

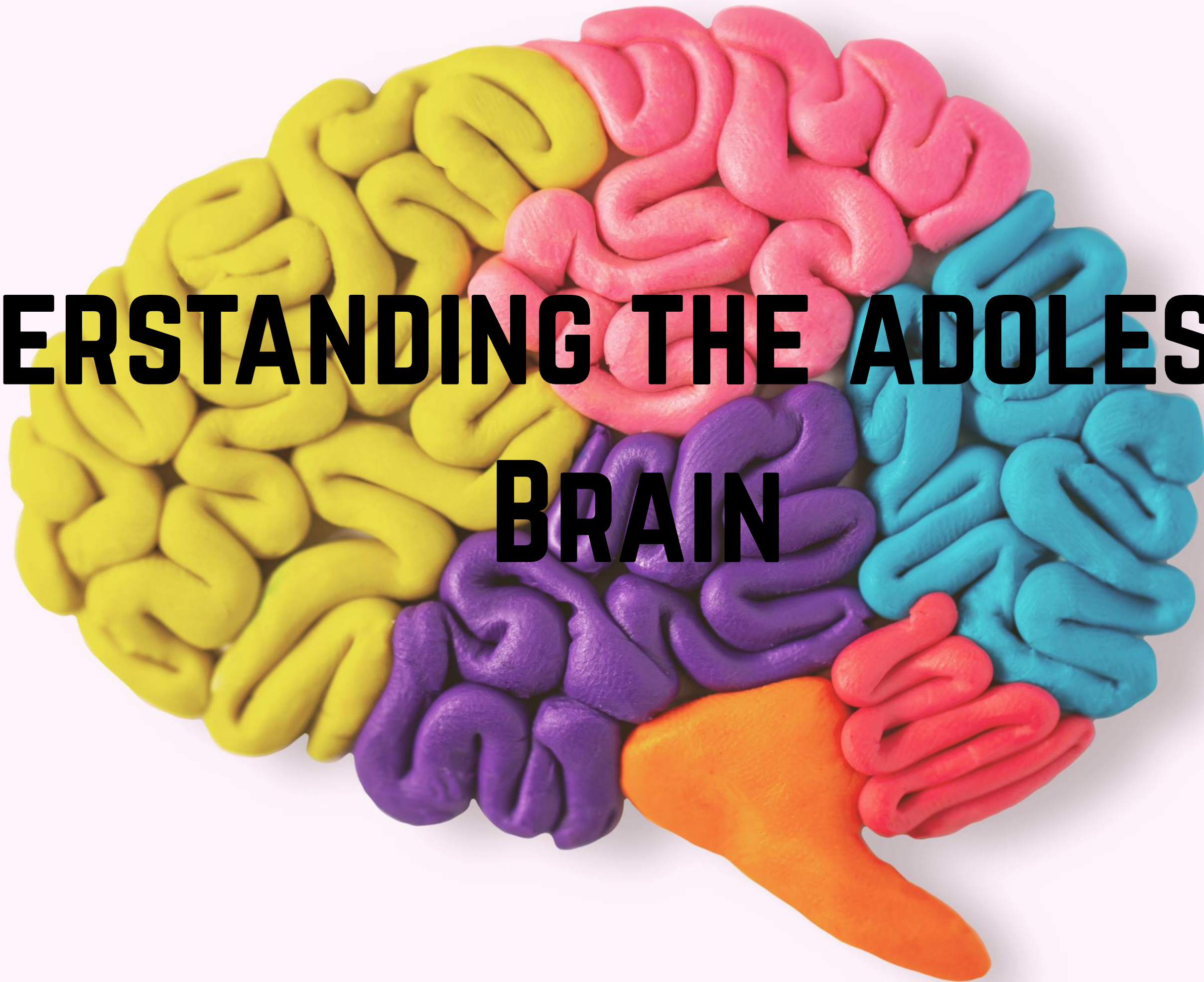
Parent Empowerment:
Building positive connections with your teen



E-ACT Ousedale
School

Be Kind | Work Hard | Succeed Together

UNDERSTANDING THE ADOLESCENT BRAIN



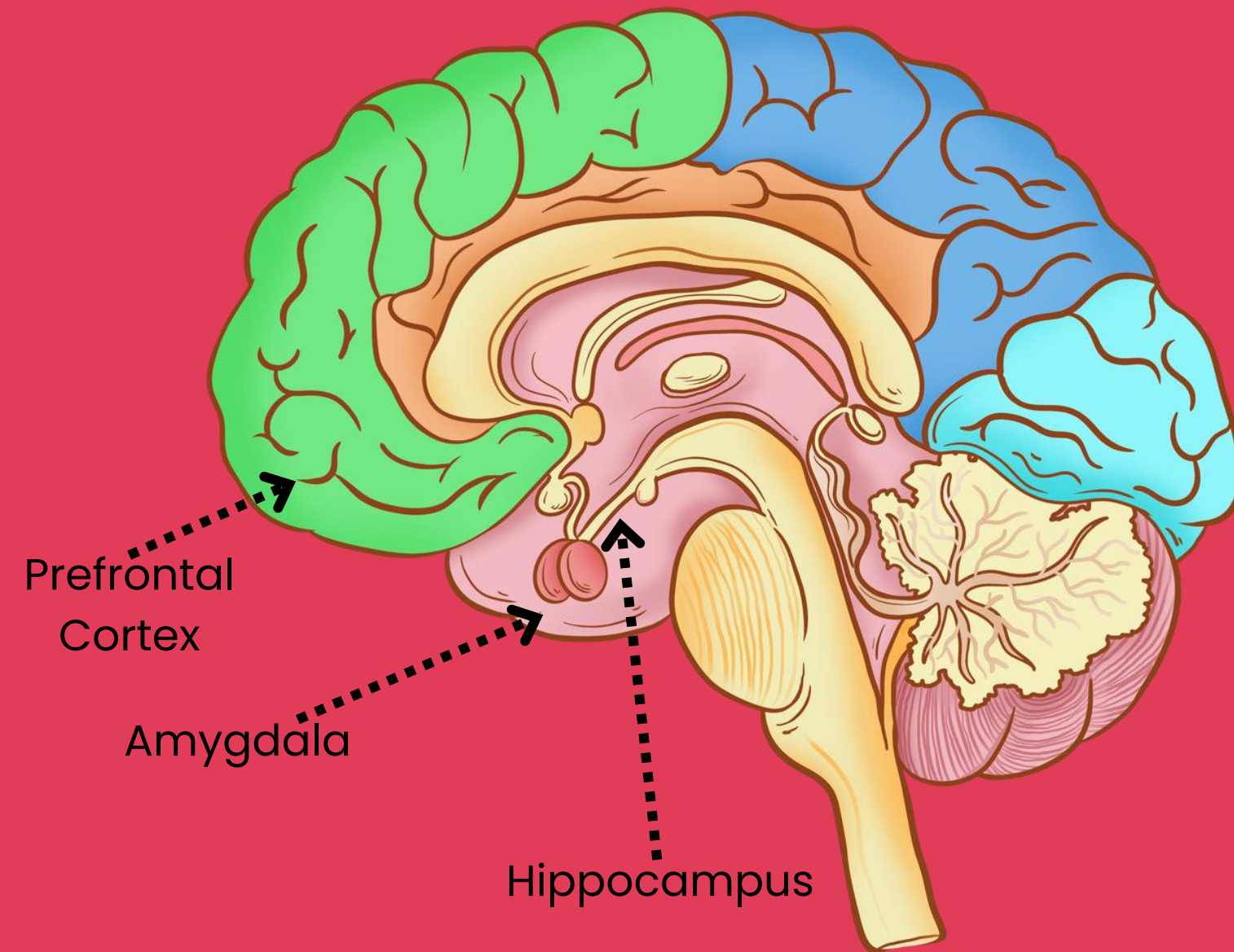
WHAT IS THE BRAIN?



