

Whether it is parents or young people, the disruption at home can make everyone within the family unit feel out of step and unhappy.

Feelings of frustration, low self esteem, not being able to cope and not knowing where to turn for help can lead to illnesses such as depression and stress.

The Flashpoint Programme gives the opportunity for families who are experiencing difficulties of this type to meet with others experiencing similar situations.

The programme allows parents and young people to explore ways of making reality based and achievable changes to their expectations and behaviour within the family home. It also gives the opportunity for everyone taking part to express their feelings and to share experiences in a relaxed and supportive environment.

The Flashpoint Programme has also been developed to allow individuals to give information in an anonymous way so that any shared information would not identify the person who had given it.

Together with a series of workshops, professionals from different departments, agencies and services will be on hand to share with participants what other help and support is available and can be provided to them. These services will give direct contact details to anyone that does not wish to speak to them on the day.

If you require any assistance with regards to this document or would like to request an interpreter, large print or audio version, please contact the equality and diversity unit on **01384 813400**

FOR FURTHER INFORMATION ON FLASHPOINT PLEASE CALL

**01384 812422 OR
01384 812245**

**OR EMAIL US AT
helen.keightley@dudley.gov.uk**



**FLASH
POINT**

**A NEW FREE SERVICE FOR
TEENAGERS AND PARENTS**

Flashpoint is designed for parents and young people to work through their issues together, before they get out of hand.

Speak to us before it's too late, we can help you to resolve your problems in a relaxed and supportive way.

FLASHPOINT FOR TEENAGERS/ YOUNG PEOPLE



- Are you having arguments or disputes with your parent/guardian?
- Have you got the parent/guardian blues?
- Are you feeling upset or frustrated by your parent's/guardian's behaviour?
- Do you feel isolated and unable to cope?
- Are you at the end of your tether?
- Do you feel there may be a 'Flashpoint' soon when you or your parents/guardian's might do or say something that might be hard to forgive?
- Do you feel like leaving home?

We may be able to help you, come along to our Flashpoint Programme with your parents/guardian. Take the opportunity to work it out before it gets out of hand, on our free, relaxed, confidential and supportive programme.

The Flashpoint Programme has been developed to help parents/guardians and young people, generally teenagers, who are experiencing disruption within the family home.

The cause of the disruption is commonly associated with young people becoming adolescents and pushing the boundaries when reaching for independence.

This disruption could take many forms some of which might be escalating arguments, lack of communication, distrust, anti-social behaviour inside and outside the home and possibly the exclusion of the young person from the family home.

However, not all families are the same and in some cases it may be that the parents' life style is in itself disorganised or different to that which would be considered 'normal'. This would understandably make it difficult for the young person to fit in, particularly when they have friends or peers who might expect them to live, look and act in a particular way.



FLASHPOINT FOR PARENTS/ GUARDIANS

- Are you having arguments or disputes with your teenage son/daughter?
- Have you got the parent/teenage blues?
- Are you feeling upset or frustrated by your teenager's behaviour?
- Do you feel isolated and unable to cope?
- Are you almost at the end of your tether?
- Do you feel there may be a 'Flashpoint' soon when you or your teenager might do or say something that might be hard to forgive?
- Do you feel like asking them to leave the family home?

We may be able to help you, come along to our Flashpoint Programme with your teenage son/daughter. Take the opportunity to work it out before it gets out of hand, on our free, relaxed, confidential and supportive programme.