

The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is a parent, youth, and family skills-building curriculum designed to:



- **build family strengths**
- **strengthen parenting skills**
- **prevent teen substance abuse and other behavior problems**

The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

Prevention works

Iowa State University has evaluated the Strengthening Families Program 10-14 with hundreds of families. Compared with families who were not in the program

- Youth had significantly lower rates of alcohol, tobacco, and marijuana use.
- Youth had significantly fewer conduct problems in school.
- Parents learned to build a positive relationship with their children, set appropriate limits, and follow through on consequences.

These results have continued years after families have completed the program.

The program has been used with thousands of families in the United States and several other countries. The National Institute on Drug Abuse, the Office of Juvenile Justice and Delinquency Prevention, the U.S. Department of Education, and the National 4-H Council have recognized the Strengthening Families Program 10-14 for its positive effects on youth.

MAKE A DIFFERENCE FOR YOUR FAMILY!

Learn how you can participate in the Strengthening Families Program 10-14

***FREE and open to the public!**

***Dinner provided each night!**

***Free child care for younger siblings!**

***Gas cards to assist with transportation!**

UPCOMING SESSION START DATE:

Contact us for more information and new dates beginning in the summer of 2012!

Sponsored by:

Washington County Family & Children First

Phone: 740-376-7081

Email: fcfc@suddenlinkmail.com

Website: www.wcfcfc.org

Funded through The Ohio Children's Trust Fund

STRENGTHENING *families* **PROGRAM**

IOWA STATE UNIVERSITY
University Extension



For Parents and Youth 10 - 14

Sponsored by:

**Washington County
Family & Children First**

**For More Information or to
Register call 376-7081**

**See back for details!*

Strengthening Families Program 10-14

Do you want to

- Help your children succeed in the future?
- Keep your children from serious behavior problems like drug and alcohol use?
- Maintain a positive relationship with your children during the challenging teen years?

In just seven two-hour sessions

- You will learn how to show love while setting limits
- Your children will develop skills in handling peer pressure and building a positive future
- Your family will grow and have fun together



What are the sessions like?

During the first hour, parents and youth meet separately with their group leaders.

- Parents watch videotapes of typical family situations. A group leader will guide discussion about improving how parents and children interact in these types of situations.
- Children will participate in games and activities that teach them how to get along with their peers and parents.

During the second hour, parents and youth meet as a family.

- You do activities and projects that build communication skills and help you solve problems together and bond as a family.
- You also learn how to hold regular family meetings and work together to help your children deal with peer pressure.

The Strengthening Families Program 10-14

- Builds on family strengths
- Encourages appreciation for one another
- Improves your relationship with your children
- Decreases the likelihood of family conflict and risky adolescent behaviors.

What have parents said about the program?

“It was fun and moved along quickly.”

“I liked listening to what has worked with other families.”

“I wish I could have attended when my two older kids were this age. We benefited very much.”

“We saw that other parents have the same issues with sibling rivalry, stress, chores, time management, etc. We strongly encourage families to attend.”

What have kids learned?

“I didn’t realize how much my mom cared about me”

“I learned that my parents are fun to be with.”

“I learned to respect my parents and realize money doesn’t grow on trees.”

“I learned what to say if someone is trying to get you in trouble.”