

Understanding Adolescence

Helping taiohi to navigate this important time



Come along to learn about the wellbeing and growth of taiohi/adolescents.

We look at the changes that happen during this important time: in the brains, bodies and lives of taiohi.

We explore their individual differences, and the kinds of support taiohi (and their whānau) may need. This includes the important role we can all play during this time of opportunity and learning.

We look forward to you joining us!

You will:

- *Explore adolescent development and wellbeing.*
- *Discuss what can help and what can get in the way of taiohi healthy development.*
- *Reflect on ways we can support taiohi wellbeing and growth.*

WHERE: UPSTAIRS IN TIROHANGA NUI (CLASS 9)
WHEN: 6.30-8.30PM THURSDAY 29TH AUGUST