



Background and Significance

This program was developed by

Iowa State University

Center for Family Research

- More than 20 years of research on the factors that promote and prevent youth problem behaviors.
- How to effectively intervene in the lives of young people before they engage in behavior that is likely to have serious long term consequences.

This program focuses on:

- reducing family-related risk factors for adolescent problem behaviors by helping parents/caregivers learn nurturing skills that support their children,
- teaching parents/caregivers how to effectively discipline and guide their youth, giving youth a healthy future orientation and an increased appreciation of their parents/caregivers and
- teaching youth skills for dealing with stress and peer pressure.

PROGRAM FORMAT

- Meets for seven sessions
- Each session lasts 2 hours
- First hour parents and youth meet separately
- Second hour family comes together for fun time to work on new skills building
- There is no charge

**For more information
contact:**

**Crawford County
Job & Family Services**

419-563-1570

Ext. 231, 235, or 249

Program will be held at:

**Crawford County Job &
Family Services
224 Norton Way
Bucyrus, OH 44820**

**HELPING KIDS HAVE A
GREAT FUTURE!**

**STRENGTHENING
families
PROGRAM**

For Parents and Youth 10-14

*Solving
problems
together!*



Join us for Seven Sessions of Skill Building and Fun Activities

PARENT TOPICS:

- ⇒ Love and Limits
- ⇒ Making House Rules
- ⇒ Encouraging Good Behavior
- ⇒ Using Consequences
- ⇒ Building Bridges
- ⇒ Protecting Against Substance Abuse
- ⇒ Getting Help For Special Family Needs



Parents/Caregivers

will discuss:

- **what youth this age are like**
- **making rules & consequences**
- **how to solve problems with youth**
- **ways to show love & support**

YOUTH TOPICS:

- ⇒ Having Goals and Dreams
- ⇒ Appreciating Parents
- ⇒ Dealing With Stress
- ⇒ Following Rules
- ⇒ Dealing with Peer Pressure
- ⇒ Peer Pressure and Good Friends
- ⇒ Reaching Out To Others



Youth will learn to:

- *handle frustration*
- *resist peer pressure*
- *appreciate parent/caregivers*
- *get along with others*

FAMILY TOPICS:

- ⇒ Supporting Goals & Dreams
- ⇒ Appreciating Family Members
- ⇒ Using Family Meetings
- ⇒ Understanding Family Values
- ⇒ Building Family Communication
- ⇒ Families and Peer Pressure
- ⇒ Putting It All Together

Families will:

- *have fun in activities & games*
- *discuss what makes your family strong*
- *solve problems together*

