

# **branch out**

A program for parents and caregivers of youth and teens ages 10 to 18 years old.

During adolescence, youth need their parents' attention and support more than ever. With so many changes and transitions happening during adolescence, this phase of life is a time of excitement and anxiety—for youth and their parents.

Branch Out is being designed to support mothers and fathers in their parenting roles as they, in turn, nurture their child as he or she transitions from childhood to adulthood.



## **Coming Soon!**

A *web-based* format of Branch Out will be available in

**December 2021**

at *no cost* to civilian and military families.

## **Branch Out will help you learn strategies to:**



Foster open and honest communication



Support your adolescent's development and independence



Understand your adolescent's development



Establish boundaries and guidelines



Cultivate positive relationships



Establish safety measures



Recognize the benefits and risks of digital media

**For more information about the Branch Out program visit:**

<https://thrive.psu.edu/universal-parenting-programs/branch-out/>