

STRENGTHENING

families

PROGRAM

For Parents and Youth 10-14

IOWA STATE UNIVERSITY

University Extension



**Coming to Sisseton
Middle School**

What is the Strengthening Families Program?

- **A 7-week program for parents and students ages 10-14**
- **Parenting skills taught**
- **Children's lifeskills taught**
- **Family skills taught**
- **Evidence-Based (This means it's proven to be effective in helping families and their children make good decisions about their future.)**

Proven to ...

- **Delay the onset of adolescent substance use**
- **Lower levels of aggression**
- **Increase the resistance to peer pressure in youth**
- **Increase the ability of parents/caregivers to set appropriate limits and show affection to and support of their children**

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- Youth attending the program had **significantly lower rates of alcohol, tobacco and marijuana use** compared to control youth
- Youth attending the program had **significantly fewer conduct problems in school** than youth in the control group

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- **Parents show gains on general child management including setting rules and following through with consequences**
- **Parents increase skills in General Child Management such as effectively monitoring youth and having appropriate and consistent discipline**

Benefit for Parents ...

- Parents showed **gains in specific parenting skills** including setting appropriate limits and building a positive relationship with their youth
- Parents showed an **increase in positive feelings towards their child**



For seven weeks families meet for a meal and a two-hour training session.



The first hour
parents and
youth meet
separately.



The second hour
parents and
youth meet
together as a
family.

What takes place in a session?

- **Activities for youth and family**
- **Interactive video and discussion**
- **Therapeutic play**
- **Role-play**
- **Family projects**
- **Games**
- **Family fun**

During the Youth Session

- The youth group focuses on **social and life skills**
- Peer resilience skills
- Problem solving
- Conflict resolution
- Decision making
- Communication skills

During the Parent Session

- **Parent groups focus on increasing family strengths**
- **How to appreciate positive changes**
- **Holding family meetings**
- **Increasing positive family time together/unity**
- **Develop new family rituals**
- **Effective discipline**
- **Learn about family resources in the Sisseton community**

SFP 5-Year Follow-up Results

- 97% More quality spent time with child**
- 95% More appropriate consequences**
- 94% Increased enjoyment of the child**
- 84% Better problem solving with child**
- 75% Reduced family stress & conflict**
- 68% Holding family meetings monthly**
- 37% Holding a family meeting weekly**

Register Now!

- Program begins on Monday, Feb. 22nd
- Weekly prizes for all participants donated by National Relief Charity
- Supper provided @ 6 pm
- Child-care provided
- Transportation available upon request
- Two hours each Monday for 7-weeks
- No cost
- Sessions held in the middle school
- Sessions start at 6:30-8:30