



*PROSPER facilitates local implementation partnerships among Extension, schools, and community stakeholders that oversee the sustained, quality delivery of programs that reduce risky youth behaviors, enhance positive youth development, and strengthen families.*

## Required Family Program *Strengthening Families Program: for Parents and Youth 10-14*

### ***What is the Strengthening Families Program: for Parents and Youth 10-14?***

- The *Strengthening Families Program: for Parents and Youth 10-14* (SFP 10-14) is an evidence-based skill-building curriculum that has been recognized by numerous federal agencies as an exemplary or model program.
- SFP 10-14 is a universal prevention program, which means it is designed for all families, not just those at higher risk. It includes seven weekly, two-hour sessions for parents/caregivers and their 6th-grade children to participate in together.
- The program is designed to enhance protective factors and reduce risk factors related to youth substance misuse and other problem behaviors.
- It has made a difference for thousands of families across all 50 states and in over 25 different countries.

### ***What are the benefits of SFP 10-14?***

SFP 10-14 has been proven effective in the following areas:

- delaying the onset of adolescent substance use (including meth)
- lowering levels of aggression
- increasing the resistance to peer pressure in youth
- increasing the ability of parents/caregivers to set appropriate limits and show affection to and support of their children
- creating positive outcomes with school-related behavior problems
- helping parents/caregivers learn nurturing skills that support their children
- giving youth a healthy future orientation and an increased appreciation of their parents/caregivers
- teaching youth skills for dealing with stress and peer pressure



## ***How does the program work?***

SFP 10-14 content is delivered for the first hour to parents and youth in separate groups using narrated videos portraying typical youth and parent situations with diverse families. During the second hour of the program, parents and youth then come together to practice skills, play games, and do family projects.

- **Parent sessions** consist of presentations, role-plays, group discussion, and skill-building activities
- **Youth sessions** engage youth in small and large group discussion, group skill practice, and social bonding activities
- **Family sessions** use specially designed games and projects to increase family bonding, build positive communication skills, and facilitate learning to solve problems together

The program is designed to be delivered to a group of 8 to 10 families over a period of seven weeks. The sessions can be held in the evenings, or on the weekends. Families often enjoy a meal together before, or after, the session each week and child care is often provided. Participation incentives in the form of door prizes and/or graduation gifts are also helpful tools to encourage attendance each week.

## ***What training and materials are required for high quality implementation?***

Professional training provided by Iowa State University Master Trainers is required in order to be certified to facilitate the program. Training helps ensure **program fidelity**, making it more likely that there will be **positive outcomes** for youth and parents. Groups of at least three facilitators per county site must receive training. One facilitator teaches the parent group; two facilitators teach the youth group, and all three facilitators work with families during the family session. Facilitators learn about the background, evaluation, goals, and content of the program and take part in session activities. Facilitators should have strong presentation and facilitation skills, as well as experience working with parents or youth.

***For more information on SFP 10-14 Facilitator Training, please visit:  
[www.extension.iastate.edu/sfp10-14](http://www.extension.iastate.edu/sfp10-14)***

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