



**Parent Club  
Child Online Safety  
Newsletter Copy  
28.02.2022**

Below is some wording that you can use in newsletters, emails, and web content to let families across Scotland know about the “Parenting Teens” campaign and the brand-new [Digital Teen Hub](#) on Parent Club designed to support parents. This can be adapted or amended to better fit the usual tone of your communications or your brand.

There are images available for download on the ParentClub.scot [Partner Resources page](#). Please ensure you use the hashtag #ParentingTeens and tag Parent Club on @ParentClubScotland (for Facebook and Instagram), or @ParentClubScot (for Twitter) in all digital posts.

### **Newsletter copy**

Being a teenager isn't easy. The new emotions, and the ups and downs make it a tricky time for them, and parents too. And when you add all the uncertainties of the last two years into the mix, being a teen today, or a parent, is more challenging than ever.

Parent Club's “Parenting Teens” campaign supports parents to better understand their teen's emotions or feelings and how to be there for them. It offers simple ideas to help parents build an open relationship and help their teen through daily life and the challenges, such as anxiety, mood swings and isolation, they might face.

We all know that teens may sometimes act as if they're all grown up and don't need you, but they still need to feel that they're safe and that they belong. We want to offer parents simple steps they can take to remind teens that they are supported and loved.

“Parenting Teens” gives parents the tools that can help them be there and guide their teen through what can often be an overwhelming time. Simple, everyday things, like including teens in decision making in things that affect them, and setting aside regular time to chat, or just being there when they are ready to talk.

Parent Club knows that this stage on your parenting journey might be the hardest yet. But being there for them when they need a sympathetic ear, and letting them know they can come to you, is one of the best ways you can support them.

Parent club now has a new [Digital Teen Hub](#) on ParentClub.scot where parents can find ideas and advice. Stay connected on social media and follow **#ParentingTeens** for the latest tips and tools.