- The brain is the command center of the body, like a supercomputer controlling everything we do, think, and feel.
- It's made up of billions of tiny cells called neurons that communicate with each other using electrical signals.
- The brain is responsible for who we are, how we think, and what we feel.

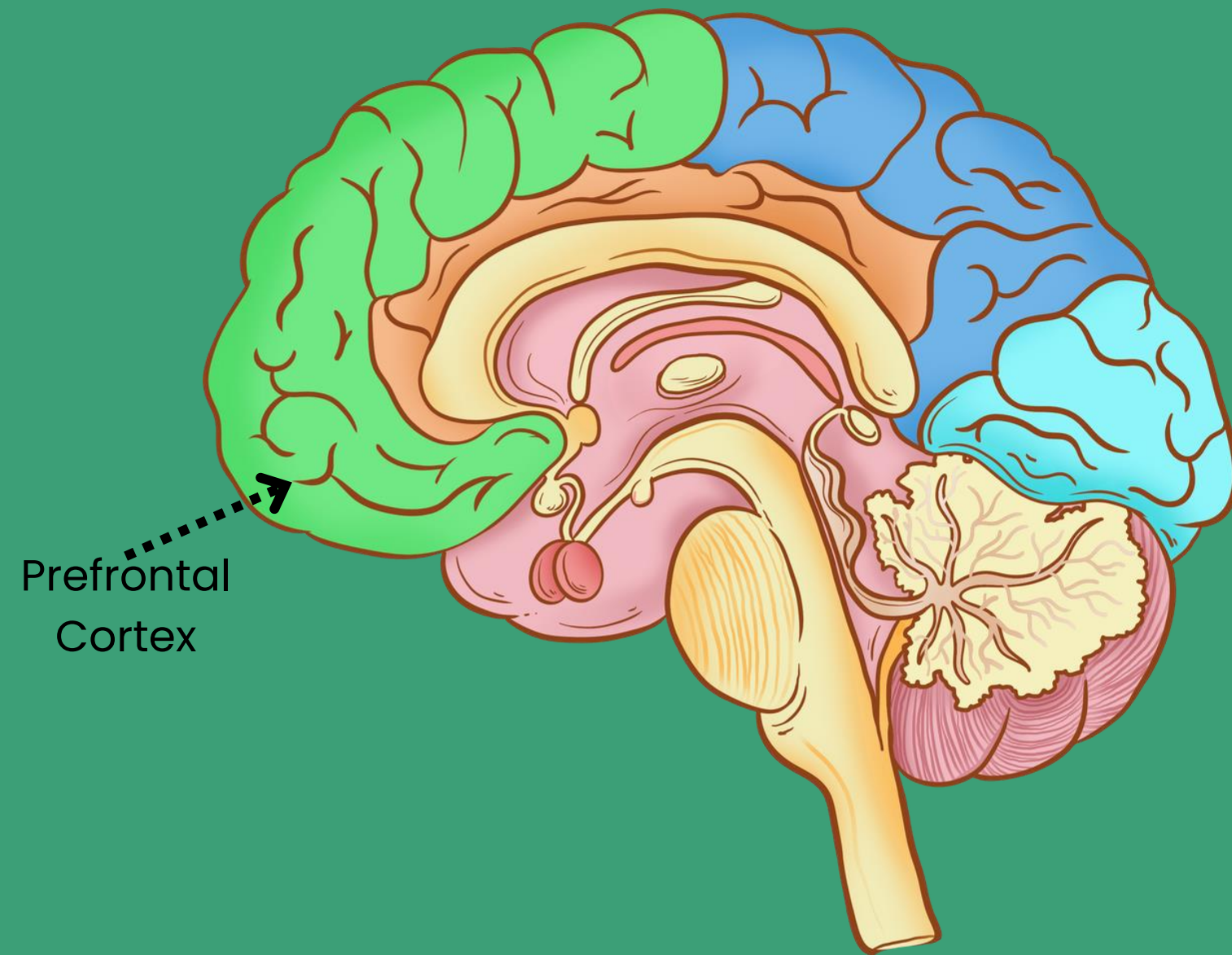
THE DIFFERENT PARTS OF THE BRAIN?

Different parts of the brain have specific jobs, allowing us to think, move, feel emotions, and take care of vital functions like breathing and heartbeat. We will focus on three parts: Prefrontal Cortex, Amygdala, and the Hippocampus.



PREFRONTAL CORTEX

The PFC is a front part of the brain responsible for thinking, decision-making, and emotions. It helps us remember things, focus, and control impulses. When we learn new things, the PFC changes its connections between brain cells, allowing us to adapt and respond better to different situations.



