenagers become responsible young adults



Raising competent teenager

Teaching teenagers important values and skills to help them do well in school and beyond



Getting teenagers connected

Helping teenagers to be confident and socially skilled with the wider community

Register Now!

16 & 23 August 2025
Saturdays
10:00am - 12:30pm



<https://go.gov.sg/tst2sec-aug25>

In Partnership With



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COMPLIMENTARY SEMINARS WITH TIPSHEETS!

For more information on Triple P, please visit <http://www.triplep.net/glo-en/home/>.