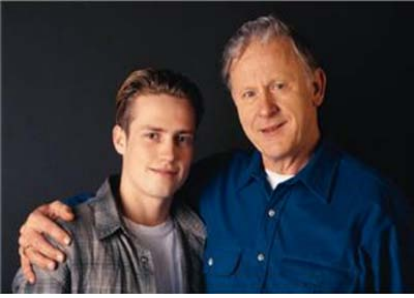


TEEN WELLBEING AND FLEXIBLE PARENTING



How close are you to your teen?
What coping strategies do you use
in difficult moments with your teen?

Help us understand how parent's flexibility in dealing with their own thoughts and emotions, influence the parent-adolescent relationship and teen wellbeing.



If you have a teenager aged **11 to 18 years old**, complete a brief and anonymous 20-minute survey about your parenting, your relationship with your teen and their wellbeing. Your participation in our research is greatly appreciated!

This research is voluntary and confidential.



For further information and to take part in the survey, please visit:

<https://exp.psy.uq.edu.au/parentingteens/project/flexibleparenting>