

Iowa State University has evaluated **Strengthening Families 10-14** by comparing families who have participated in the program to families who have not. Here are some of the results.

- Youth have significantly less behavior problems in school.
- Parents effectively set limits and consequences, and have more positive relationships with their children.
- Youth have significantly lower rates of alcohol, tobacco, and marijuana use.



These results continue for years after participation in the program.

For questions, please contact:

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University of Wisconsin, U.S. Department of Agriculture and Wisconsin Counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

Strengthening Families

A Program for
Parents and Youth
Ages 10-14

- Place:** Starbuck Middle School
1516 S. Ohio Street
Racine, WI
- Days:** Tuesdays
- Dates:** February 16-April 5
- Time:** 6:00 – 8:00 p.m.
(Dinner at 5:30)



Who benefits from Strengthening Families?

Benefits

To Community:

- Decreased problem behaviors in teens
- Less teen use of drugs and alcohol
- Increased positive parenting of teens

To Youth and Families:

Parents Learn

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

Youth Learn:

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

**Improve family unity and
have fun at the same time!**

Session Agenda

5:30-6:00 PM	Family Dinner
6:00-7:00 PM	Group Activities (parents and youth are separate)
7:00-8:00 PM	Family Activities (parents and youth together)



Dedicate time to the future of your children and to the future of your family.

Free child care is offered to participants of the program. If you require child care, please include this information on your registration form.

“Strengthening Families”

Tuesday, February 16, 23, March 1, 8, 15, and 22 and April 5, 5:30 - 8:00 PM
Please complete the registration sheet below. To register, please call Ms. Sara Barrows at 262-664-6513.

Parent / Caregiver Name

Parent / Caregiver Name (if applicable)

Youth Name

Youth Name

Date of Birth

Date of Birth

_____ Racine, WI 53_____

Address

Telephone Number

Do you need child care? I need child care for _____ children No, I do not need child care.