PREFRONTAL CORTEX

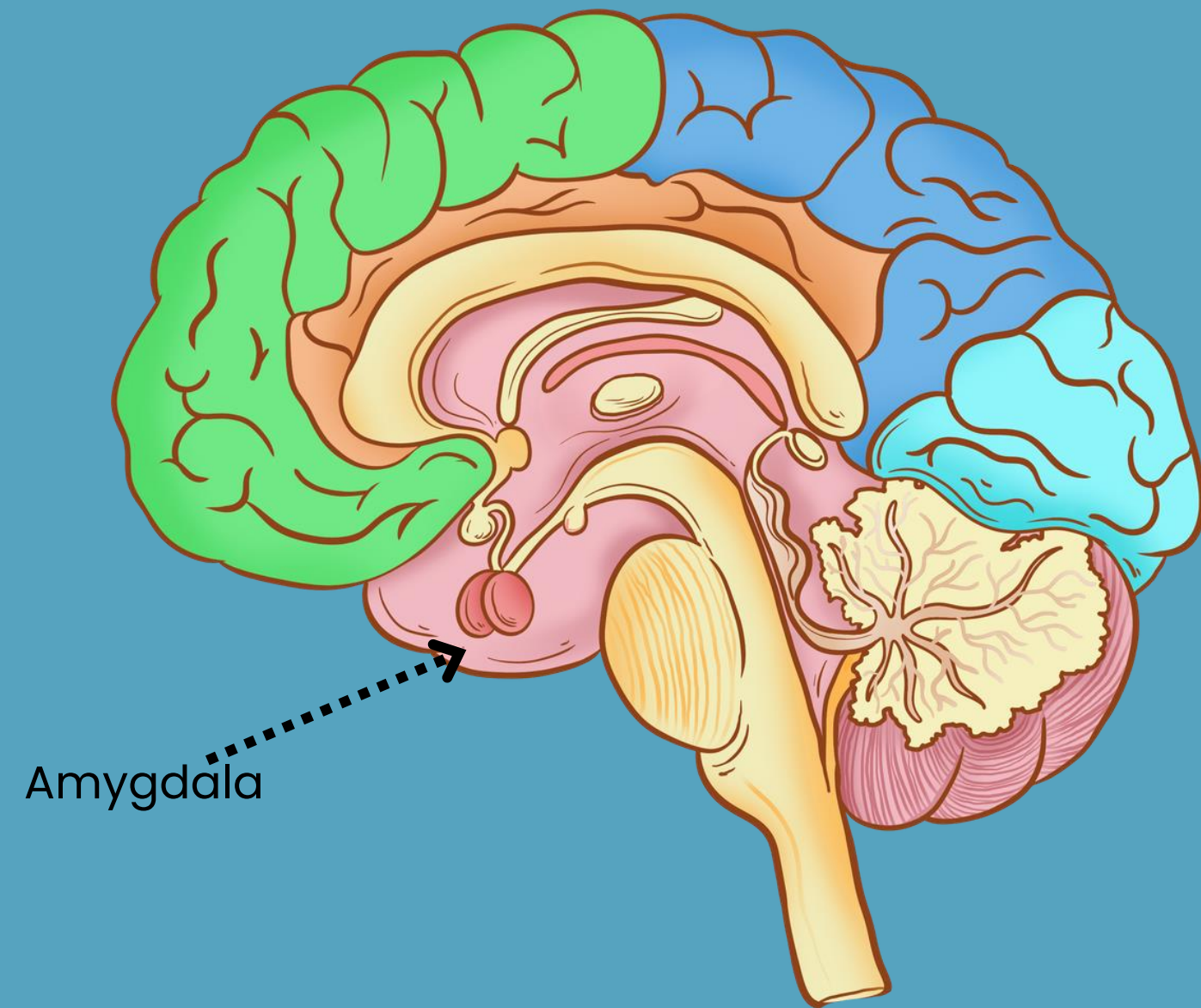
"The Wise Owl"

Significance: Just like the wise owl, the prefrontal cortex is the smart decision-maker of our brain. It helps us think, plan, and make wise choices. It's responsible for higher-order cognitive functions.



AMYGDALA

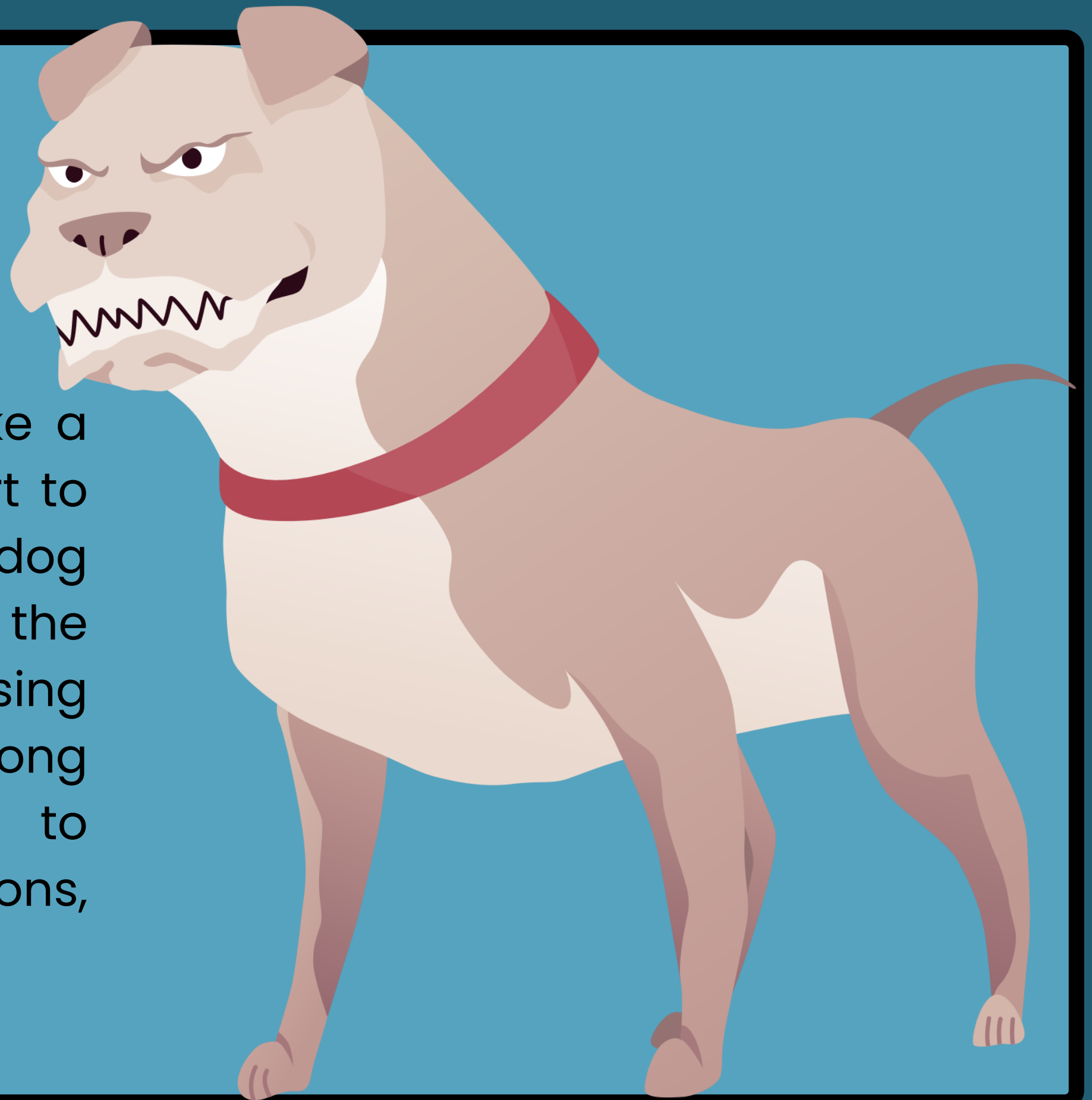
The amygdala is an almond-shaped brain structure in the temporal lobe. It deals with emotions, especially fear, and is vital for memory and motivation as part of the limbic system.



