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A Weekly Column from Iowa State University Extension and Outreach

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For Immediate Release

Strengthening Families: Parents and Youth Ages 10-14

Jan Monahan, Human Sciences Specialist, Family Finance

Sometimes, all it takes is a little one-on-one time with a parent for a child to really open up to you. The World Health Organization names Strengthening Families as its “number 1” most effective program for decreasing the onset of drugs and alcohol problems in youth.

The Strengthening Families Program: For Parents and Youth ages 10-14 can help families learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships. Parents learn about the different stresses that youth face today, while the youth talk about their goals and dreams. Then with their parents, youth talk about how they can achieve and support those goals. The youth also learn how to make good choices, how to seek out good friends and role models, and how to handle peer pressure. They are guided through discussions with a series of problem-solving steps such as: ask questions, name the problem, tell what could happen, suggest another route, start, and ask others to join you.



According to Jan Monahan, Iowa State University (ISU) Extension and Outreach Human Sciences Specialist, “We are lucky to have this program in northwest Iowa as it is a nationwide program and offered on a limited basis in Iowa. Any family can attend this program regardless of where you live.”

All families have strengths. Strengthening Families Program: For Parents and Youth ages 10-14 is a hands-on energetic and active program and is for every parent and pre-teen that desire to have a more open and positive relationship with each other. Iowa State University researchers found when 20-25% of the families in a given class participate in this program; positive effects are felt community wide.

The Strengthening Families Program: For Parents and Youth ages 10-14 is now being offered in Lyon County every Tuesday evening from 5:30 p.m. to 8 p.m. at the George-Little Rock Elementary School starting Feb. 25 and going through Apr. 14, 2016.

Everything is free for all families: free meals, free child care for younger children, and weekly incentives for attendance thanks to the support of the ISU Extension and Outreach Lyon County Council and Lyon County Riverboat Foundation. To find out more about this program or to register contact the Lyon County Extension office at 712-472-2576 or visit www.extension.iastate.edu/lyon.

To learn more about the Strengthening Families Program: For Parents and Youth10-14, go to www.extension.iastate.edu/sfp.

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