

# Parent Education

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**50% of 13 year olds say their parents have not talked to them seriously about the dangers of alcohol and other drugs.** Ever wish someone could give you the chapter on what to do **before** they become teens? This course will help support and guide you as your children enter into or are already in Middle School.



## "Guiding Good Choices"

a **\*\*FREE**, 5-week parenting series to learn how to reduce risk factors and strengthen protective factors of **9 -14** year olds that are known to predict later problems such as alcohol and drug abuse.

### This best practice program focuses on:

- Getting Started: How to Prevent Drug Use -*district survey data & teen brain research*
- Setting Guidelines: How to Set Healthy Beliefs & Clear Standards
- Managing Conflict: How to Control & Express Anger
- Involving Everyone: How to Strengthen Family Bonds
- Avoiding Trouble: How to Say No to Drugs - *Youth attend this session – Peer Educators teach*

When: **October 5th—November 2nd** (Mondays)     **6-8 pm**

Where: Mt. Si High School

Free Childcare (All sessions)

Contact: [phoebe@friendsofyouth.org](mailto:phoebe@friendsofyouth.org) or call 425-888-4151 x 204

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### How do you encourage your teen's growing independence *and* keep them safe?

This course will teach proven strategies for more effective family management while maintaining stronger family bonds. An extension of the *Guiding Good Choices* program, this series will help guide and support both you and your teen as they navigate through these trying years.



## "Staying Connected with Your Teen"

A **\*\*Free**, 5-week series for parents of **14-17** year olds that target the risk factors known to predict later alcohol and other drug use, school drop out, delinquency, and other behavioral problems in adolescence.

*Offered in the spring*

The research based SCT program focuses on:

*Session 1-* Adolescent Growth & Teen Brain research – local survey data

*Session 2-* Making Family Decisions & Solving Family Problems

*Session 3-* Setting Family Policies with teen involvement

*Session 4-* Communication & the Power of Feelings (Teens attend - Natural Helpers teach)

*Session 5-* Peer Influence & Refusal/Negotiation Skills (Teens attend - Natural Helpers teach)

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*Class is being offered by: Friends of Youth in conjunction with Snoqualmie Valley School District.*

*Sponsored by: King County's Alcohol & Other Drug Prevention Program, with funds from the State of Washington DSHS Division of Alcohol & Substance Abuse, King County Community Organizing Program, Mt. Si PTSA & Snoqualmie Valley Community Network.*

**\*\*Donations of \$25.00 will be accepted to cover the fee of the Family Guide**