



# **Strengthening Families for Parents and Youth 12-16**

**A Community Initiative to Adapt an Evidence-Based Model for  
Implementation with Families of At-Risk Youth**

## Session Overview

Sessions typically begin in the early evening and are provided on the same day of the week for eight consecutive weeks, unless a holiday is involved and a session needs to be postponed. The following format is adhered to:

- 1<sup>st</sup> hour - Participation in a family meal
- 2<sup>nd</sup> hour - (70 minutes) Parents and youth participate in a skills building session separately
- 3<sup>rd</sup> hour - (50 minutes) Families participate in a session together, building on the topics and skills they have explored separately

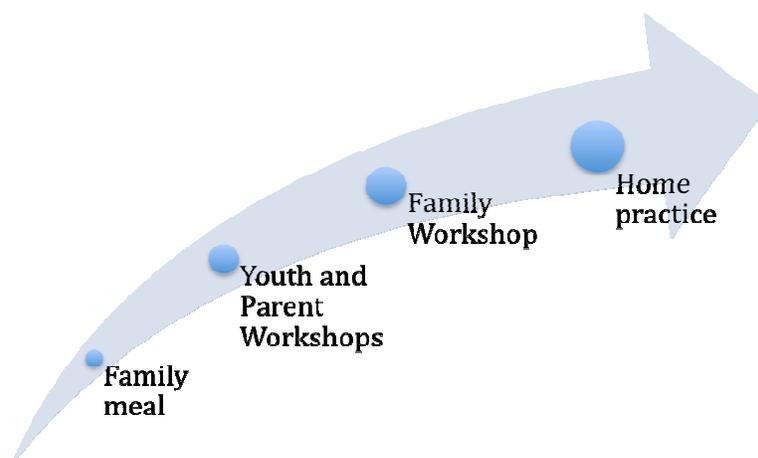
Parents and teens must commit to attending the sessions together as both must participate in the sessions to gain from the program. All teens within the age group from a family are welcome to participate, but all teens must be 12 years of age or older.

Providing a meal for the family makes it easier for families to participate in the program. It also provides an important chance for families to spend time together and practice the skills they have learned as well as an opportunity to informally meet with facilitators and build a communal experience for all members of the SFPY group.

The Family Session not only allows parent and teen to work on skills together but also allows the parent group and the teen group to communicate outside of their immediate family, thereby presenting the opportunity for intergenerational dialogue in a safe and accepting environment through enjoyable activities.

Childcare is provided for children under 12 years of age, to allow parents to commit to the program without concern for the care of younger siblings.

Parents are asked to practice the skills they have learned and the routines that have been introduced at home with their teen and other family members.



# SFPY 8-Week Curriculum



*"I found I can look at issues from a different angle now and we have a calmer home."*

(SFPY Parent)

*"I liked the program activities – and I actually learned stuff!"*

build

## PARENT SESSIONS

**Establish the foundation of positive parent-teen interaction and a tool kit for effective family functioning**

- Adolescent Development
- Parent and Teen: Roles and Responsibilities
- Positive Behaviour Change
- Positive Attention
- Introduction to Teen Time
- Communication – Teens and Respectful Dialogue
- Family Meetings
- Clear Expectations and Supporting Goals and Dreams
- Fair Limits, Appropriate Consequences
- Handling Stress and Anger
- Substance use
- Risk and Protective Factors
- Problem solving and putting it all together
- Building Resiliency

## YOUTH SESSIONS

**Activities that engage, explain, explore, experience and empower**

- Teens and Parents: Roles and Responsibilities
- Praise
- Introduction to Teen Time
- Communication
- Setting and achieving and goals
- Behaviour, choices and consequences
- Stress and Anger
- Substance use
- Review
- Getting Support
- Being Resilient

## FAMILY SESSIONS

**Opportunities for active, positive parent-teen exchange**

- Parent and Teen Interaction Game
- Teen Time Activity
- Communication Activity
- Family Meetings
- Supporting Youths' Goals and Dreams
- Group Dialogue on Limits and Consequences
- Stress and Anger
- Group Dialogue on Substance Use and Teens
- Family Strengths