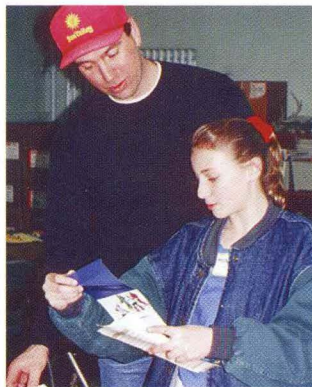
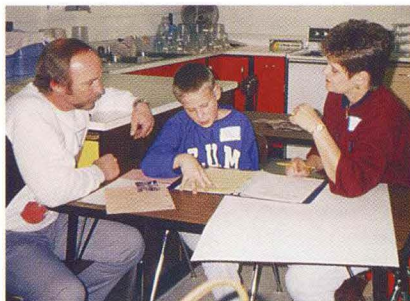


IOWA STATE UNIVERSITY  
University Extension

# STRENGTHENING

*families*

# PROGRAM



**For**

**Parents**

**and Youth**

**10-14**

*Recognized by three national groups,  
based on research findings:*

- ▲ *National Institute on Drug Abuse*
- ▲ *Office of Juvenile Justice and Delinquency Prevention*
- ▲ *U.S. Department of Education*

**Who:** Parents or caregivers and their youth 10-14

**What:** The Strengthening Families Program 10-14 has seven sessions plus optional boosters

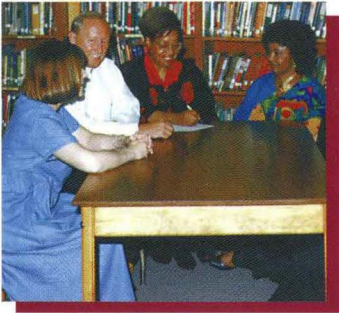
**Designed to:**

- help parents build on their strengths in showing love and setting limits
- help youth develop skills in handling peer pressure and building a positive future
- help families grow together.



# What are the sessions like?

- During the first hour, parents and youth meet separately with their facilitators.



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



Sharing



Fun

Family projects

Games

Child care

Videos



Prizes

Food

Learning



# What have parents said about the program?

"It was fun and moved along quickly."

"I liked listening to what has worked with other families."

"Outstanding! Has been very helpful to us as a family unit."



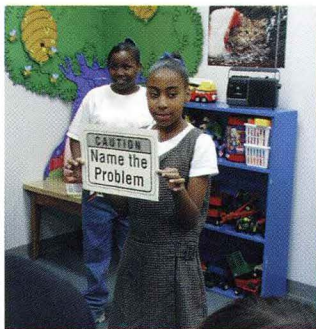
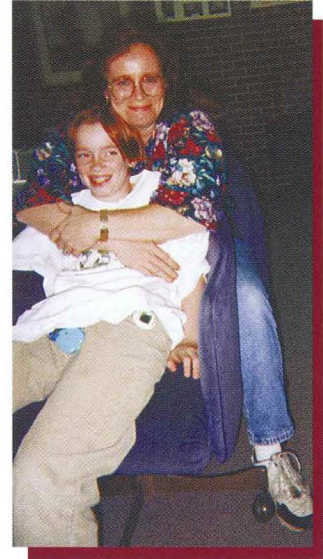
"I wish I could have attended when my two older kids were this age. We benefited very much."

# What have kids said about the program?

"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 your parents and realize money doesn't grow on trees."



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

# STRENGTHENING FAMILIES CREEDS



"We are strong and caring parents who show love and set limits. We are helping our kids become responsible young adults."



"We are strong young people with a great future. We are making good decisions so we reach our goals."



"We are strong families who care about each other and have fun together."

# Who supports the program's development and evaluation?

NIMH, NIDA, The National Institutes of Health  
Iowa State University Project Family  
Iowa State University Extension

The Strengthening Families Program 10-14 has been scientifically evaluated in a randomized, controlled test with 442 families through Project Family at the Institute for Social and Behavior Research at Iowa State University. Analysis of data demonstrated positive results for both parents and youth.

Learn more about the Strengthening Families Program 10-14 at <http://www.extension.iastate.edu/sfp/>

File: Family Life 8

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