

## 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 US Department of Education, and the national 4-H Council have recognized the Strengthening Families Program 10-14 for its positive effects on Youth.



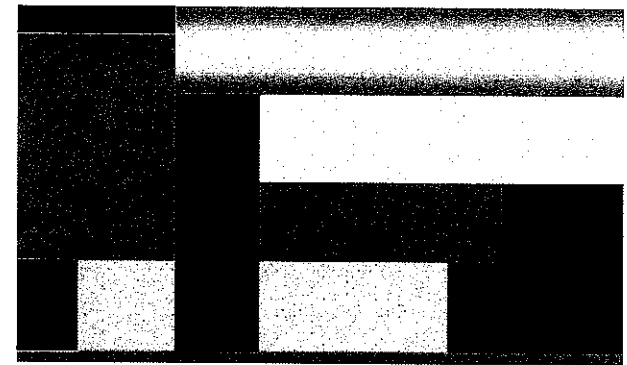
*The World Health Organization reviewed 6000 reports of studies of psychosocial or educational interventions intended to prevent alcohol use or misuse by young people. SFP 10-14 was recognized as the most promising "effective intervention over the longer-term for the primary prevention of alcohol misuse."*



**Make a difference for your family  
Learn how you can participate**

**Volunteers for Strengthening  
Families In Crawford County  
Strengthening Families  
Program 10-14.**

To register contact Kelsey Britton  
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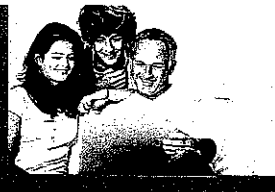


## STRENGTHENING Families PROGRAM

for parents and youth 10-14



Program through  
**Iowa State  
University  
Extension  
to Families**  
Ames, Iowa 50011



## 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 to expect?

- A seven week program that meets one night each week
- Each session begins with a **free family meal**
- **Free childcare** is provided for younger siblings
- Each week, during the first hour, youth and parents meet separately, but work on similar skills
- Each week, during the second hour, youth and parents **have fun together** as they play games and do family projects
- Youth sessions include discussions, group skills practice and games
- Parent sessions include video presentations, group discussions and skill building activities

Interactive DVD's are used portraying typical youth and apparent situations

### 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 like 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."*