

“Are you teen ready?”

Megan de Beyer

Grade 6 and 7 Parents

31st August 2026 – @19h00 Jagger Hall

Soon your son will be going to college where his development will surge, creating the young man he will be. The changes are not just physical: they are emotional, neurological, social and psychological – it’s not just about understanding this in theory, it is a life experience and a journey you will take with him. The changes in puberty and adolescence will alter everything about who he is, your relationship with him and how he fits into society and relates to his family. Your son’s world will also expand exposing him to diverse experiences and social networks. Are you teen ready? Is he?

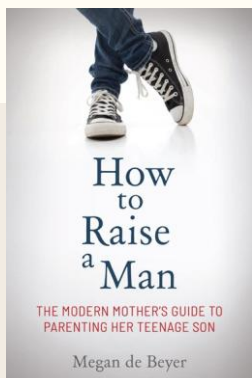
This is a talk for parents of Pre-teens and young teens (Grade 6 & 7) by acclaimed psychologist and parent expert Megan de Beyer. ‘Strong Mothers, Strong Sons’ is a course, presented by Megan, that has run successfully at Bishops College for almost 20 years. She is also the author of “How to Raise a Man: A Modern Mother’s Guide to parenting her teenage son”. She promotes a conscious parenting, an intentional and self-aware approach.

Megan will unpack the changes but also bring practical examples and tips to help you prepare for what’s ahead. Time for Q & A. This is essential for a seamless transition, as a family, to college.

Some of the topics covered:

- Conscious parenting- the how and why
- Independence vs dependence- how much freedom to give.
- Exposure to social media; peer pressure; parties and sex.
- Puberty changes- the facts and the direct experience.
- How to grow your parenting as he expands his world.

“We need to instil confidence in our sons, in order to raise a man who is strong enough to do the right thing, independent enough to forge his own path, and well-parented enough to become the contributor to society we all so desperately need him to be,” says Megan.



Megan de Beyer, MA (Psychology), MSc (Holistic Ecology), is an international specialist parent psychologist and author. Megan facilitates the successful course “Strong Mothers, Strong Sons” online & in-person. She is a celebrated writer and speaker, having been featured on popular media channels in South Africa and Australia. She has spoken to hundreds of parents of teenagers locally and globally. She is the mother of two amazing young men. Megan’s book and or audio book is an essential read for mothers seeking compassion and wisdom while navigating the teenage years.


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