



STOP
Online Guidelines
Session 1

These Guidelines are **ONLY** to be implemented and undertaken by professionals who have undertaken and completed the STOP programme 3-day training.

For more information on the STOP training please e-mail Jeannie Gordon at Jeannie.gordon@theministryofparenting.com or Debbi Barnes at debbi.barnes@theministryofparenting.com

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Session 1 – Making the change

Pre group

- Have session 1 PowerPoint uploaded onto your desktop
- Home Challenge, Two's and teens, Adolescent brain and behaviour explained (from STOP manual) and personal goals (interactive) handouts ready to email post group
- Pre SDQ to email to all who have not returned form

Plan overview

Topic	Platform	Attachments
Introductions and rules reminder	Word files	Group online rules document
Agenda	PowerPoint	Session 1 PowerPoint
Feedback and group check in	Online Whiteboard	
Road to independent	Break out rooms PowerPoint	Session 1 PowerPoint
The Brain Explained	PowerPoint	Session 1 PowerPoint
Home tasks		Home Challenge Poem - Mum song link https://www.youtube.com/watch?v=Nem0bkErGVY
Handouts	Email to parents post session	Two's and Teens The adolescent brain and behaviour explained Person goals interactive form

Session two more detail

Introductions and rules reminder

All the group to introduce themselves by name, this is especially important if a new group member has joined the group.

Reminder of the online housekeeping and group manners or group agreement – show group rules file.

Thank the parents for returning their pre SDQ forms. For parents new to the group or who have not completed the form, facilitators to explain that the form will be sent after the day's session via email.

Thank the parents for returning the pre online weekly evaluation form from the introduction session.

Agenda

Show the PowerPoint slide of the agenda and explain agenda for the session

Feedback

Either in two breakout room groups or as a whole group depending on the group size and dynamic ask the parents to feedback their thoughts from the last session.

The Road to independence

Show PowerPoint slide of the 'Road to Independence'. Explain that there are key milestones as we go from baby to adult.

Put the group into 2 breakout rooms, each facilitator should join a group. In each breakout room facilitators to instigate a discussion on the milestones a teen must go through from teen to adult. Share in large group key thoughts and show key milestones from PowerPoint.

Group leader considerations: the milestones for baby and child to be factual with limited discussion as the time should be used to focus on the key milestones a teenager has to go through before becoming an independent adult.

The Brain Explained

Show PowerPoint slide of brain with no labels. Click PowerPoint slides so the brain region sections are presented one by one; each time ask the parents if they know what that regions function is then either confirm their answer or give brief explanation. Once all the sections are on the brain picture, guide the parents towards understanding that the brain essentially matures from the back towards the front (or forehead area) – meaning that the prefrontal cortex (which controls reasoning and impulsivity) develops last (during the mid-twenties).

Group leader considerations: This activity is should be delivered in an interactive and collaborative style not in a formal teaching style. Draw and build from the group's knowledge ensuring that in the group discussions during this section that the key elements of the teenager brain are explained. Refer to STOP manual handouts and information on the brain.

Home task

Home Challenge in the STOP manual

Instead of the Poem in the STOP manual, parents to view "Mum song" via YouTube link <https://www.youtube.com/watch?v=NemObkErGVY>

Handouts to email to parents post session

Home Challenge

Two's and Teens

The adolescent brain and behaviour explained

Person goals interactive form

Evaluation of the session

Email the weekly group evaluation form to the parents to complete