



STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

An evidence-based parent, youth, and family skills-building curriculum that:

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

www.extension.iastate.edu/sfp10-14/

The World Health Organization named Strengthening Families Program: For Parents and Youth 10-14 the **#1 prevention program out of 6,000 programs analyzed for long-term effects on substance use and misuse.**

“Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the U.S. Strengthening Families Program: 10-14, an approach now being tried in Britain.” David Foxcroft, Oxford Brookes University (Cochrane Collaboration Systematic Review, 2002). Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

Program Features

- Developed for parents and youth ages 10-14
- Designed for a group of 7-10 families
- Consists of seven two-hour sessions with graduation
- Led by three certified facilitators with separate sessions for youth and parents and then families together
- Builds communication and allows parents and youth to practice skills with learning games and family projects
- Provides four optional booster sessions that may be held 3-12 months later
- Implemented in all 50 states and more than 18 countries



SFP 10-14 is Blueprints Certified: Meeting the highest standards of evidence through independent review by the nation's top scientists.



Benefit-Cost Analysis –

For every dollar spent on SFP 10-14, \$9.60 comes back to the community as benefits in the form of less jail time, less time off work, and less time in treatment.

Source: Spoth, Gyll, & Day (2002). Journal of Studies on Alcohol, 63, 210-228.