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.

Our participants say it best...

From Our Youth:
- “I learned to deal with peer pressure.”
- “I realized my parents have stress too.”
- “My parents love me.”

From Our Parents:
- “I learned to listen to my child and their feelings.”
- “I can set rules and consequences and still show love.”
- “This is the first time since my son was born that my husband and I have been on the same page.”
- “Since there was a court order for my son to do this, we both felt it was a waste of time – we were wrong!”

From Our Facilitators:
- “I firmly believe in this program. I hope the parents find the tools, skills, and strategies helpful.”
- “All families can learn from this program. Families all have needs and challenges.”
- “Our family did the program and the peer pressure steps helped them choose a great group of friends.”

Youth Risk and Protective Factors Addressed

Risk Factors:
- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of pro-social goals
- Poor relationship with parents

Protective Factors:
- Positive future orientation
- Peer pressure resistance skills
- Pro-social peer relationships
- Positive management of emotions
- Empathy with parents

SFP 10-14 Delays Initiation of Substance Use by Over Two Years

<table>
<thead>
<tr>
<th>Prevalence Rate Description</th>
<th>Control</th>
<th>SFP 10-14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime Alcohol Use w/o Parent Permission</td>
<td>40%</td>
<td>14.4</td>
</tr>
<tr>
<td>Lifetime Drunkenness</td>
<td>35%</td>
<td>15.3</td>
</tr>
<tr>
<td>Lifetime Cigarette Use</td>
<td>30%</td>
<td>15.7</td>
</tr>
<tr>
<td>Lifetime Marijuana Use</td>
<td>10%</td>
<td>15.5</td>
</tr>
</tbody>
</table>

* p < .05 for test of group difference in time from baseline to point at which initiation levels reach the stated levels—approximately half of 12th grade levels—in control group.