

# MAKING A DIFFERENCE *for Iowans*

## Clippings



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A Weekly Column from Iowa State University Extension and Outreach

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**For Immediate Release**

### Celebrating Strengthening Families Program: For Parents and Youth 10-14

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Iowa State University (ISU) Extension and Outreach recently celebrated the success of Strengthening Families for Parents and Youth: 10-14 (SFP 10-14) at the George-Little Rock Middle School with a pizza party and awards for families involved. This is the second year ISU Extension and Outreach partnered with George-Little Rock Community School District for SFP 10-14.

SFP 10-14 is an evidence-based parent, youth, and family skills-building curriculum. The curriculum prevents teen substance abuse and other risky behavior problems, including violent and aggressive behavior at home and at school. It also strengthens parent and youth communication skills and increases academic success in youth.



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One parent who participated in SFP 10-14 commented, “Kids open up more when given the chance... when given ideas of things to talk about, it makes it easier [for both parents and youth] to open up with one another.”

Another parent stated, “After just one session, I knew that my family had to keep coming back. The program was valuable for our family; it will not only help my relationship with my middle school youth now, but what I have learned will have a trickle-down effect to my younger children as they get older too.”

Throughout the six-weeks of SFP 10-14, families covered a variety of valuable skills for strengthening their relationships, including how to address challenges and celebrate successes. Parents learned and practiced how to show love while setting guidelines for their children; children learned to understand that parents have a lot of responsibilities to manage. Youth also learned how to set goals, and parents rehearsed how to be supportive of their children’s goals.

Thanks to the support of the Lyon County Riverboat Foundation and the Lyon County Extension Council, SFP 10-14 is a free program available to any family in Lyon County. If you know a school who would like to participate in this program, contact Laura Beyenhof at Iowa State University and Extension and Outreach in Lyon County, 712-472-2576. We are changing lives in Lyon County, and we want all families to be able to participate in SFP 10-14.

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