



## CASA GRANDE ALLIANCE STRONG FAMILIES PROGRAM



The Strong Families Program is a universal, evidence-based, family prevention program that engages families with students (between the ages of 10 and 14 years) and builds on the existing skills of the family. The program helps to prepare parents and their children for the new pressures that are experienced as they grow into young adults. Additionally, transitioning to middle and/or high school can be very challenging when our young people and families are often underprepared for the change. In addition, this program is perfect for families that have youth that are struggling with school.

To learn more, please view this two-minute video: <https://youtu.be/xalpCGPKH3Y>

The Strong Families Program (SFP) for Parents and Youth 10-14 is a family prevention program developed and distributed through Iowa State University (<https://www.extension.iastate.edu/sfp10-14/>).

Consisting of eight interactive sessions conducted over consecutive weeks, the program enhances general child management skills, parent-child affective relationships, and family communication. Strong Families increases the family's protective processes for children, while decreasing potential risk factors, so that problem behaviors can be reduced or avoided. **In addition, the program seeks to delay the onset of adolescent alcohol and substance use disorder by improving family practices.**

### The program will:

- Enhance parenting skills, empathy, and promote effective parenting styles
- Build decision-making and life skills in youth, including stress management, conflict resolution, peer resistance, and empathy in youth
- Strengthen bonds and promote positive communication and the ability to solve problems together as a family

### Strong Family Topics include

#### Session 1-Love and Limits

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Identifying youth stressors and problems</li> <li>• Learning about love and limits</li> <li>• Supporting youths' goals and dreams</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Brain Power</li> <li>• Feeding the Brain</li> <li>• Watch Out for ANTS!</li> <li>• My Time</li> </ul>

#### Session 2- Making House Rules

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Understanding changes in youth</li> <li>• The need for rules</li> <li>• Learn to use house rules without criticizing</li> </ul>	<ul style="list-style-type: none"> <li>• LUV – Listening to Others</li> <li>• I messages</li> <li>• Communication Boulders</li> <li>• Apologies</li> </ul>

### Session 3-Encouraging good behavior

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Giving compliments</li> <li>• Using a point system to encourage good behavior</li> <li>• Building positive relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family Rules</li> <li>• Rewards that Matter</li> <li>• Homework Routines</li> </ul>

### Session 4- Using Consequences

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Learning to stay calm and respectful</li> <li>• Using small or large consequences to match small or large problems</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Control</li> <li>• Best Self</li> <li>• Fair Consequences</li> <li>• Receiving Consequences</li> </ul>

### Session 5- Building Bridges

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Learning to listen and understand</li> <li>• Meeting basic needs</li> </ul>	<ul style="list-style-type: none"> <li>• Steps in Problem Solving</li> <li>• Pre-Problem Solving</li> <li>• 5 C's Refusal Skills</li> </ul>

### Session 7- Families and Peer Pressure

Parent Topics	Youth Topics
<ul style="list-style-type: none"> <li>• Learning to listen and understand</li> <li>• Meeting basic needs</li> </ul>	<ul style="list-style-type: none"> <li>• Helpful Tools</li> <li>• Resisting Peer Pressure</li> <li>• Defining Good Friends</li> <li>• Who, What, Where When?</li> </ul>

### Risk and Protective factors that SFP 10-14 is designed to target:

Protective Factors	Risk Factors
<ul style="list-style-type: none"> <li>• Youth and family management practices, including monitoring, age-appropriate parental expectations, and consistent discipline</li> <li>• Effective and empathetic parent-child communication</li> <li>• Promotion of healthy beliefs and clear standards</li> <li>• Family bonding and supportive family involvement</li> <li>• Goal setting and positive future orientation</li> <li>• Positive parent-child affect</li> <li>• Emotional management</li> <li>• Pro-social family values</li> <li>• Peer pressure refusal skills</li> </ul>	<ul style="list-style-type: none"> <li>• Child and family management practices, including harsh, inappropriate, or inconsistent discipline, indulgence, poor parental monitoring, demanding/rejecting behavior, and poor communication of rules</li> <li>• Youth aggressive or withdrawn behavior</li> <li>• Favorable attitudes toward problem behaviors and substance use</li> <li>• Friends who engage in problem behaviors- Negative peer influences</li> <li>• Poor social and stress management skills</li> <li>• Family conflict</li> <li>• Early initiation of problem behaviors</li> <li>• Early and persistent antisocial behavior</li> <li>• Poor school performance</li> </ul>