

# STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

## Build a stronger family

To learn more about the Strengthening Families Program: For Parents and Youth 10-14, go to

[www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/).

**BASES!**  
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## Program benefits

Participant evaluations, compared to families not in the program, show:

- 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 youth, set appropriate limits and follow through on consequences.

These results have continued 6 to 10 years after families have completed the program.

## Proven to work

The World Health Organization named the Strengthening Families Program: For Parents and Youth 10-14 as the #1 prevention program out of 6,000 programs analyzed for long-term effects on substance use and misuse. Thousands of families across the United States and over 20 countries have already benefited from this award-winning program.



*"I learned what a good friend is and how to stay out of trouble."*



*"I was reminded to show love and listen with respect to my child."*



Named the number one prevention program out of 6,000 for long-term effects on substance use and misuse by Dr. David Foxcroft, Oxford Brookes University.

... and justice for all

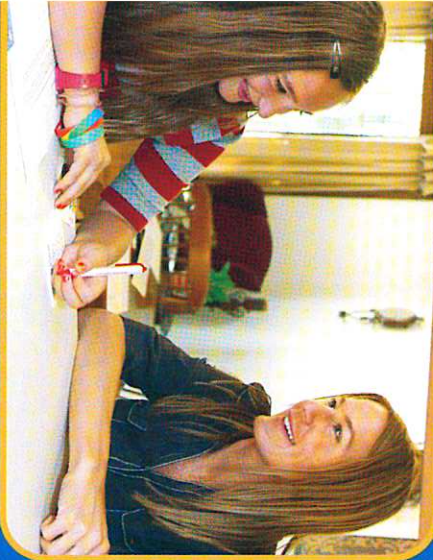
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[www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/)

Tools, skills and strategies to build stronger families in seven weeks

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### Benefits to families

"My daughter and I both felt this would be a waste of time. We were wrong. Not only has it shown me ways to deal with the troubled times we as parents face raising our children, she also learned to handle the stresses of being a teenager and peer pressure. We have shared the things that we have learned with others in our family who did not attend the program. I have to say that things are going much better for us all."

You will learn how to show love while setting limits, how to listen to your child, and how to help family members show appreciation to each other.

*All families have strengths.*

*This program will help your family become even stronger!*

### What are the seven sessions like?

During the first hour, parents/caregivers and youth meet separately with facilitators.

- Facilitators lead guided discussions with parents focusing on improving family interactions.
- Youth participate in games and activities that teach them how to get along with peers, siblings and parents/caregivers.

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

- Families bond by participating in activities and projects that develop communication and problem-solving skills.
- Families learn to help youth deal with peer pressure, improve communication skills, solve problems individually as well as a family, and enjoy family time together.

### Topics covered

- Peer pressure resistance
- Reducing stress
- Finding our family values
- Better communication skills
- Problem solving
- Goal setting
- Understanding each other better

### Communities also benefit

For every dollar spent on Strengthening Families Program: For Parents and Youth 10-14, \$9.60 comes back to the community as benefits in the form of less jail time, less time off work and less time in treatment.

*Make your family the next one to benefit from SFP 10-14. Enroll today!*

