

INFORMATION FOR PARENTS: RESOURCEFUL ADOLESCENT PROGRAM

About Adolescence

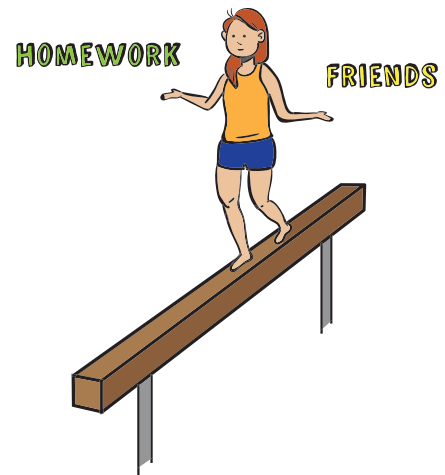
Adolescence is an exciting phase of your child's life – a time of growth, new experiences, and changing relationships both inside and outside of your family. Teenagers navigate a variety of developmental obstacles as they journey towards becoming an adult.

Many of the changes that teenagers experience are to do with:

1. becoming independent while still feeling the security of home; and
2. becoming their own person and feeling good about themselves.

These changes are a normal and healthy part of developing into secure and happy adults.

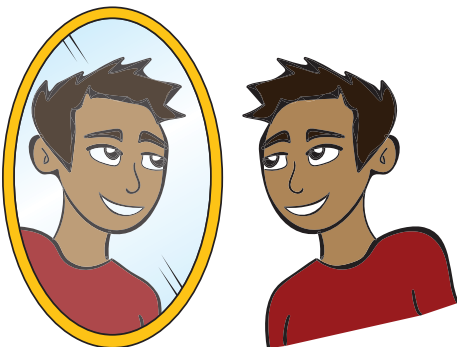
It is not uncommon for emotional difficulties such as stress, anxiety, or depression to appear during the teenage years. This may be due to stressful circumstances that can often arise during adolescence: study demands, performance expectations, peer pressure or conflict, or family difficulties. Teenagers who have the right support and skills can confidently face the challenges of adolescence. Adolescence is a prime time to work together with young people to deal with difficult issues in constructive and resourceful ways.



About RAP

The Resourceful Adolescent Program (RAP) is a **resilience-building program** that aims to prevent the development of depression and other emotional problems in teenagers. RAP is strength-based and positively focussed, and has been developed to be relevant to all teenagers. It engages participants to think about what it means to be resourceful, as well as develop new strategies that will build their resilience.

RAP empowers teenagers to effectively deal with stress, conflict, and other difficulties, both now and in the future. The program addresses issues such as managing stress, managing emotions, building self esteem, promoting family harmony, and keeping the peace with others.



Teenagers across 20 countries have participated in RAP and ongoing research on its effectiveness has been conducted since its development in 1997. RAP is endorsed by the Commonwealth Government as an evidence-based depression prevention program.