

Benefits

To Community:

- Decreased problem behaviors in teens
- Less teen use of drugs and alcohol
- Increased positive parenting of teens

To Youth and Families:

Parents Learn

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

Youth Learn

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

For more information

To learn more about the program and how to set it up in your community, visit online

<http://sfp.wsu.edu>

Work with your youth to prevent or reduce:

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of prosocial goals
- Poor relationship with parents/caregivers

Work with your youth to build:

- Positive future orientation
- Peer pressure resistance skills
- Prosocial peer relationships
- Positive management of emotions
- Empathy with parents/caregivers

The Strengthening Families Program for Parents and Youth 10–14 years is a nationally recognized, science based, best practices program, developed by Iowa State University, that serves families with preadolescents and young adolescents.

Cooperating agencies: Washington State University, U.S. Department of Agriculture, and participating counties throughout Washington state.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

Strengthening Families Program

FOR PARENTS AND YOUTH 10–14



Nationally recognized by:

- U.S. Department of Education
- Center for Prevention of Substance Abuse
- Office of Juvenile Justice & Delinquency Prevention

WASHINGTON STATE UNIVERSITY
 EXTENSION



Program Format

- Created for parents/caregivers and youth 10–14 years old
- Seven two-hour sessions; the last session includes graduation
- Family dinner and childcare provided at some locations
- Parents and youth meet in separate groups for the first hour
- Families have fun together and practice skills for the second hour
- Each session is filled with activities and games
- Taught by three trained program facilitators
- Designed to help parents and youth build on their strengths
- Designed to help families grow and learn together

Session Topics

For Parents:

- Using love and limits
- Encouraging good behavior
- Building bridges
- Making house rules
- Protecting against substance abuse

For Youth:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Handling peer pressure
- Following house rules
- Reaching out to others

For Family:

- Supporting goals and dreams
- Appreciating family members
- Understanding family values
- Using family meetings
- Building family communication
- Reaching family goals



Program Comments

What have parents said?

"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 still at home. We benefited very much."



What have kids said?

"I didn't realize how much my mom cared about me."

"I learned that my parents are fun to be with."

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