

STOP Session Overview

Delivered as either a 10 week (Basic) programme with choice of topic for sessions 7 & 8 or a 13 week programme

Session topics

Introduction – session (*optional but recommended*)

Week 1 - Make the change

Week 2 - Miss the hook

Week 3 - Listening

Week 4 - Praise

Week 5 - Problem solving

Week 6 - Setting limits

Week 7 - **Choice session*

Week 8 - **Choice session*

Week 9 - Living as a parent

Week 10 - Putting all together

***Choice sessions;** Drugs/ Sex and relationships Alcohol/Conflict and Aggression/Screeners