AMYGDALA

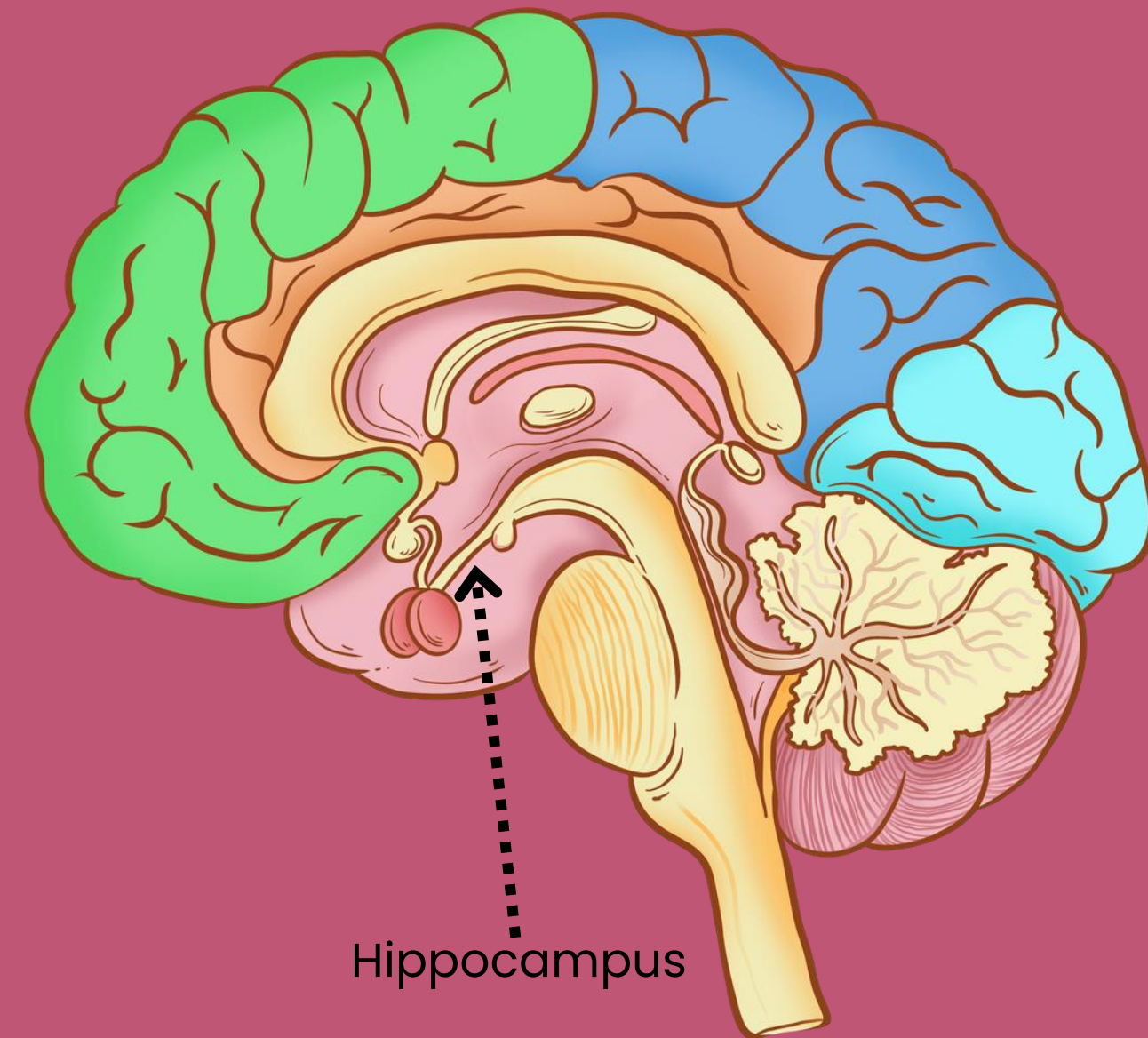
"The Guard Dog"

Significance: The amygdala acts like a guard dog, always vigilant and alert to potential threats. Like a guard dog reacts quickly to protect its territory, the amygdala is responsible for processing emotions, particularly fear and strong emotions. It helps us respond to dangerous or emotional situations, ensuring our safety and well-being.



HIPPOCAMPUS

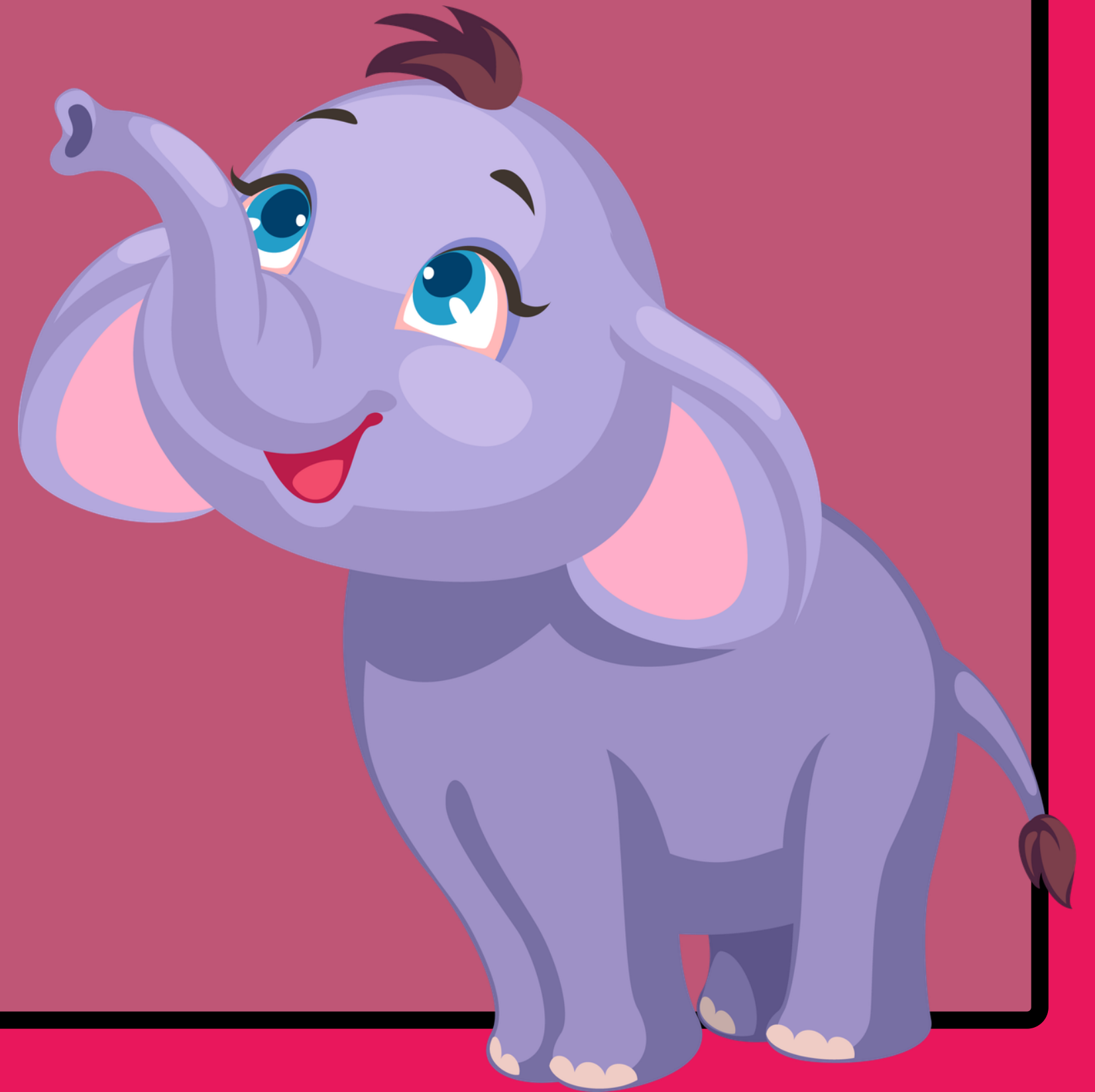
The hippocampus is seahorse-shaped in the brain's temporal lobes. It's crucial for learning, memory, and converting short-term to long-term memories.



