



As parents, you may not realize it but your children have spent years training you to give them options.

They know how to get you to argue; how to wear you down; how to play Dad against Mom; how to procrastinate and numerous other ways to confuse, distract, and manipulate you to their advantage.

You can overcome this handicap, and **“GET IN CONTROL”** of your child’s behavior.

Call 864.467.4099 or visit
[justsaysomethingsc.org/
backincontrol!](http://justsaysomethingsc.org/backincontrol!)

THE “BACK IN CONTROL” PROGRAM CAN HELP YOU.

“BACK IN CONTROL” PARENTING PROGRAM

Six week sessions

Monday Evenings

6:00 pm—8:00 pm

Just Say Something
850 S. Pleasantburg Drive, Suite 202
Greenville, SC 29607

12 Credit Hour Course

**GREENVILLE COUNTY RESIDENTS
ATTEND FREE OF CHARGE! OTHER
COUNTY RESIDENTS MUST PAY!**

\$70 for one parent

\$120 for a couple

(Pay online with a credit card or in-house with cash.)

If you would like to attend or
schedule a program, please contact:
Lynn Hooper, Parenting Director, at 467-4099 or
at lynn@justsaysomethingsc.org. Or contact V.
Henderson at 467-4099 or virginia@justsaysomethingsc.org.

**JSS is proud to have three certified
Triple P facilitators on staff.*

SCAN TO REGISTER!



*For parents,
grandparents,
and other adults
who have a child
that is pushing
their limits.*

Back In Control

Parent Enrichment Course

JUST SAY
SOMETHING

conversations about drugs and alcohol

“Back In Control” (BIC) Parent Enrichment Course explores many issues that concern parents. Some of which are the following:

- Why do kids behave the way they do?

They do the things they want to do!

- Do kids do things they think they can get away with?

Of course, they do!

- What is the cause of problems between parents and kids?

Parents want kids to do things that kids do not want to do.

Most misbehavior is simply an exercise of power. Kids do what they want to do in the absence of active parental supervision.

**JUST SAY
SOMETHING**
conversations about drugs and alcohol

*Need a little more personalized help? Ask the JSS Parenting Facilitator about **TRIPLE P***. Positive Parenting Practices can offer one-to-one time with parents that enhances the principles of positive parenting.*

You do not need to understand exactly why your child misbehaves, as long as you realize that the misbehavior is something your child wants to do.

If you agree with the answers to the previous questions, you will find that almost any type of misbehavior can be controlled. However, you must be willing to change your behavior — specifically the way you talk to your child and the amount of parental supervision you provide.

“Back In Control” will give parents the tools they need to get **“back in control”**.



Program Topics:

- Why Rules Are Important
- 4 Elements of A Good Rule
- Clearly Stated Mandatory Rules
- Effective Follow Through
- Consequences
- Why Parents Are Inconsistent
- Consistency
- Arguing, Lying, and Punishment
- Responsibility and Trust
- 4 W’s of Parental Supervision
- Knowing Your Child’s Friends
- Parent-Child Communication
- Drug Awareness & Education (Alcohol, Marijuana & Prescription Drugs)