

## Benefits

### For Youth, Families & Communities:

#### 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

#### Community

- Decreased problem behaviors in teens
- Less teen use of drugs and alcohol
- Increased positive parenting of teens

This program is sponsored by  
Washington State University Extension  
and TOGETHER! FOR YOUTH

*The Strengthening Families Program is a nationally recognized, science based, best practices program, developed by Iowa State University.*

### Work with your youth to build:

- Positive future orientation
- Peer pressure resistance skills
- Prosocial peer relationships
- Positive management of emotions
- Empathy with parents or caregivers

### Work with your youth to prevent or reduce:

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Poor relationships with parents or caregivers

#### Contact information for registration:

Brenda Webley ~ Orchard Middle School ~ 662-7745

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## Strengthening Families Program

for Parents and Youth  
Ages 10-14



### 2021 VIRTUAL SCHEDULE

- **Youth Sessions:** 5:00 – 6:00 p.m.  
Mondays – April 12, 19, 26; May 3, 10, 17, 24
- **Parents/Caregivers:** 5:30 – 6:30 p.m.
- **Families:** 6:45 – 7:45 p.m.  
Tuesdays – April 13, 20, 27; May 4, 11, 18, 25



## Program Format

- Created for parents or caregivers and youth 10–14 years old
- Seven sessions – see schedule for dates and times
- Family dinners provided on Mondays

**Parent** sessions include presentations, role-plays, group discussions and other skill-building activities.

**Youth** sessions engage each youth in small and large group discussions, group skill practice and social bonding activities.

**Family** sessions use games and projects to increase family bonding, build positive communication skills and facilitate learning to solve problems together.

## Session Topics

### For Parents:

- Using love and limits
- Encouraging good behavior
- Building bridges
- Making house rules
- Protecting against substance abuse

### For Youth:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Handling peer pressure
- Following house rules
- Reaching out to others

### For Families:

- Supporting goals and dreams
- Appreciating family members
- Understanding family values
- Using family meetings
- Building family communication
- Reaching family goals



## Program Comments

### What parents say

*"It was fun and moved along quickly."*

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

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

### What kids say

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

*"I learned that my parents are fun to be with."*

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