HIPPOCAMPUS

"The Memory Elephant"

Significance: The hippocampus is like a memory elephant because it's crucial for learning and memory. Just like how elephants have an excellent memory and can remember locations and experiences for a long time, the hippocampus helps us form and consolidate long-term memories. It acts as our brain's memory center, converting short-term memories into long-term memories and assisting with spatial navigation, much like how elephants remember vast territories and navigate through them.



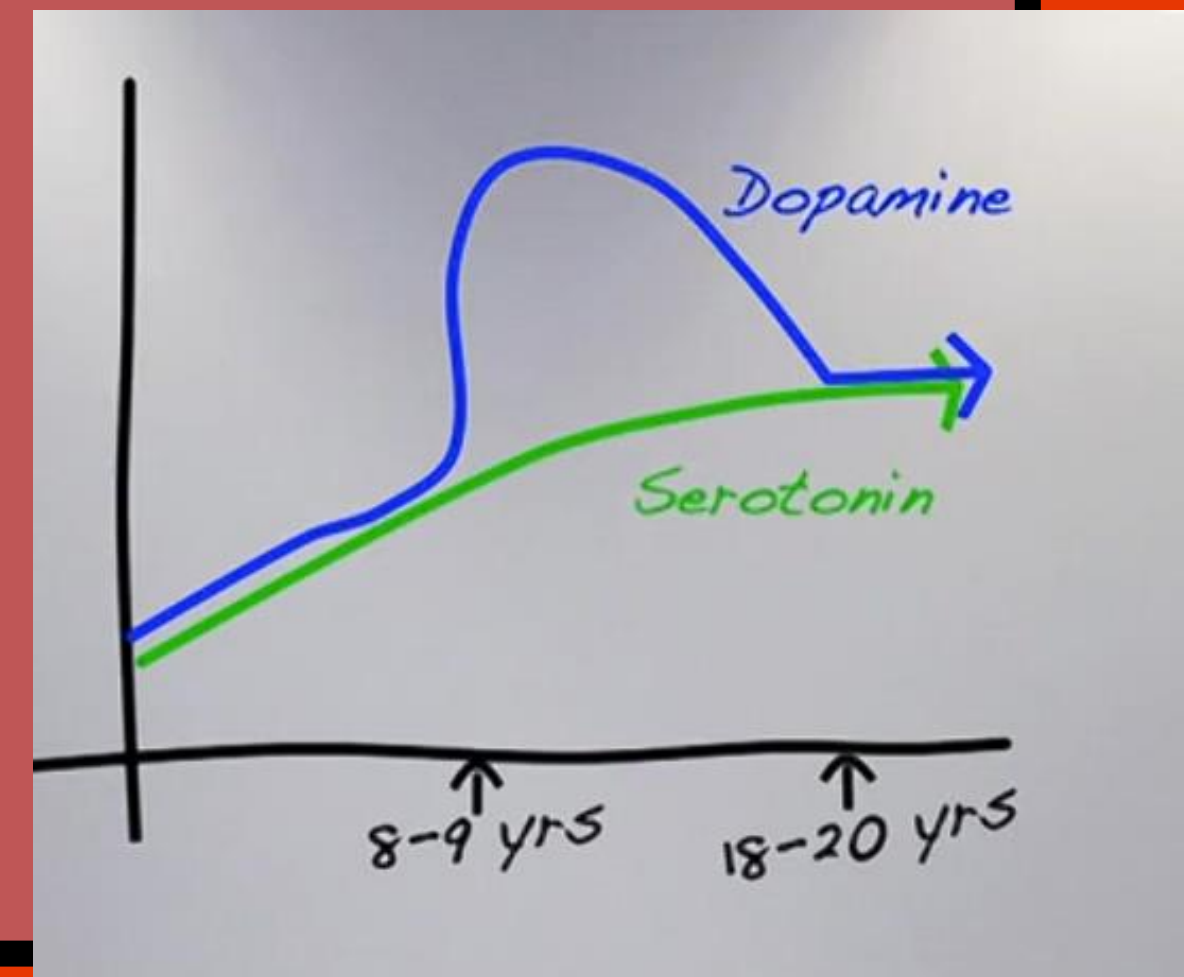


THE ADOLESCENT BRAIN

For us to progress into healthy adults, we all go through a chemical imbalance between DOPAMINE and SERATONIN.

During adolescence the amygdala might react too strongly, making us feel scared or anxious even when there's no real danger. But the PFC can step in and calm down the amygdala, reminding us that everything is okay.

On the other hand, when we face challenges, the PFC and hippocampus work hard to help us find the best solutions and remember what we've learned.



How to build a positive connection with your adolescent: Supporting without friction

