

What is TOUGHLOVE?

- TOUGHLOVE Qld is a non-profit educational organisation offering self-help information and support to parents, kids in trouble and the professionals working with them.
- TOUGHLOVE is an effective self-help program for the parents of unruly young people....it works when you work the program!
- TOUGHLOVE is a combination of philosophy and action which, together, can help you regain control of your home and your life.
- TOUGHLOVE is a network of parents helping kids - of parents and professionals working together, to bring positive change into the lives of young people.

What it is Not!

- TOUGHLOVE does not advocate, or support, physical or verbal abuse.
- TOUGHLOVE does not advocate, or support, kicking kids out – we give our kids options that protect their safety and our responsibility. The reality is that they may not choose our options.

Dear Parent,
We know how lonely and helpless you feel when your kid is in trouble. You are not alone. There are many parents in your community who are having similar problems, and who are needlessly feeling isolated, guilty and ashamed.
We realise it is hard for you to reach out at a time like this, but we have seen that parents who join a TOUGHLOVE Parent Support Group find that their lives dramatically change for the better.
Take a risk and come to a parent group so that you can judge for yourself.

*Daino York
Alyssa York*

To find your nearest group, contact -

TOUGHLOVE Queensland Assn. Inc.
PO Box 1274, Stafford City. 4053

Ph: 07 3856 3211

www.qld.toughlove.org.au
E-mail: info@qld.toughlove.org.au

Your tax deductible donation will help us reach more families.

TOUGHLOVE Parent Support



**A Self-Help Program
For Parents
Troubled by Unacceptable
Adolescent Behaviour**

For more Information

Ph: (07) 3856 3211

Assess your own Situation

AT HOME

- You and your spouse argue about your teenager's behaviour
- You have withdrawn from your spouse
- Your spouse has withdrawn from you
- You have not recently had a peaceful nights sleep
- You hate to hear the phone ring when your teenager is not home
- You, or your spouse lost time from work because of your teenager

Has your teenager come home...?

- And missed dinner
- High
- Unreasonably late
- Drunk

Has your teenager run away...?

- Overnight
- For two days
- For a week
- For more than a week

Has your teenager been violent...?

- Verbally
- Physically to the house or furniture
- Physically to anyone in the family
- Physically to other people in the community
- In school
- With the police

AT SCHOOL

Has your teenager...?

- Been lazy
- Absent without your knowledge
- Missed classes
- Been suspended
- Have you been called by the school

THE LAW

Has your teenager...?

- Received a summons
- Received fines, or tickets
- Been involved in accidents
- Been charged with drug incidents
- Been charged with drinking incidents
- Been arrested

How many items have you ticked?
Do you have even more concerns?

Are you satisfied with the way things are?

We believe that if you have ticked two areas in the home category, two areas in the school category, and one area in the legal category

YOUR CRISIS IS BUILDING.

If you ticked more areas,
YOU ARE ALREADY IN CRISIS.

DON'T FEEL BAD, GET MAD!
Then use your anger
to make constructive changes.

How we Work

- We are a parent support group – parents with similar experiences, helping each other
- We deal in behaviour, not in emotions, even though emotions are acknowledged and respected
- We do not act as professional counsellors – each group can recommend helpful professionals from their own resource lists
- We have no affiliation with any religious, political, or social organisations
- We cannot give you immediate answers to your problems; what we can do is show you that you are not alone, that you have rights and worth, and deserve to be treated with respect
- We have a “process for change” that you can use as a guide. We offer supportive confrontation and selective support to help you to make changes – first for yourself and your wellbeing – then for your teenager.
- We give no guarantees. We do not tell you what to do. We can give suggestions, hope and sharing. There are no prescriptions - you make your own plans and get support from the group to follow through with your decisions.

We Ask Three Things of You

- That you use *TOUGHLOVE* materials so we are all speaking the same language
- That you allow yourself time to see how the *TOUGHLOVE* Program works. Please plan, initially, to come to at least six consecutive weekly meetings.
- And because we are a support group, not a service, that you give back support to others when you can.