

# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14



*"I was reminded to show love and listen with respect to my child."*

E P J X L M E A L R B D N M S J A  
 A E D E T L F G M A W C O D B L R  
 Q B V X Q M A L I B R I I O S A S  
 X C Y I I Z Q A N E S T T G G T P  
 Q G J Z T B I V R K M W A W I M L  
 F O F I G I S U E Y A G C M M W R  
 V W X G A C S V J O E Y I S F E U  
 O B I Y M S O O T P R L N D U E M  
 R T U C E L G C P W D Z U N N R J  
 B W V R S U E L Q A S Y M E S F E  
 Q X P T K P E R Y L X P M I M A P  
 G U S B S Y X S A E R T O R W M W  
 K M T E H G J O A H E E C F U I V  
 O V R V P M G S P E E R J M A L P  
 X I E S S H I E L D C F T I W Y Y  
 U M S M I S E C N E U Q E S N O C  
 E U S F A C I L I T A T O R S J W

COMMUNICATION  
 CONSEQUENCES  
 DREAMS  
 FACILITATORS  
 FAMILY  
 FREE  
 FRIENDS  
 FUN  
 GAMES  
 GOALS  
 GOOD  
 LIMITS  
 LOVE  
 MEAL  
 PEER  
 PRESSURE  
 POSITIVE  
 RESPECT  
 SHIELD  
 STRESS  
 TREE

*Make a difference for your family*  
 SFP 10-14 is a seven session, research-based program that focuses on:

- Preventing substance abuse and other behavior problems
- Strengthening parent and youth communication skills
- Increasing academic success in youth
- Preventing violence and aggressive behavior at home and school

**As a family, talk about the following:**  
*"Tell about a time when you felt happy."*  
 Share with each other.

- Tips for handling stress*
- Exercise
  - Talk to others
  - Listen to music
  - Get some sleep
  - Breathe deeply
  - Count to 10
  - Journal
  - Pray/meditate

**As a family, talk about the following:**  
*"If you could spend one whole day with your best friend, what would you like to do?"*  
 Share with each other.



*"I learned what a good friend is and how to stay out of trouble."*

*Get the tools, skills and strategies to build stronger families while having fun together.*  
 Visit our website: [www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/)

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 O B I Y M S O O T P R L N D U E M  
 R T U C E L G C P W D Z U N N R J  
 B W V R S U E L Q A S Y M E S F E  
 Q X P T K P E R Y L X P M I M A P  
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