Sue Hollingsworth & Alex Machon

Ragdoll Training and Therapeutic Services

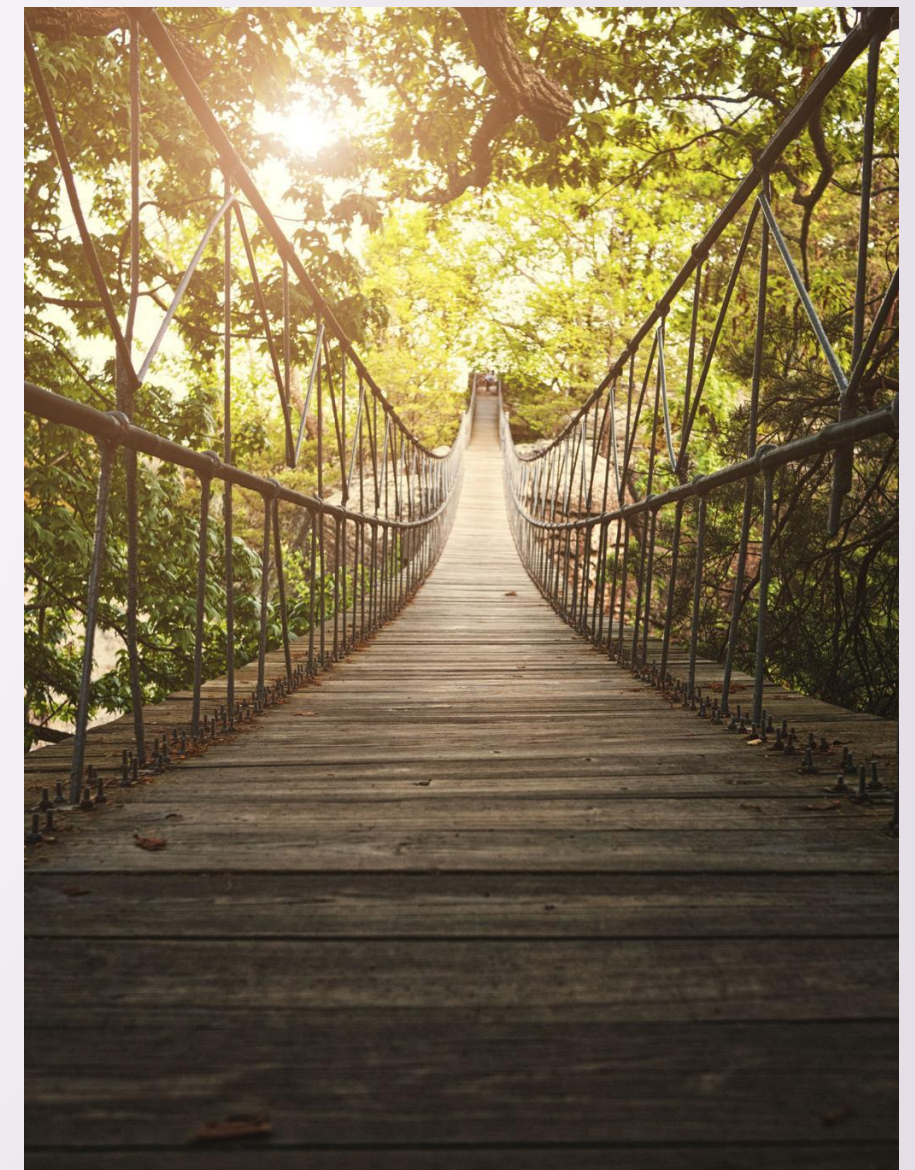
24th June 2026



Adolescence Is Not a Problem to Solve

Teenagers are doing exactly what teenagers are meant to do.

- Growing independence
- Testing boundaries
- Increased influence of peers
- More emotional intensity
- More privacy and less sharing



What Young People Need Most

Teenagers often push away the very things they still need.

BRANCHES

-  Independence
-  Exploration
-  Identity

TRUNK

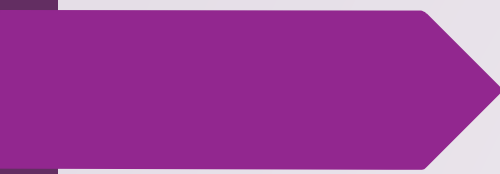
-  Consistency
-  Boundaries
-  Support

ROOTS

-  Safety
-  Connection
-  Belonging



Strong roots and a steady trunk help young people grow and thrive.



Communication That Reduces Friction

What tends to shut conversations down:

- Rapid-fire questions
- Advice too quickly
- Solving mode
- "Why did you do that?"

What helps:

- Curiosity
- Listening first
- Validation
- Open questions

The Iceberg of Teenage Behaviour

What we see on the surface is just a small part of what's going on underneath.

WHAT WE SEE (THE SURFACE)

- Attitude
- Eye rolling
- Withdrawal
- Anger
- Avoidance

WHAT WE DON'T SEE (THE DEPTHS)

- Anxiety
- Friendship worries
- Fear of failure
- Feeling different
- Exhaustion
- Identity questions
- Social media pressures

Behaviour and distress *make sense* in context.



There's usually a reason beneath the behaviour. | Curiosity helps us connect.

Connection Before Correction



Young people find it hard to think clearly
when they feel overwhelmed.



Big feelings

Emotions run high.
Thinking goes offline.



Connect

Be present. Show
you're on their side.
Create safety.



Be curious

Ask gentle questions.
Show interest.
Try to understand.



Problem solve

When they feel calmer,
you can work together
on solutions.



People learn, reflect and grow in connection, not in confrontation.

Rupture, Repair and Keeping Perspective

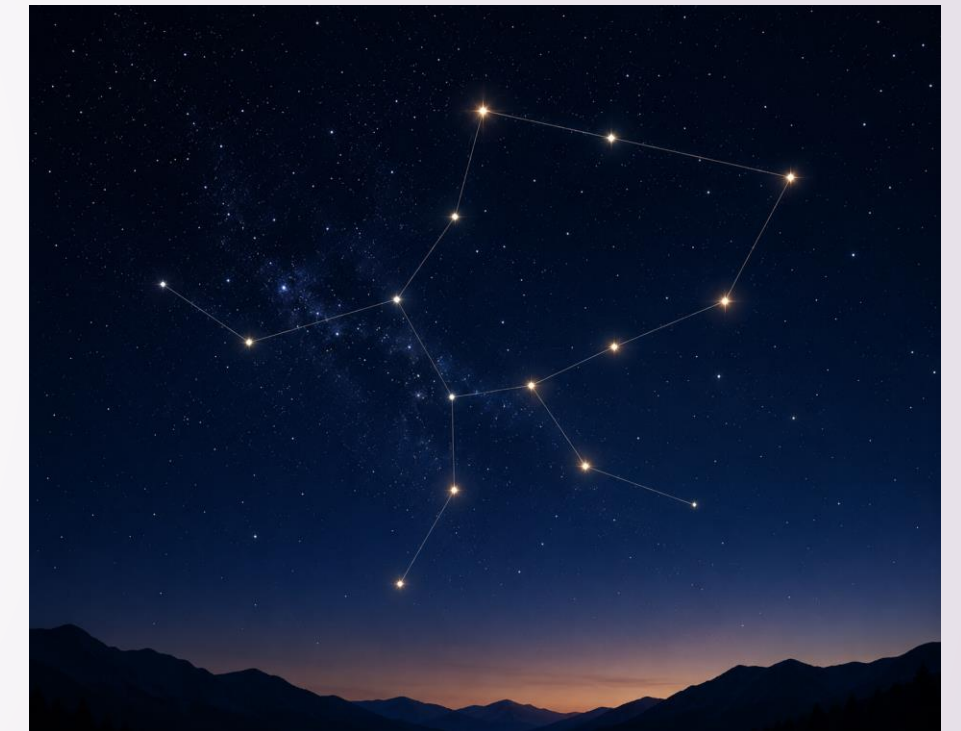
- All families experience conflict
- Repair matters more than perfection
- Relationships can withstand mistakes
- Time
- A simple apology
- Revisiting conversations
- Starting again



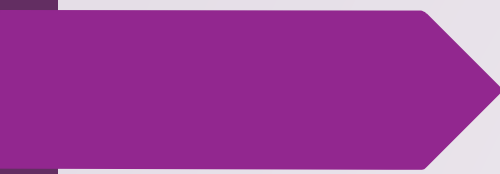
The Power of Small Moments

Teenagers often reject "quality time" but accept connection sideways.

- Car journeys
- Walking the dog
- Watching a programme
- Gaming together
- Sharing memes
- Making food



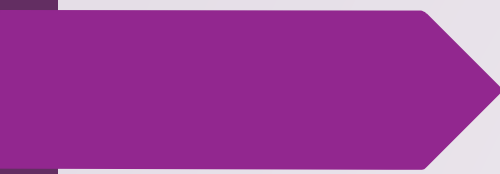
Connection is rarely built in one big conversation. It is built through lots of small moments that join together over time.



When Might Additional Support Be Helpful?

