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# Teen STAR

We need more Teen STAR tutors!

## Who can attend the Teen STAR Tutor Training Course?

- You are: a parent, a school head teacher, a teacher, a school nurse, a doctor, a youth group leader, an educator ...
- You have discovered the spirit of the Teen STAR programmes and you are convinced that it is effective in helping young people to build their emotional lives successfully.

## How is the Training Run?

- Duration: five days of training (addressing all key points of the programme mentioned above)
- + one year of practice with an experienced Teen STAR tutor.

**Next training: 8th to 12th January 2020**

Centre for Catholic Formation, Tooting Bec, London SW17 8BS

£220/pers. - £250/couple

For more information, write to:

[info.teenstaruk@gmail.com](mailto:info.teenstaruk@gmail.com)

Friendship  
Love  
Sexuality...



**Teen STAR**  
gives teenagers a  
chance to stop and  
think about these  
fundamental  
subjects...  
... thanks to trained  
Teen STAR tutors!



**Teen STAR**

[www.teenstar.org](http://www.teenstar.org)

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## A unique method

### Teen STAR – what and for whom?

Teen STAR is an interactive educational programme for teenagers (13-14 and 15-18-year-old), based on the respect of the human person.

### Teen STAR - why?

- To take time to think about human relationships, sexuality and love
- To know the functioning of one's own body, and that of the opposite sex
- To know oneself better and to understand others better
- To talk about sexuality... without any taboos and ask questions without being judged
- To know what is good for oneself, how to deal with peer and media pressure, how to discern and to choose, and how to say no
- To benefit from an experience of space and time

### Teen STAR - how?

- It is each teenager's own decision whether to attend the programme with their parents' agreement
- Interactive programme over the course of one school year: 18 sessions of one or one and a half hour each, with 5 to 12 participants per group
- Boys are taught with male tutor, girls with female tutor
- Discussions, role playing, films...
- Confidentiality, respect, benevolence

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## What they say about it...

- "I liked the fact that we had so many open discussions, which made discussing some more sensitive subjects a lot easier!" (Isabel, 14).
- "The Teen STAR course has been amazing; it has shown me a lot of stuff that I wouldn't have learned at home or school. And it has helped me to build up my personality" (James, 17).
- "It really changes the way one thinks; I understand life much better" (Sara, 14).
- "I think the course has helped my understanding of my body ... as now I know myself better and I can control myself more" (Tom, 18).
- "Teen STAR has benefited me in clarifying a lot of things and it also talked about things that you don't talk about at school like in PSHE" (Anna, 14).

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