 

**North Carolina Parents and Caregivers have access to FREE online versions**

**of Triple P — Positive Parenting Program (TPOL)**

**Triple P Online** **Standard**, **Teen Triple P Online** and **TPOL Spanish Standard** are all available **FREE to NC parents and caregivers in all 100 counties**.

*These Online Modules introduce parents to a full range of Triple P’s parenting strategies – simple ways to encourage positive behavior, to prevent and manage misbehavior, and build stronger relationships. Triple P Online Standard and TPOL Spanish are suitable for parents of children up to 12 years of age; Teen Triple P Online is for parents of children of around 11 to 17 years of age.*

* Professionals across the State including teachers, case workers and lawyers are asking about Triple P services in their county.
* Triple P is a world-renowned evidence-based family intervention program.
* Information about **TPOL** are available at our web page: [www.triplep-parenting.com/glo-en/triple-p/](http://www.triplep-parenting.com/glo-en/triple-p/)
* Parents and caregivers can easily register for these free online programs in NC by submitting the short request form on the web page.
* Triple P Online Standard in English and Spanish contain 8 modules while Teen Triple P Online contains 6 modules.
* All online modules are a lively mix of video clips, worksheets and activities. They can be easily completed by parents themselves. While designed to be completed at approximately one module per week, parents have access to all modules for 12 months and can move at their own pace.
* Telephone and email support by trained Triple P Providers is available to all requesting parents and caregivers in North Carolina free of charge.
* A Certificate of Completion is awarded to parents and caregivers upon completion of each version.