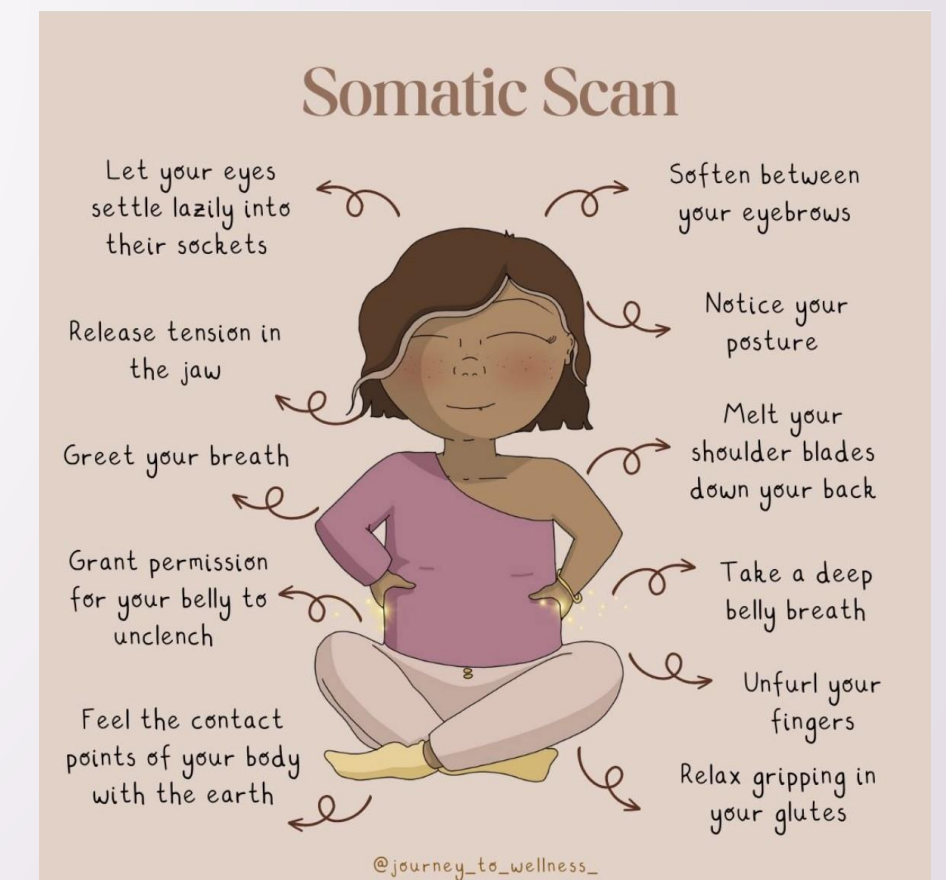
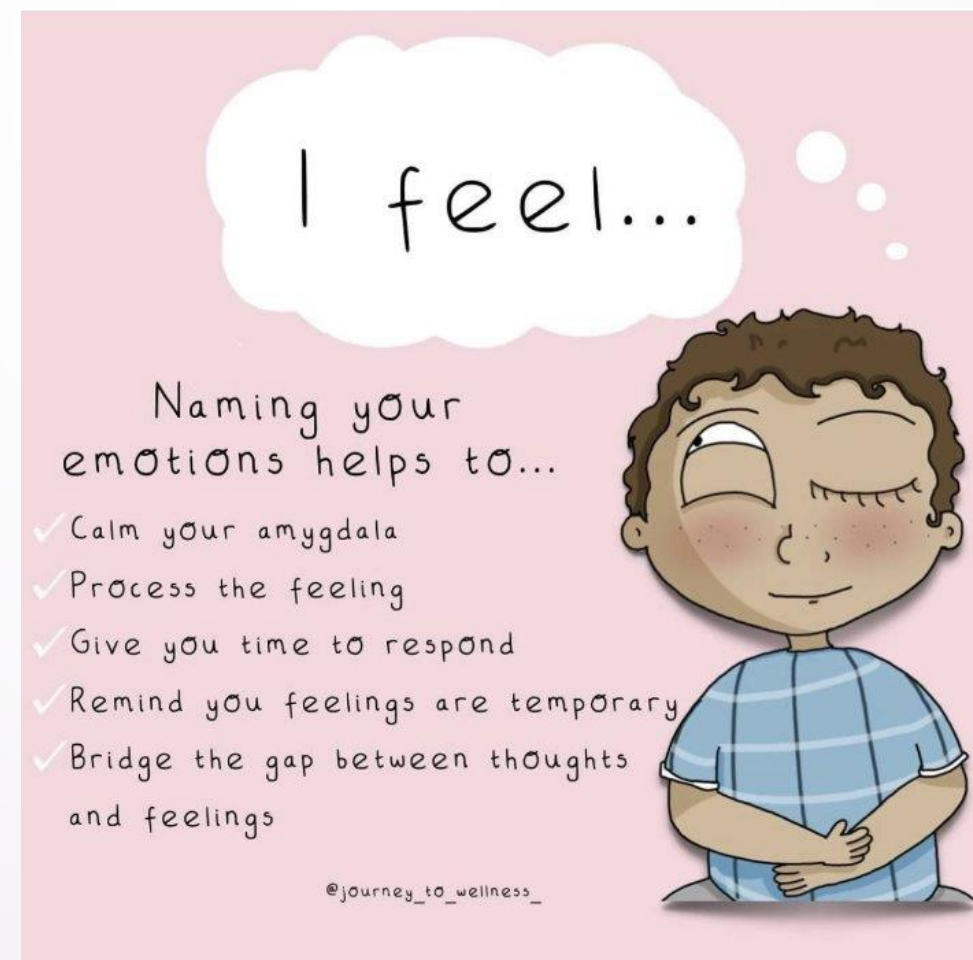
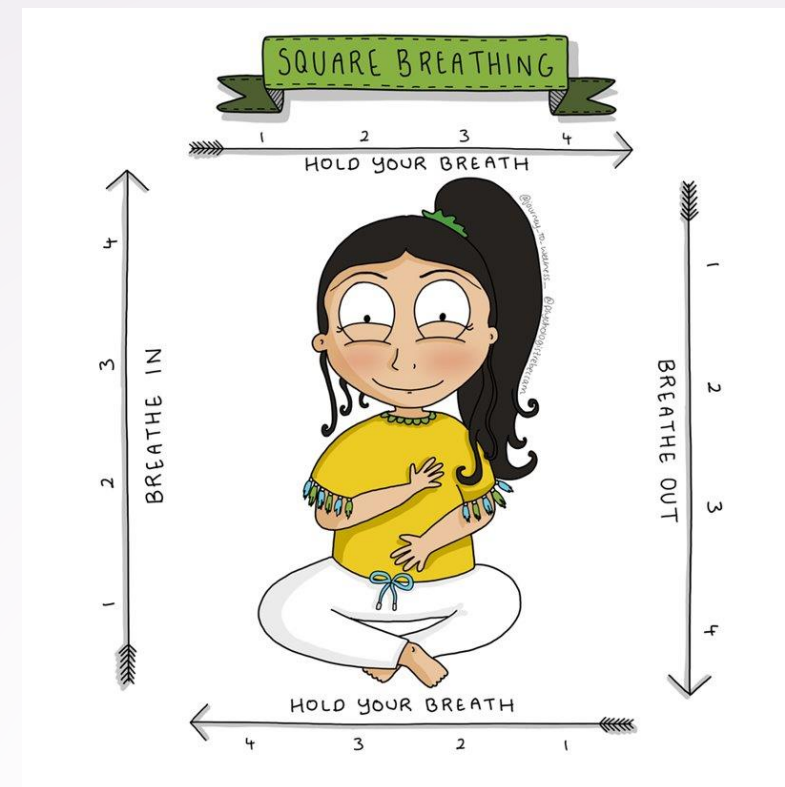
- Persistent withdrawal
- Significant mood changes
- Ongoing school avoidance
- Self-harm
- Changes in eating
- Loss of interest in everything
- Risk-taking that feels out of character

Trust your instincts.



