

**March 2015!**

# Strengthening Families Program

**Parents & Youth 10-14**

## Parents will learn:

- How to help their child succeed in the future
- Build positive relationships during the challenging tween years
- How to reduce substance abuse and conduct problems

## What is it?!

Parenting tween and middle school age children can certainly include multiple power struggles! The *Strengthening Families Program* (SFP) is a parent and youth program aimed at helping parents and children ages 10-14. Parents learn to set limits with love, children practice resisting peer pressure and becoming forward thinkers, and families learn communication skills while they are having fun together.

Carroll Institute counselors Kara Likness, Taylor Funke and Barb DeVos were trained in the spring of 2014 to facilitate SFP (10-14). Other locations in South Dakota such as Spink County, Brookings, and Sisseton have found success in using SFP (10-14).

SFP (10-14) is a seven week program which consist of two hour sessions each. The sessions begin with a meal. During the first hour, the parents meet together while the tweens meet separately and the nights finish with the two groups meeting together for the final hour. Facilitators use a structured, evidence based curriculum to lead these sessions.

Iowa State University has evaluated the SFP (10-14) with hundreds of families. The youth who participated in SFP (10-14) had significantly lower rates of alcohol, tobacco, and marijuana use, fewer conduct problems in school, and parents reported feeling they were building positive relationships with their children while setting appropriate limits along with learning to carry through on consequences.

Carroll Institute sees the value in SFP (10-14) as we believe strongly that family is the basis of student success. SFP (10-14) gives parents and youth opportunities to open lines of communication to allow a honest and a safe place to try out new pro-social behaviors.

We are looking for families with children ages 10-14 that are interested in building strong families. The program is scheduled for Thursday nights in March and April of 2015. Carroll Institute has received funding to make the program available at a minimal cost to families.

**CARROLL**  
INSTITUTE

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**FOR MORE INFORMATION CALL BARB OR VISIT:**  
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