

What is the Strengthening Families Program?

- A family skill-building curriculum for parents/caregivers and **youth ages 10-14**.
- An evidence-based program designed to prevent teen behavior problems, boost parenting skills and enhance family strengths
- Six interactive sessions featuring engaging videos, discussion, games, projects, and more
- A great way for parents and youth to build on their strengths, learn from each other and have fun together

Topics :

- Rules & rule-breaking: How to set loving limits without being harsh
- What kids and parents need from each other
- Emotions and moods
- The challenges of friends, curfews, alcohol, dating and more
- Building strong family relationships

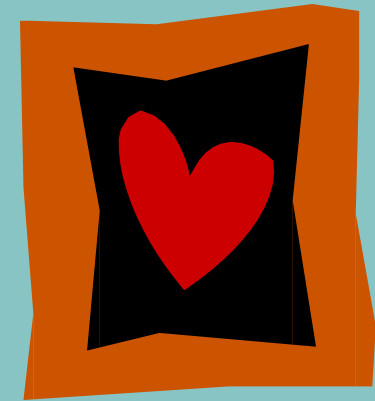
Program Format

- Created for parents/caregivers and youth 10-14 years old
- Six two-hour sessions
- 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
- Parents and youth build on their strengths
- Designed to help families grow and learn together



Strengthening Families Program

FOR PARENTS & YOUTH AGES 10-14



If you've been asking yourself...

How can I help my son or daughter have a bright future?

How can we have fun together as a family?

... maybe it's time for

STRENGTHENING FAMILIES

"Outstanding! This program has been very helpful to us as a family."

- participating parent



Strengthening Families Program, 10-14 has been shown to:

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

Here's what kids and parents say about Strengthening Families...

"I wish I could have attended when my two older kids were still at home. We benefited very much."

- participating parent

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

- participating youth

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.

Six sessions for kids & parents includes optional family meal!

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For more information

If you'd like UW Extension to bring the *Strengthening Families Program* to your organization or group, please contact the Iron County UW Extension Family Living Program at 715-561-2695