Three Things to Remember

- 
- 1.** Stay curious before becoming critical.
 - 2.** Connection creates influence.
 - 3.** You can't pour from an empty cup.







Community Responsibility

PC Kevin Simmons





Why We're Here

- To understand what Anti-Social Behaviour (ASB) is.
- To see how ASB affects your school, community, and future.
- To learn about the laws that apply to young people.
- To understand the consequences of certain actions.
- To help you make positive, safe choices.



Anti Social Behaviour



What is Anti Social Behaviour?

Anti-Social Behaviour (ASB) is defined as

'Conduct that has caused, or is likely to cause, harassment, alarm or distress to one or more persons not of the same household' (Anti-social Behaviour, Crime & Policing Act 2014).'

Examples of ASB

- Shouting, swearing and intimidation
- Misuse of social media
- Vandalism
- Hanging around causing fear



Impact of ASB

On the community:

- People feel unsafe
- Damage to public spaces
- Local businesses affected.
- More police and CCTV needed

On victims:

- Fear, anxiety, loss of confidence
- Long-term emotional impact

On the school:

- School reputation suffers
- More rules and restrictions

On the offender:

- Police involvement
- Fines or legal action
- Loss of trust
- Impact on future opportunities



The Law & Consequences

ASB can lead to:

- Community Protection Warnings (CPWs)
- Community Protection Notices (CPNs)
- Public Spaces Protection Orders (PSPOs)
- Dispersal Powers
- Fines, arrests, or criminal charges depending on the offence



Community Protection Warnings (CPWs)

What They Are:

A Community Protection Warning is an official written warning issued by police or local council when someone's behaviour is causing nuisance, harassment, or distress to others.

What It Means:

- It is not a criminal record, but it is recorded.
- It shows that behaviour has reached a point where formal action is needed.
- If the behaviour continues, a Community Protection Notice can follow.



Community Protection Notices (CPNs)

What They Are

A CPN is a legally enforceable notice issued when someone fails to change their behaviour after receiving a CPW.

It can require a person to:

- Stop doing something
- Start doing something
- Fix something they damaged

Breaching a CPN is a criminal offence:

- On-the-spot fine up to £100
- Court fine up to £2,500 for individuals
- Up to £20,000 for businesses



Public Spaces Protection Orders (PSPOs)

What They Are

A PSPO is a legal order created by the local council to deal with problems in a specific public area. They set rules about what people can and cannot do in that space.

- PSPOs often apply to parks, shopping areas, bus stations, and town centres
- Breaking one can lead to fines or police action
- It can escalate to further orders if behaviour continues

Consequences for Breaking a PSPO

- Fixed Penalty Notice (FPN) up to £100
- Court fine up to £1,000



Dispersal Powers

What They Are

Police can use dispersal powers under the Anti-social Behaviour, Crime and Policing Act 2014 to move individuals or groups away from an area for up to 48 hours.

What Police Can Do

- Direct someone to leave an area
- Confiscate items linked to ASB (e.g., alcohol, fireworks)
- Prevent someone returning for a set time

Consequences for Not Complying

Failing to follow a dispersal direction is a criminal offence. Possible outcomes:

- Arrest
- Fine
- Further restrictions



Criminal Offences



Burglary

This can relate to dwelling and non dwelling buildings where the suspect has:

- Entered as a trespasser.

with intent to either

- Steal.
- Cause criminal damage.
- Inflicts grievous bodily harm.

Sentencing:

- Up to 10 years imprisonment (non dwelling).
- Up to 14 years imprisonment (dwelling).
- If aggravated (weapons on carried) – up to life imprisonment.



Harassment

Harassment includes:

- Repeated unwanted behaviour
- Threats, intimidation, or verbal abuse
- Online harassment

Sentencing:

- Up to 6 months imprisonment (basic offence)
- Up to 2 years for more serious cases



Criminal Damage

Damaging or destroying property intentionally or recklessly.

Sentencing:

- Damage under £5,000 → Up to 3 months custody or fine
- Damage over £5,000 → Up to 10 years imprisonment
- Arson → Up to life imprisonment in the most serious cases

Young people may receive:

- Youth cautions
- Referral orders
- Restorative justice
- Compensation orders



Public Order Offences

Includes:

- Threatening behaviour
- Causing fear or distress
- Using abusive or insulting words
- Fighting in public

Sentencing:

- Riot - Up to 10 years imprisonment
- Violent Disorder - Up to 5 years imprisonment
- Affray - Up to 3 years imprisonment
- Section 4-5 - Up to 6 months imprisonment
- Fines
- Youth rehabilitation orders



Assaults

Assault includes:

- Threatening violence
- Pushing, slapping, grabbing
- Throwing objects
- Encouraging or filming a fight

Sentencing:

- Common Assault: up to 6 months custody
- ABH: up to 5 years imprisonment
- GBH: up to 5 years, or life if intent is proven



Thank You



Keeping Young People Safe Around Water





Why This Matters

- Over 1,600 people have accidentally drowned in the UK in the last 5 years
- 63% of drownings happen in inland water, such as rivers and lakes
- 82% of people who drowned are male
- Alcohol/drugs are only present in 22% of drownings

Most incidents are preventable





Where & Why Young People Are At Risk

- Water Locations
- Environmental Risks
- Contributing Risk Behaviours
- Safety Awareness Importance

Open water is very different to a swimming pool





Cold Water Shock & Float to Live

- Cold Water Shock
 - Sudden gasp
 - Loss of breathing control
 - Panic
- **Float to Live**
 - Lean back
 - Spread arms & legs
 - Control Breathing



HOW TO FLOAT IN WATER

5 simple steps to save your life





What Young People Should Know

- **Stay Safe**
 - Stop and Think
 - Stay Together
 - Avoid jumping into unknown water
 - Get out if cold
- **If something goes wrong**
 - Float to Live
 - Call 999

Never enter the water to rescue





What You Can Do

- Talk about risks
- Set clear boundaries
- Encourage safe places
- Remind them: Don't take risks and avoid showing off

Even strong swimmers can get into difficulty





Remember

- Float to Live
- Most incidents are preventable
- Have the conversation at home

That conversation could save a life



Thank you

Please take 5 minutes to give us your feedback



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