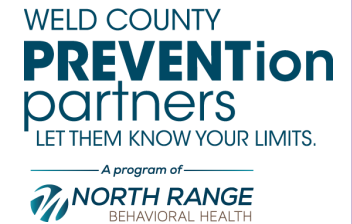


2016-2017

STRENGTHENING FAMILIES PROGRAM *for* PARENTS AND YOUTH 10-14



About SFP 10-14 The Strengthening Families Program for Parents and Youth 10 to 14 (SFP 10-14) is a nationally and internationally recognized evidence-based program for families with youth ages 10 to 14 years. SFP 10-14 teaches skills to youth to prepare them for successful teen years and teaches family skills for positive and honest interaction between youth and parents.

Strengthening Families in Weld County SFP 10-14 is a free * resource for parents and their middle school aged youth in Weld County. Classes are offered in both **English** and **Spanish** at schools in your community. *supported by NRBH and TGYS funding.

For information
about the SFP 10-14
Program in Weld
County, please
contact:

**Leah Ortiz, Strengthening
Families Coordinator**
(970) 347-1389

or

**Nomie Ketterling, Weld
County Prevention Partners
Coordinator**
(970) 313-1159

What are families saying about SFP 10-14?

How has family life changed after the program?

Parents said...

- ◇ Using the “I Statements” and “5 Minute Chores” have really helped our family get along better.
- ◇ My child and I are opening up to each other more and willing to communicate with and help each other.
- ◇ Greater compassion, tolerance, patience, and respect.
- ◇ It’s been great to see immediate changes from what I’ve learned from this class!
- ◇ We communicate more as a family.

Youth said...

- ◇ I do think life has changed at home by having family meetings to getting along better with my mom and dad.
- ◇ My parents don't fight anymore.
- ◇ I think my life has changed because I make better decisions.
- ◇ I think that my life at home has changed because we work out our problems.
- ◇ I think it has helped us deal with our problems better because we used the techniques learned.
- ◇ Yes, because we like each other; we are stronger as a family.
- ◇ It helped my family by making it more communicative.

What did you learn or gain from the program?

Parents said...

- ◇ I learned how to deal with situations differently and have had a better outcome.
- ◇ We’ve learned to listen, to have patience, to put rules in the home and above all to respect each other mutually and communicate in a familiar way.
- ◇ I learned to keep calm and to only reprimand my child after I became calm.
- ◇ I’ve learned how to listen more effectively.
- ◇ How to support my family in their education.

Youth said...

- ◇ I learned that with respect and love you can always fix problems in your family.
- ◇ I’ve learned how to remove myself from peer pressure situations.
- ◇ I learned to be mindful, participate in family meetings, and to reach my goals.
- ◇ I learned that it’s important to be part of a family and to treat your peers with respect.
- ◇ I learned how to help friends who are experiencing peer pressure and need help to not make bad decisions.
- ◇ I learned that it’s important to follow the rules and respect others so we can be successful adults.

SFP 10-14 participants ranked themselves on knowledge, skills, and behaviors both before and after the program. The percent of youth and parents reporting improvements increased for every survey item!

Percent of participants reporting “a good bit of the time” or “most of the time” for each survey item. *Note: Higher percentages are better.*

Survey Item	BEFORE	AFTER	Program Impact	Survey Item	BEFORE	AFTER	Program Impact
Youth (n = 58)				Parent (n = 57)			
1. I know one step to take to reach one of my goals.	64%	86%	22%	1. Wait to deal with problems with my child until I have cooled down.	61%	86%	25%
2. I do things to help me feel better when I am under stress.	51%	78%	27%	2. Remember that it is normal for children to be harder to get along with at this age.	61%	88%	27%
3. I appreciate the things my parent(s)/caregiver(s) do for me.	78%	84%	6%	3. Help my youth understand what the family and house rules are.	53%	88%	35%
4. If a friend suggests that we do something that can get us both into trouble, I am able to get out of doing it.	69%	82%	13%	4. Take time to do something fun together as a family.	76%	86%	10%
5. We have family meetings to discuss plans, schedules, and rules.	27%	55%	28%	5. Let my youth know what the consequences are for breaking rules.	65%	92%	27%
6. I know how to tell when I am under stress.	55%	71%	16%	6. Find ways to keep my child involved in family work activities, like chores.	51%	86%	35%
7. I listen to my parent(s)/caregiver(s) point of view.	68%	78%	10%	7. Follow through with consequences each time he or she breaks a rule.	57%	88%	31%
8. I understand the values and beliefs my family has.	73%	76%	3%	8. Talk with my child about his or her future goals without criticizing.	63%	88%	25%
9. I know there are consequences when I don't follow the rules.	73%	84%	11%	9. Often tell my child how I feel when he or she misbehaves.	41%	88%	47%
10. My parent(s)/caregiver(s) and I can sit down together to work on a problem without yelling or getting mad.	45%	69%	24%	10. Find ways to include my child in family decisions about fun and work activities.	61%	86%	25%
11. I know the qualities that are important in a true friend.	71%	78%	7%	11. Spend special time one-on-one with my youth.	53%	84%	31%
12. I know what my parent(s)/caregiver(s) think I should do about drugs and alcohol.	73%	76%	3%	12. Let my youth know the reason for the rules we have.	55%	88%	33%
13. My parent(s)/caregiver(s) are calm when they discipline me.	59%	69%	10%	13. Listen to my youth when he or she is upset.	69%	88%	19%
14. I feel truly loved and respected by my parent(s)/caregiver(s) .	80%	84%	4%	14. Have regular times for homework.	57%	74%	17%
15. I am able to tell when my parent(s)/caregiver(s) are stressed or having a problem.	71%	82%	11%	15. Work together with my youth to solve problems that come up at home.	57%	84%	27%
				16. Try to see things from my youth's point of view.	54%	83%	29%
				17. Talk to my child about ways to resist peer pressure.	59%	88%	29%
				18. Give compliments and rewards when my child does chores at home or learns to follow rules.	57%	90%	33%
				19. Show my child love and respect.	90%	94%	4%
				20. Explain to my child the consequences of not following my rules concerning alcohol use.	61%	86%	25%

